



Make fine cooking **second nature**™

Steak with Balsamic Vinegar Pan Sauce

Servings: 2

Recommended Equipment	Description/Notes
Cast Iron Skillet, Sauté Pan, or Fry Pan	
Whisk, Spoon	
Sheet Pan or Plate, Rack	
Foil	

Ingredient	Recipe Amount	Preparation
Steak	2 @	¾" to 1" thick. Sirloin, Flat Iron, Strip.
Salt & Pepper	TT	Kosher salt. Fresh ground pepper.
Canola Oil	2 tsp	Can substitute virgin olive oil.
Shallots	1 T	Chopped fine.
Unsalted Butter	1 T	
Beef/Brown Stock	¼ cup	Can substitute chicken stock.
Balsamic Vinegar	2 T	

Production Procedures	Notes
1. Clean & dry steaks. Season both sides.	
2. Heat skillet over medium-high heat. Heat oil.	
3. Put steaks in pan. Sear 1 st side, about 3 minutes, then turn over and sear 2 nd side. Cook until desired doneness. Remove, place on rack over pan/plate, and loosely cover with foil.	Steaks will continue to cook after they are removed from the pan, so remove when done a bit less than you like!
4. Reduce skillet to medium low heat. Remove any excess fat.	
5. Add the butter. When melted and slightly foaming, add the shallots and cook until soft, not brown, about 1 minute.	
6. Add the stock. Bring to a boil, scraping up the bits in the pan. Reduce to about 2 T.	
7. Add the vinegar, cook for 30 seconds. Add steaks to reheat. Serve steaks with sauce.	

Want some fun variations using the same cooking technique? Keep reading!



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- Use chicken breasts instead of steak. Substitute chicken stock for the beef or brown stock.
- Want some mushrooms in the sauce? Before step 4, make sure there is enough oil in the skillet to coat the bottom. Turn heat to high, add about 2 cups of sliced mushrooms to the skillet. Stir to coat, then let sit (this is one of those chef secrets!) This will evaporate all of that water, and give you very tasty mushrooms. Once the steam coming from the skillet has subsided, stir to finish sautéing. Then continue with step 4, adding a bit more stock.
- You substitute wine for the stock. Use a dry white for chicken, or a dry red for the steaks. When you reduce the wine (Step 6) do not boil – the wine will become bitter. Reduce at a simmer instead.
- Even better than the previous variation is to add 2T of wine in Step 6, reduce at a simmer, then add 2-3 T of stock, and reduce. Very yummy!
- Want to create an amazing finish? After the balsamic have cooked for 30 seconds, lower the temperature to medium-low and whisk in 1-2 T of cold unsalted butter.