


40
MINUTES


Steak with miso

Give juicy rib-eye a savory Japanese twist

BY ADEENA SUSSMAN PHOTOGRAPH BY DAN GOLDBERG

Grilled rib-eye steaks with miso butter

Compound butter—made by blending such flavorings as herbs, wine, citrus juice, and garlic with butter—is a classic French accompaniment to meats and vegetables. Japanese miso paste makes a great butter and imparts the savory quality of umami (a word that roughly translates as “delicious essence”), making it the perfect topper for rib-eye steaks.

PREP AND COOK TIME 40 minutes

MAKES 4 servings

NOTES Find miso—fermented soybean

paste—in Asian markets, natural-foods stores, and supermarkets.

½ cup unsalted butter, softened

2 tbsp. plus 1 tsp. white or yellow miso paste
(see Notes)

1 tbsp. finely minced fresh chives

1½ tsp. minced garlic

4 boneless rib-eye steaks (¾ to 1 in. thick)

Salt and freshly ground black pepper

4 sweet onions, such as Walla Walla or Maui

About 3 tbsp. olive oil, divided

1. In a small bowl, stir together butter, miso, chives, and garlic. Spoon butter

mixture onto a square of plastic wrap, fold plastic over butter from the top and the bottom, and use your hands to form it into a log shape about 1½ in. thick. Twist sides to close. Put in freezer for 30 minutes or until firm.

2. Meanwhile, rinse steaks, pat dry, and season well with salt and pepper; set aside at room temperature, 15 to 25 minutes. Peel onions and cut in half crosswise. Trim about ½ in. off rounded sides of each onion so halves lie flat. Rub onions with some olive oil and salt and pepper to taste.

3. Prepare a gas or charcoal grill for medium-high heat (you can hold your hand 1 to 2 in. above cooking grate for only 3 to 4 seconds). Grill onions 2 minutes, then add steaks and grill until nicely browned, 3 to 4 minutes. Turn everything over. Onions will need another 6 to 8 minutes, until they're softened and nicely browned. For steaks, cook an additional 2 to 4 minutes for rare, 5 to 7 minutes for medium-rare, and 8 to 15 minutes for well done (cut to check).

4. Top each steak with 2 tsp. miso butter (you will have some butter left over). Serve with onions and a simple green salad if you like—or edamame-orzo salad (recipe follows).

PER SERVING 1,030 CAL., 71% (729 CAL.) FROM FAT; 57 G PROTEIN; 81 G FAT (35 G SAT.); 19 G CARBO (3.3 G FIBER); 521 MG SODIUM; 237 MG CHOL.

Dress it up

Edamame-orzo salad

Continuing in the spirit of East-West fusion, Italian orzo pasta is tossed with Japanese edamame for a simple side dish.

PREP AND COOK TIME 30 minutes

MAKES 4 servings

2 cups frozen shelled edamame

½ cup orzo pasta

¼ cup finely chopped red bell pepper

2 tbsp. walnut oil or vegetable oil

2 tbsp. fresh lemon juice

1 tsp. minced garlic

1 tsp. grated fresh lemon zest

½ tsp. coarse kosher salt

Cook edamame and orzo according to package directions; drain. Combine edamame, orzo, bell pepper, oil, lemon juice, garlic, lemon zest, and salt. Refrigerate until ready to serve.

PER SERVING 210 CAL., 43% (90 CAL.) FROM FAT; 8.9 G PROTEIN; 10 G FAT (0.7 G SAT.); 22 G CARBO (3.5 G FIBER); 248 MG SODIUM; 0 MG CHOL. ■