

STEAK WITH MARROW AND RED WINE SAUCE

3 LBS OF HANGER STEAK
2 MARROW BONES
(4 INCHES LONG) SAWED LENGTHWISE IN HALF
6 SHALLOTS
1 SPRING OF THYME
1 CUP OF FULL-BODIED RED WINE
FRESH ITALIAN PARSLEY

BRING A SAUCEPAN OF WATER TO A BOIL. SALT. FILL A BOWL WITH ICED WATER. BOIL THE MARROW BONES FOR ABOUT 30 SECONDS, THEN PLUNGE IMMEDIATELY INTO ICED WATER.

REMOVE. PAT DRY. WITH A THIN-BLADED KNIFE, SCOOP THE MARROW FROM THE BONES. SLICE INTO 1/4 INCH CUBES AND RESERVE.

PEEL AND FINELY CHOP SHALLOTS.

PRE-HEAT A CAST IRON SKILLET OVER HIGH HEAT FOR AT LEAST 5 MINUTES.

DRY THE STEAKS WITH PAPER TOWELS. SALT AND PEPPER.

POUR A FEW TBSPS OF NEUTRAL OIL SUCH AS GRAPESEED INTO THE SKILLET. PUT THE STEAKS IN. COOK ABOUT 4 MINUTES A SIDE OR UNTIL THE FIRST DROPS OF BLOOD APPEAR ON THE SURFACE OF THE MEAT. REMOVE TO A WARM SERVING PLATTER.

LOWER THE HEAT. POUR OFF MOST OF THE FAT IN THE SKILLET AND ADD 2 TBSPS OF BUTTER.

ADD THE CHOPPED SHALLOTS AND COOK UNTIL JUST SOFT, LESS THAN A MINUTE. ADD THE LEAVES FROM THE THYME SPRIG.

POUR IN THE RED WINE. BRING TO A BOIL. REDUCE THE HEAT TO A SIMMER. ADD THE MARROW CUBES AND STIR UNTIL THEY HAVE MOSTLY MELTED INTO THE SAUCE.

SLICE THE HANGER STEAKS. POUR SAUCE OVER THE SLICES AND GARNISH WITH FRESHLY-CHOPPED PARSLEY.

SERVES 6

JILL BERNHEIMER FROM DOMAINE L.A. RECOMMENDS

BOTH THE MOULIN-TRICOT AND THE CARONNE STE GEMME

HAUT-MEDOC ARE STURDY BORDEAUX WHICH WILL COMPLEMENT THE HEFT AND RICHNESS OF THE BEEF AND MARROW. THESE CAB-BASED MEDOCS FROM THE 2009 VINTAGE, DISPLAY GOOD BLACKBERRY AND RED CURRENT FRUIT WITH THE REQUISITE BORDEAUX EARTH. A BARGAIN AT UNDER \$30, EACH.