

A VERY MERRY
CHRISTMASLAND
& Happy New Year 2021



Tomahawk Rib-Eye Steak 煎焗斧頭扒



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Ingredients 材料

Serving: 6 -8

USA Chilled Long Term Grain Fed Angus Beef Tomahawk Rib Eye Steak	1 piece
Le Comptoir de Mathilde Persian Sapphire Blue Salt With Grinder	to taste
Freshly Ground Pepper	to taste
Garlic	1 head, baked in oven for 30 minutes
Olive Oil	2 tbsp
Unsalted Butter	4 tbsp
Fresh Thyme	4 sprigs
美國冰鮮長期穀飼安格斯有骨肉眼斧頭扒	1件
Le Comptoir de Mathilde 即磨波斯藍寶石鹽	適量
現磨黑胡椒	適量
蒜頭	1瓣， 於焗爐焗30分鐘
橄欖油	2湯匙
無鹽牛油	4湯匙
百里香	4棵

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Step

1. Preheat oven to 180°C.
2. Pat the tomahawk steak dry with paper towels.
3. Season with salt and freshly ground pepper. Let the steak come to room temperature.
4. Moisten a paper towel and wrap it around the steak's rib bone, then wrap aluminium foil around the moistened paper towel.
5. In a heavy skillet pan, heat the 2 tablespoons olive oil over high heat until it's just starting to smoke. Lay the tomahawk steak into the skillet and sear 1 minute. Lower the heat to medium-high and cook the steak 5 minutes, without touching it.
6. Using tongs and the bone as a handle, turn the steak over and cook another 3 minutes.
7. Transfer the steak to a baking sheet and place in the oven, roasting 10 minutes, or until the desired doneness is reached.
8. Use Steak Champ Steak Thermometer to measure the steak's internal temperature—52°C for medium rare, 58°C for medium. The meat will continue to cook while it rests and increase by 5 to 10 °C.
9. While the steak is cooking, add the butter to the skillet and melt over medium heat. Squeeze the roasted garlic cloves into the butter, stirring with a wooden spoon to distribute, then add the thyme sprigs.
10. When the steak is ready, take it out of the oven, and transfer it back into the skillet. Use a spoon to baste the butter and garlic over the steak. Turn the steak, and baste again. Transfer the steak to a cutting board, tent it with foil and let it rest 10 minutes.
11. Carve the steak against the grain then drizzle with more of the butter and garlic over the steak and serve.

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步驟

1. 預熱焗爐至**180°C**。
2. 用廚紙印乾斧頭扒。
3. 用鹽和現磨黑胡椒調味。讓斧頭扒回到室溫。
4. 弄濕廚紙，包裹在斧頭扒的肋骨上，然後再用錫紙包裹著。
5. 以高溫加熱平底鍋中，倒入**2湯匙**的橄欖油，直到它開始冒煙。將斧頭扒放入煎鍋中，燒**1分鐘**。轉至中高火，煮**5分鐘**。
6. 將斧頭扒翻轉過來，再煮**3分鐘**。
7. 將斧頭扒轉移到烤盤上，放入焗爐中，烘烤**10分鐘**，或直至達到所需的熟度。
8. 用牛扒溫度計測量斧頭扒的內部溫度，**3成熟**為**52°C**，**5成熟**為**58°C**。斧頭扒在靜止時溫度會繼續增加**5至10°C**。
9. 將牛油加入中火的平底鍋中，將已烤好的蒜瓣擠入牛油中，用木勺攪拌均勻，然後加入百里香。
10. 將斧頭扒從焗爐中取出，然後放回平底鍋中。用勺子在斧頭扒上蘸牛油和蒜瓣。翻轉斧頭扒，然後再次調味。將斧頭扒轉移到木板上，用錫紙蓋好，靜置**10分鐘**。
11. 將斧頭扒切件，然後在斧頭扒上撒上牛油和蒜，即可享用。