



HOME CHEF

# Seared Italian Sirloin Steak

With Parmesan Polenta and Roasted Pepper Demi-Glace



We've put an Italian twist on steak night with this meal, and you may never look back. Creamy polenta, a traditional Northern Italian dish of simmered cornmeal, is suffused with the nutty flavor of Parmesan cheese for a side strong enough to stand up to tender sirloin steak. Add to that a rich demi-glace with fresh red bell pepper and make steak night *molto bene*.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 857  
Carbohydrates: 69g  
Fat: 41g  
Protein: 66g  
Sodium: 984mg  
*per serving*

## DIETARY



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

For steak with polenta and demi glaze, you'll need a bold drink that can hold its own. A Barolo or Peroni would do well.

## INGREDIENTS

- 1 Red Bell Pepper
- 1 Shallot
- 3 oz. Grape Tomatoes
- 2 Sirloin Steaks
- ½ Cup Whole Milk
- 2 Tbsp. Butter
- ½ Cup Quick-Cooking Polenta
- 1 ½ oz. Grated Parmesan Cheese
- 1 tsp. Dried Oregano
- 1 oz. Bonewerks Classic Veal Demi-Glace

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## WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

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## EQUIPMENT

- Small Pot
- Medium Pan

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## DID YOU KNOW?

Demi-glace is a rich, super flavorful brown sauce made by reducing veal stock for hours and hours (sometimes up to 30!), until it takes on a thickened, glaze-y texture.

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### Prepare the Ingredients

Thoroughly rinse produce and pat dry. Stem, seed, and slice **red bell pepper** into 1/8" strips. Peel and halve **shallot**. Slice into thin strips (julienne). Halve **grape tomatoes**. Rinse **steaks**, pat dry, and season with a pinch of **salt and pepper**.



### Make the Polenta

Bring a small pot with 1 ½ cups **water**, ½ tsp. **salt**, **milk**, and **butter** to a boil. Steadily whisk in **polenta** and cook until thickened, about 5 minutes. *Adding the polenta in a steady stream rather than all at once will prevent it from clumping.* Whisk in **Parmesan cheese** (reserving a pinch for garnish), taste, and season with more **salt**, if desired. Cover and set aside. Just before plating, whisk in 2 Tbsp. **water** to loosen polenta. *The consistency should be like a smooth porridge.*



### Cook the Steaks

Heat a medium pan over medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan and cook 4-6 minutes on each side, or until a minimum internal temperature of 145 degrees is reached. Transfer **steaks** to a plate to rest and return pan to medium-high heat. *Don't worry if there are browned bits on the bottom of the pan; they're packed with flavor and will be incorporated into the sauce.*



### Make the Red Pepper Demi-Glace

Add 1 tsp. **olive oil**, **oregano**, **pepper**, and **shallot** to pan and cook 4-5 minutes. Add **demi-glace** to pan and stir to combine. Cook until thickened, about 2 minutes. Add **tomatoes**, taste, and adjust seasoning with **salt and pepper** if necessary.



### Plate the Dish

Spoon **polenta** on plate and flatten into a wide oval. Spoon **red pepper demi-glace** over polenta. Place a **steak** on top and garnish with **remaining Parmesan cheese** and a bit of **sauce**.