



MARINATED BEEF RIBEYE
with
OLIVE SMASHED
POTATOES &
ROASTED CARROTS

Trefethen

MARINATED BEEF RIBEYE *with* OLIVE SMASHED POTATOES & ROASTED CARROTS



BEEF INGREDIENTS

- 2 each 10-12 oz boneless beef ribeye, trimmed
- 2 Tbsp kosher salt
- 2 Tbsp freshly ground black pepper
- 1 tsp onion powder
- 1 Tbsp Trefethen extra virgin olive oil

POTATO INGREDIENTS

- 1 1/2 lb golden potatoes, scrubbed clean, large dice
- 1/2 cup mixed marinated olives, roughly chopped
- 1/2 Tbsp Trefethen extra virgin olive oil
- salt and pepper to taste

CARROT INGREDIENTS

- 2 large carrots, cut into 3-inch sticks
- 1 Tbsp Trefethen extra virgin olive oil
- salt and pepper to taste

TREFETHEN WINE PAIRING

The Cowgirl and the Pilot: Generous on the palate, the velvety texture leads to layers of sumptuous black cherry and dark chocolate beautifully integrated with toasted spice tones of cigar box and anise.

PROCEDURE

1. Combine the onion powder, pepper, and olive oil creating a loose paste. Set aside. Season beef heavily with the salt. Let sit for 10 minutes at room temperature. This will encourage the beef to drop water, as we will replace this with the flavor of the spice blend.
2. Pat beef lightly with a paper towel to dry, taking care not to remove the salt. DO NOT rinse with water. Generously coat your beef with your spice paste and place into a sealed container. Marinate for 4-24 hours, making sure to rotate and “massage” if marinating for longer periods of time.
3. Place potatoes in a large saucepot and cover with water until they are about 1 inch below the surface. Add a large pinch of salt to water and place the potatoes on the stove over medium heat. Bring to a boil and reduce to simmer, cooking slowly until potatoes are soft and water is completely evaporated. DO NOT strain the potatoes.
4. Once the water is gone, the potatoes should be cooked and tender. Keeping them in the pot, smash the potatoes with a fork and add olives and olive oil. Stir to mix well and season with salt and pepper as needed. Cover the pot and keep warm on the stove.
5. Heat oven to 400F. Lightly toss the cut carrots with olive oil and season to taste with salt and pepper. Place in a preheated oven and cook for 15 minutes or until browned and cooked through, tossing halfway through to ensure even browning. Remove from oven and keep warm.
6. Remove beef from the container. Discard the marinade and do not pat the beef dry again. Heat a thin layer of cooking oil in a large cast iron pan over medium-high heat. For medium rare (suggested), place beef into hot oil and do not shake or move the meat. To allow the crust to form, cook for 5-8 minutes until the moisture on the meat’s surface evaporates. Flip and repeat on the other side. Once cooked, remove from pan and let rest.
7. To serve, pick your favorite plate and scoop a dollop of potatoes in the center. Slice your ribeye and arrange atop the potatoes, and artfully place the carrots around the center. Enjoy!