



Vermont Wagyu Rib Eye

Reverse Seared · Pan Sauce · Cheesy Garlic Smashed Potatoes · Blueberry Vinaigrette Salad

Paired with Keenan Spring Mountain Reserve Cabernet Sauvignon

“When the intense, buttery marbling of a Vermont Wagyu Rib Eye meets the structured, mountain-grown sophistication of a Keenan Spring Mountain Reserve Cabernet—you don’t just get a meal. You get a masterclass in flavor.”

What Happens When Excellence Converges?

Two of the world’s best farms and farmers. One table. One dinner. As a serious in-home chef, my first job is to *find and buy the farm first*.

High above the valley floor at 1,700 feet in world-famous Napa Valley, Keenan combines the historic soul of a 1904 ‘ghost winery’ with forward-thinking, solar-powered sustainability. The result: wines defined by intense concentration, muscular structure, and pure mountain character.

Rooted on a historic 1790 Vermont pasture, Vermont Wagyu combines low-stress land stewardship with meticulous, data-driven science to raise 100% Fullblood Japanese Wagyu cattle — verifying every lineage with genetic precision. The result transcends the USDA Prime scale entirely.

Michael Keenan leads the winery with a belief that wine’s highest purpose is to elevate great food. Dr. Sheila Patinkin, a former pediatrician, brought rigorous medical precision to Vermont’s pastures — becoming one of the nation’s premier breeders of DNA-verified, 100% Fullblood Wagyu.

What follows is less of a recipe and more of a showcase. The artisan farmers have already done the heavy lifting. This is about stewardship.



Key Equipment

- **Stainless steel skillet (12”+)** Essential for the sear and building fond for the pan sauce
- **Wire cooling rack + rimmed sheet pan** Dry brining and low-and-slow oven phase
- **ThermoPro TempSpike Plus (strongly recommended)** Monitors ambient oven temp and internal meat temp simultaneously — with alarms
- **KitchenAid stand mixer** For the smashed potatoes — paddle attachment
- **Heavy saucepan (3–4 qt)** For boiling potatoes
- **Tongs and basting spoon** Searing and sauce work



Ingredients

A Note on Ingredients

Every ingredient on this page was chosen with intention. The thyme came from the garden – selected specifically because of how beautifully it works with Cabernet Sauvignon. A Merlot would likely call for something different. The beef broth is homemade stock. The butter is Isigny Ste-Mère, cultured and churned in Normandy. The salt is Vermont Wagyu’s own heirloom blend. None of it is accidental. Cook with the wine in mind from the very beginning – not as an afterthought.

The Rib Eye

- 1 Vermont Wagyu Rib Eye, ~24 oz / 1.5 lbs (frozen)
- Vermont Wagyu Heirloom Salt – generous, for dry brine
- ½ tsp beef tallow (for searing)

The Pan Sauce

- 40g yellow onion, cut into large slivers
- 15g garlic – whole cloves, smashed flat with a knife, skins and all
- Several sprigs fresh thyme (garden-grown, chosen for Cabernet)
- 1 Tbsp tomato paste
- ½ cup Keenan Reserve Cabernet Sauvignon
- ½ cup homemade beef stock
- 2 Tbsp Isigny Ste-Mère butter, cold
- Splash of heavy cream
- Vermont Wagyu Heirloom Salt + black pepper to taste

Cheesy Garlic Smashed Potatoes

- 4 Russet potatoes (2 large, 2 medium)
- 20g garlic (~4 cloves), minced
- 150–200g sharp cheddar, grated
- 8 Tbsp (113g) Isigny Ste-Mère butter, or 1 stick of a high-quality butter
- ½ cup full-fat sour cream
- Splash of heavy cream (to adjust texture)
- 2–3 Tbsp fresh flat-leaf parsley, chopped
- Kosher salt + white pepper to taste

Blueberry Vinaigrette

- 5 Tbsp Kosterina Crushed Blueberry Vinegar
- 5–6 Tbsp Trader Joe’s Premium Extra Virgin Olive Oil
- 1 tsp Dijon mustard
- 2 Tbsp shallot, finely minced
- Pinch kosher salt + 6–8 grinds 4-peppercorn blend

The Salad

- Romaine lettuce, torn
- Red onion, thinly sliced
- Celery, thinly sliced
- Build with earthy vegetables that complement the wine

A Note on the Wine

The Keenan Spring Mountain Reserve Cabernet Sauvignon is built to age. While perfectly enjoyable tonight, this is a wine with a lifespan measured in decades. I recommend a Bordeaux-shaped Riedel crystal stem. Consider buying a *minimum* of 12 bottles of each vintage going forward – the winery maintains a library of older vintages. Great wine is meant to be enjoyed over years, even decades.



The Method

Part 1 — The Rib Eye

Step 1 — Thaw Slowly

You more than likely bought it frozen. Thaw it slow. Two nights in the refrigerator is ideal. Patience here pays dividends.

Step 2 — Dry Brine

After the second night, set the cut on a wire rack over a rimmed sheet pan. Coat every surface generously with kosher salt — top, bottom, and all sides, including the fat cap. Return to the refrigerator for a minimum of 12 hours; longer is better. The salt draws out surface moisture, then reabsorbs into the meat — tenderizing and setting up a dramatically better crust.

Step 3 — Temper the Steak

If dinner is at 7:00 pm, pull the steak from the refrigerator at 4:30 pm. Allow it to come to room temperature safely before the oven phase. This is not optional with a cut this size.

Step 4 — Low & Slow Oven Phase

At approximately 6:00 pm, set your oven to 225°F. Place the steak on its rack and slide it into the oven as it comes to temperature. Set your thermometer: ambient alarm at 225°F, internal meat alarm at 105°F. At this weight (~24 oz), expect 35–40 minutes. If time is short, push to 250°F max — but not above. No flipping. No fussing. This is when you make the potatoes and salad dressing.

If time is on your side, drop to 200–210°F for an even more controlled cook.

Step 5 — Rest

At 105°F internal, pull the steak and rest it on a cutting board for a minimum of 15 minutes. The carryover will continue rising. This rest period is also what allows you to get the pan ripping hot for the sear.

Step 6 — The Sear

Get your stainless steel skillet ripping hot over high heat — significantly hotter than you think you need. Add ½ teaspoon of beef tallow and let it shimmer to just beginning to smoke. Lay the steak in the pan.

Sear 3 minutes per side without moving it. You want an aggressive, deep-mahogany crust. Then pull the thermometer probes and hit every side — including the fat cap — for 30 to 45 seconds each. On a cut this thick, the fat cap sear matters.

Why stainless? It picks up the fond better than cast iron for what comes next. The steak goes to a cutting board while you build the pan sauce directly in the same pan.



Part 2 — Pan Sauce, Potatoes & Salad

Part 2A — The Pan Sauce

Step 7 — Check the Fat & Deglaze with Cabernet

With the steak resting on the cutting board, check the amount of fat remaining in the pan. If there is more than a tablespoon, carefully drain the excess — too much fat will throw the sauce out of balance. Keep the pan over medium-high heat. Pour in $\frac{1}{2}$ cup of the Keenan Reserve Cabernet Sauvignon and scrape every bit of fond off the bottom of the pan — that is where all the flavor lives. Let it reduce by roughly half, about 60 to 90 seconds.

A good pan sauce should not take long. The steak is resting on the board and the clock is ticking — don't rush it to the point of serving something thin and runny, but this is not a 15-minute project. Move with purpose.

Step 8 — Aromatics & Tomato Paste

Add the onion slivers (40g) and the smashed garlic cloves, skins and all, along with the thyme sprigs. Stir for 60 to 90 seconds until the onion softens and picks up some color. Add the tablespoon of tomato paste and work it into the aromatics, cooking another 60 seconds until it begins to caramelize and deepen. This builds the backbone of the sauce.

Step 9 — Broth, Butter, Finish & Strain

Add $\frac{1}{2}$ cup of homemade beef stock and continue reducing until the sauce coats the back of a spoon. Off the heat, swirl in 2 Tbsp of cold Isigny Ste-Mère butter until emulsified and glossy. Add a small splash of heavy cream and adjust seasoning. Now strain the sauce through a fine-mesh strainer into a clean saucier, pressing gently on the solids. What comes through is clean, glossy, and pure. Spoon generously over the sliced steak.



Part 2B — Cheesy Garlic Smashed Potatoes

Start these while the steak is in its low-and-slow oven phase.

Step 11 — Boil the Potatoes

Peel and cube 4 Russet potatoes (2 large, 2 medium). Place in a large pot, cover generously with cold salted water, and bring to a boil. Cook until a fork slides through without resistance — about 10 to 12 minutes. Drain thoroughly.

Step 12 — The Mixer

Transfer the hot drained potatoes to your KitchenAid with the paddle attachment. Add 8 Tablespoons of a very high quality butter (cut into pieces), the minced garlic (20g), and the grated cheddar (150–200g — go generous). Mix on low until just combined.

A KitchenAid is not mandatory — a manual potato masher works perfectly well. The mixer just makes it easier. Either way, don't overwork them.

Step 13 — Cream, Sour Cream & Finish

Add the sour cream (½ cup) and a splash of heavy cream. Mix until smooth and creamy. Do not over-mix — the starch will turn gluey, and some chunks are perfectly welcome. We can always smash more. But we can't unsmash. Fold in the fresh chopped parsley. Season with kosher salt and white pepper.

20g of garlic was exactly right for 4 potatoes. The cheddar is the star here — don't be shy.

Part 2C — Garden Salad & Blueberry Vinaigrette

The vinaigrette can be made in advance and held at room temperature.

Step 14 — The Vinaigrette

Combine the finely minced shallot (1 Tbsp) with the Kosterina Crushed Blueberry Vinegar (5 Tbsp) in a small bowl. Let macerate for 5 minutes. Add the Dijon (1 tsp), salt, and pepper. Whisk in the olive oil (5–6 Tbsp) in a slow stream until emulsified.

No sugar needed. The Kosterina Blueberry Vinegar has a natural fruit-forward sweetness that balances beautifully on its own.

Step 15 — Assemble the Salad

Tear the romaine into a large bowl. Add the thinly sliced red onion and celery. Dress lightly just before serving — keep the greens crisp. The earthiness of the celery and the bite of the red onion pair naturally with a structured mountain Cabernet.

Build your salad around what the wine is doing. Earthy, slightly bitter greens and raw vegetables are natural partners for a mountain Cab.



Garden salad with Kosterina Blueberry Vinaigrette alongside the Keenan Reserve.

Plating

Plating

Step 16 – Slice Against the Grain

After 5 minutes of post-sear rest, slice the rib eye against the grain into ¼–½ inch cuts. The interior should be a deep, even rose. This is full-blood Wagyu at its intended temperature. Serve medium to medium-rare. Do not serve rare.

Step 17 – Plate with Intention

Fan the slices across one side of a warm white plate. Spoon the pan sauce generously across and around the meat – let it pool naturally. Mound the smashed potatoes on the opposite side. Serve the salad separately on a side plate.

The Wine

Pour the Keenan Reserve Cabernet into a Bordeaux-shaped Riedel stem. Decant 30–45 minutes for younger vintages. The structured tannins will cut beautifully through the richness of the Wagyu fat, while the mountain fruit echoes the blueberry notes in the vinaigrette.

“This is what great sourcing looks like on a plate. The farmers did the heavy lifting. Your job is stewardship – don’t get in the way.”



Vermont Wagyu Rib Eye, sliced, with pan sauce and cheesy garlic smashed potatoes.



The close look at that crust and that interior. Worth every minute of the dry brine.



Cook's Notes & Where to Source

A Note on Temperature & Technique

Reverse sear for a cut like this isn't an option – it's borderline non-negotiable. An open grill invites a fat fire; a stovetop-only cook won't deliver the crust and the interior you're after. Reverse sear solves both.

It's equally important to understand that due to the extraordinary intramuscular fat in full-blood Wagyu – and particularly in a rib eye – serving this cut black and blue or rare is a serious disservice to the animal and the farmer. The fat needs heat to render. Medium-rare is the floor, not the ceiling. If you want a touch more pink, pull the steak from the oven at 100°F internal rather than 105°F.

As for the probes – not mandatory, but they are a significant help. You're managing two temperatures simultaneously: the ambient oven and the internal meat. A dual-probe thermometer like the ThermoPro TempSpike Plus takes the guesswork out entirely.

A Note on Portions

This cut is listed as serving two, but the truth is more nuanced. Full-blood Wagyu at this marbling level is extraordinarily rich – the rendered fat and dense protein deliver a level of satiety that commodity beef simply cannot match. You will eat less than you think. Technically this cut serves three comfortably, though that's an awkward number for a dinner party. Call it two generous servings with intentional leftovers, or stretch it to four lighter plates. Either way – do not cram a \$100 steak. That's lunacy.

Where to Source

Producer / Product	Notes	Where to Find
Vermont Wagyu Rib Eye	Dr. Sheila Patinkin, Spring-Rock Farm, Springfield, VT (802) 885-7812 M-F 9am-3pm	vermontwagyu.com
Keenan Spring Mountain Reserve Cabernet Sauvignon	Michael & Reilly Keenan, Spring Mountain District, Napa Valley (707) 963-9177	keenanwinery.com
Kosterina Crushed Blueberry Vinegar	Available online and at specialty retailers	kosterina.com
ThermoPro TempSpike Plus	Dual-probe wireless meat thermometer	buythermopro.com

King Street Kitchen in partnership with Preston-Layne & Partners is a contracted brand ambassador for Keenan Winery, representing their wines across the eastern United States. All other producers listed are featured because we believe in them and use their products ourselves.





Nutrition Information

Estimated per serving. Values approximate and will vary with cut weight, fat trim, and portion. Macronutrient % of calories: protein/carbs = 4 kcal/g; fat = 9 kcal/g. Full-blood Wagyu fat skews strongly toward oleic acid (MUFA) – similar to olive oil – a meaningful metabolic distinction from commodity beef. Values based on an 8 oz cooked serving.

Wagyu Rib Eye (12 oz cooked, ~1 serving)		Cheesy Garlic Smashed Potatoes (per serving)		Garden Salad + Blueberry Vinaigrette (per serving)	
Calories (kcal)	920	Calories (kcal)	420	Calories (kcal)	130
Protein	78g (34% kcal)	Protein	12g (11% kcal)	Protein	1g (3% kcal)
Total Fat	68g (66% kcal)	Total Fat	22g (47% kcal)	Total Fat	12g (83% kcal)
Sat. Fat	28g (27% kcal)	Carbohydrates	44g (42% kcal)	Carbohydrates	6g (18% kcal)
Carbohydrates	0g	Fiber	4g (4% kcal)	Fiber	2g (6% kcal)
Sodium	480 mg	Sodium	320 mg	Sodium	90 mg
Key Nutrients		Key Nutrients		Key Nutrients	
Iron	45% DV	Potassium	~900mg	Vitamin K	~90% DV
Zinc	80% DV	Calcium	~25% DV	Folate	~20% DV
B12	210% DV	Vitamin C	~30% DV	Antioxidants	Blueberry polyphenols
Selenium	55% DV	Phosphorus	~20% DV	Vitamin A	~15% DV
Creatine	~4g				
Oleic acid (MUFA)	~55% of fat				

This is metabolic wealth on a plate.

