

## **Pan-Seared Inexpensive Steak**

*Inspired by CooksIllustrated, 9/2005*

A pan sauce can be made while the steaks rest after cooking (see related recipes); if you intend to make a sauce, make sure to prepare all of the sauce ingredients before cooking the steaks. To serve two instead of four, use a 10-inch skillet to cook a 1-pound steak and halve the sauce ingredients. Bear in mind that even those tasters who usually prefer rare beef preferred these steaks cooked medium-rare or medium because the texture is firmer and not quite so chewy.

Serves 4

### 1. Heat oil

2 tablespoons vegetable oil      **Set skillet over medium-high.**

*heavy-bottomed 12-inch skillet*      Add oil. Heat until smoking.

### 2. Season steaks

sea salt and ground black pepper      Meanwhile, season both sides of steaks with salt and pepper.

### 3. Fry

2 boneless shell sirloin steaks      Place steaks in skillet with a some space between the pieces.  
(top butt) or whole flap meat

steaks, each about 1 pound      Cook, without moving steaks, until well browned, about 2 minutes.  
and 1¼ inches thick

Using tongs, flip steaks.

**Reduce heat to medium.**

Cook until well browned on second side and internal temperature registers 125 degrees on instant-read thermometer for medium-rare (about 5 minutes) or 130 degrees for medium (about 6 minutes).

### 4. Rest

Transfer steaks to large plate.

Tent loosely with foil.

Let rest for 12 to 15 minutes.

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### 5. Prepare pan sauce

Meanwhile, prepare pan sauce, if making. See following recipes.

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### 6. Slice (optional) and serve

Using sharp knife, slice steak about ¼-inch thick against grain on bias.

Arrange on platter or on individual plates.

Spoon sauce (if using) over steak.

Serve immediately.

### **Mustard-Cream Pan Sauce**

*Inspired by CooksIllustrated, 9/2005*

Makes 3/4 cup

1. Prepare base

After transferring steaks to large plate, pour off all but 1 tablespoon fat from now-empty skillet.

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1 medium shallot, minced  
(about 3 tablespoons)

**Return skillet to low heat.**

Add shallot.

Cook, stirring frequently, until beginning to brown, 2 to 3 minutes.

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2. Add wine and broth

2 tablespoons dry white wine

Add wine.

**Increase heat to medium-high.**

Cook rapidly, scraping up browned bits on pan bottom, until liquid is reduced to glaze, about 30 seconds.

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1/2 cup low-sodium chicken  
broth

Add broth.

Cook until reduced to 1/4 cup, about 3 minutes.

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3. Add cream

6 tablespoons heavy cream

Add cream and any meat juices.

Cook until heated through, about 1 minute.

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4. Finish

3 tablespoons whole-grain  
Dijon mustard  
table salt and ground black  
pepper

Stir in mustard.

Season to taste with salt and pepper.

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5. Serve

Spoon sauce over sliced steak.

### **Tomato-Caper Pan Sauce**

*Inspired by CooksIllustrated, 9/2005*

If ripe fresh tomatoes are not available, substitute 2 to 3 canned whole tomatoes

Makes 3/4 cup

#### 1. Prepare base

After transferring steaks to large plate, pour off all but 1 tablespoon fat from now-empty skillet.

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1 medium shallot, minced  
(about 3 tablespoons)

**Return skillet to low heat.**

Add shallot.

Cook, stirring frequently, until beginning to brown, 2 to 3 minutes.

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1 teaspoon all-purpose flour

Sprinkle flour over shallot.

Cook, stirring constantly, until combined, about 1 minute.

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#### 2. Add wine and broth

2 tablespoons dry white wine

Add wine.

**Increase heat to medium-high.**

Cook rapidly, scraping up browned bits on pan bottom, until liquid is reduced to glaze, about 30 seconds.

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1 cup low-sodium chicken broth

Add broth.

Cook until reduced to 2/3 cup, about 4 minutes.

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#### 3. Add capers and tomatoes

2 tablespoons capers, drained  
1 medium tomato (ripe), seeded  
and cut into 1/4-inch dice  
(about 1/4 cup)

Reduce heat to medium.

Add capers, tomatoes, and any meat juices.

Cook until flavors are blended, about 1 minute.

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#### 4. Finish

1/4 cup fresh parsley leaves,  
minced  
table salt and ground black  
pepper

Stir in parsley.

Season to taste with salt and pepper.

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#### 5. Serve

Spoon sauce over sliced steak.

**Red Wine-Mushroom Pan Sauce**  
*Inspired by CooksIllustrated5/2007*

Makes about 1 cup

1. Prepare base

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Pour off any fat from skillet in which steaks were cooked.

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1 tablespoon vegetable oil

**Return skillet to medium-high.**

Add oil. Heat until just smoking..

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2. Add mushrooms and shallot

8 ounces button mushrooms,  
trimmed and sliced thin  
(about 3 cups)

Add mushrooms.

Cook, stirring occasionally, until beginning to brown and liquid has evaporated, about 5 minutes.

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1 small shallot, minced (about  
1½ tablespoons)

Add shallot.

Cook, stirring frequently, until beginning to soften, about 1 minute.

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3. Add wine and broth

1 cup dry red wine  
½ cup low-sodium chicken  
broth

**Increase heat to high.**

Add red wine and broth, scraping bottom of skillet with wooden spoon to loosen any browned bits.

Simmer rapidly until liquid and mushrooms are reduced to 1 cup, about 6 minutes.

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4. Finish

1 tablespoon balsamic vinegar  
1 teaspoon Dijon mustard

Add vinegar, mustard, and any juices from resting steaks.

Cook until thickened, about 1 minute.

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2 tablespoons cold unsalted  
butter, cut into 4 pieces  
1 teaspoon minced fresh thyme  
leaves  
table salt and ground black  
pepper

Off heat, whisk in butter and thyme.

Add salt and pepper to taste.

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5. Serve

Spoon sauce over steaks.

Serve immediately.