

Chuck eye Recipe

Makes. 3 cups, enough for about 8 servings

Preparation time. 45 minutes to make the marinade, 1 hour for it to cool, 2 to 12 hours to marinate, and 20 minutes or less to cook.

Ingredients

1 (750 ml) bottle cheap dry red wine
1/2 cup inexpensive balsamic vinegar di Modena
1/4 cup vegetable oil
1/4 cup Worcestershire sauce
4 tablespoons honey
1 tablespoon toasted sesame oil
2 teaspoon dried oregano
1 tablespoon sea salt
1 teaspoon ginger powder
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon ground black pepper
6 Hilltop Pastures chuck steaks

Method

1) Combine all the ingredients except the steaks in a 2 quart or larger pot and whisk them together. Boil hard for about 10 minutes to reduce by about 1/3. This will get rid of most of the alcohol, extract flavor from the herbs and spices, and concentrate the wine a bit. Alcohol, contrary to popular belief, is not great in marinades because it can dry out the meat. Cool to room temp, about an hour.

2) Trim excess fat from the exterior of the steaks. With a sharp knife, score the surface of the steak about 1/8" deep by dragging the knife across it. Make these slits about 3/4" apart on both sides. This technique, called gashing, will help the marinade penetrate and will hold the flavor when it is cooking. Don't worry, juices won't escape. Put the steaks in zipper bags, add the marinade, and zip. Put the bags in a bowl or pan to catch any leaks, and marinate in the fridge at least 2 hours and up to 12 hours, turning them occasionally to help the liquid contact all surfaces.

3) Preheat the grill for 2-zone cooking but don't get the hot zone rip snorting hot, about 325°F, but precision isn't necessary for this because the wet surface of the meat acts like a thermal regulator cooling the surface. Take the steaks out of the marinade, drain off most of the liquid but do not pat dry. Normally we pat meat dry to make sure it crisps. But when using a flavorful marinade, don't pat it dry because much of the flavor is captured in the microscopic cracks on the surface and the slits we made. Grill over the hot section of the grill until rare to medium rare. They'll take longer than normal because the surfaces are wet, perhaps 20 minutes for a 1" steak. As always, a good digital thermometer is essential for getting things perfectly done. To make the meat a bit more tender, serve them sliced. Be sure to cut *across the grain* into 1/4" slices.