



Steak with Arugula and Parmigiano

WINE PAIRING: Cabernet Franc Magdalena Vineyard 2023



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Recipe exclusively developed for H.J.W. Vineyards by Maggie Ruggiero.

Photo by Paul Brissman

Serves 2-3

2 boneless New York strip or boneless rib eye steaks (1 to 1½-inch thick)	1 lemon, cut into wedges
Kosher salt	Olive oil
Freshly ground black pepper	Flakey sea salt for serving
4 cups arugula	1 chunk of Parmigiano for shaving

Bring the steaks to room temperature and season generously all over with salt and pepper.

Heat a large dry cast iron skillet over medium high-heat.

Sear steaks, turning from one side to the other every 1 minute or so, including browning the fat cap (if the steaks have one) by standing the steaks on their sides.

Cook until an instant read thermometer inserted into the thickest part of each steak reads 120° on a digital thermometer for medium rare, about 8 to 10 minutes.

The steaks will be well browned.

Transfer steaks to a plate and rest 8 minutes during which time temperature will rise slightly.

Serve steaks sliced on a plate of arugula. Squeeze lemon, drizzle with olive oil and top with shavings of parmigiano and sprinkles of flakey salt.

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