

NY Steak and pomme frites

Ingredients

2, 10 oz New York strip steaks
1T – canola oil
¼ cup demi glace
5 Kennebunk potatoes, french fry cut
1 qt – canola oil (for frying)
2T truffle oil
Chopped parsley (fry garnish)
Kosher salt
Pinch white pepper



Procedure

1. Preheat your grill.
2. Place the steaks on a seasoning plate and rub down with the canola oil, making sure both sides have been completely covered.
3. Dust ever so slightly the steaks with the kosher salt and the white pepper. Place on the grill and cook until your desired temperature has been reached.

For the pomme frites

1. Using a mandolin or a French fry cutter, cut the potatoes. Remember to cut out any dark spots or growth you might see.
2. Using an electric French fry fryer or setting up a stovetop fryer, bring the oil carefully up to 350 degrees f. Rinse the fries in a bit of water (to remove excess starch) and shake to dry. Continue to let the fries air dry for 5 minutes before placing them in the oil, to avoid a boil over.
3. In small batches, fry the potatoes for 90 seconds. Left the basket and remove the fries from the oil for 60 seconds and rest. Now place the fries back into the oil and continue the fry for 5 or so minutes, until the potatoes are crispy and slightly brown.
4. When the potatoes and cooked, remove from the oil, shake and place in a large stainless steel mixing bowl. Dust lightly with the salt and spritz the truffle oil on the fries. Toss or use thongs to mix and reserve.

To plate

1. Place the steak on a quarter of the plate. Pool demi glace around the front of the steak and place the fries on the other ¾.