

Café de Boeuf

牛排咖啡



4 Servings

INGREDIENTS

- 4 pieces 8oz Filet mignon
- 2 tablespoons finely ground coffee
- 2 teaspoons dark brown sugar
- 1 tablespoon Spanish paprika
- 1½ teaspoons Mints finely chopped
- 1½ teaspoons freshly ground black pepper
- 1 teaspoon Chili powder
- 1 tablespoon sea salt, plus more if needed

COOKING METHOD

1. Mix coffee, sugar, paprika, mints black pepper and chili powder in a bowl. And rub the filet, marinate for 2-4 hours uncovered in the refrigerator.
2. Let steaks sit 20 minutes to come to room temperature, which will help them cook quickly and more evenly.
3. Preheat oven to 425°.
4. Heat oil in a large skillet over medium-high. Sear steaks 1 minutes or so on each side to create a nice crust. Transfer skillet to oven; cook steaks until an instant-read thermometer inserted into the thickest part registers 120° for medium-rare, about 5 minutes. Transfer steaks to a cutting board; let rest 10 minutes. Slice ½" thick. Served with Salad

配料

- 4 片 8 盎司菲力牛排
- 2 湯匙磨碎的咖啡
- 2 茶匙黑糖
- 1 湯匙西班牙辣椒粉
- 1.5 茶匙薄荷切碎
- 1½ 茶匙現磨黑胡椒粉
- 1 茶匙辣椒粉
- 1 湯匙海鹽，如有需要，還可以加更多鹽

烹飪方法

1. 在碗中混合咖啡，糖，辣椒粉，薄荷黑胡椒粉和辣椒粉。並擦去菲力，在冰箱中醃製 2-4 小時。
2. 讓牛排靜置 20 分鐘以達到室溫，這將幫助它們快速，均勻地烹飪。
3. 將烤箱預熱至 425°。
4. 將大煎鍋中的油加熱至中高。將牛排各邊燒 1 分鐘左右，以形成一層漂亮的麵包皮。將煎鍋轉移到烤箱中；煮牛排，直到插入最厚部分的即時讀取溫度計記錄 120° 中等稀有度，大約 5 分鐘。將牛排轉移到砧板上；休息 10 分鐘。切成 ½ “厚。
• 配沙拉