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Food & Wine

Steak Florentine

Recipe courtesy Giada De Laurentiis

6 servings

- 2 large garlic cloves, halved
- 3 T-bone steaks (each about 1 1/2 pounds, and 1 1/2 to 1 3/4 inches thick)
- Kosher salt and freshly ground black pepper
- 1 lemon, halved
- 2 teaspoons olive oil

1. Rub the garlic cloves over the meat and the bone of the steaks. Sprinkle the steaks with salt and pepper. Place in the refrigerator and allow seasoning to permeate the meat, for about 1 hour. Remove from the refrigerator at least 20 minutes before grilling, allowing the meat to come to room temperature.
2. Place a grill pan over high heat or prepare the barbecue (medium-high heat). Grill the steaks until cooked to desired doneness, turning once, about 5 minutes per side for rare, 7 minutes per side for medium-rare. The key to getting those great grill marks is to place the steak down and not move them. After you flip them, do not shift the steaks.
3. Allow the steaks to rest for at least 10 minutes before slicing, otherwise all the juices will be run all over your cutting board. Run your knife along the bone and carve the meat off the bone. Slice the meat into 1-inch slices. Transfer the slices to a platter. Squeeze the lemon over the steaks. Drizzle with the oil and serve immediately.
4. Recommended accompaniments: grilled vegetable assortment and roasted potatoes