



Vermont Wagyu Chuck Eye Steak

Keenan 2021 Napa Valley Cabernet Sauvignon



Source the Best. Cook the Truth. Serve the Soul.



WHY THIS CUT. WHY THIS WINE.

Full-blood Wagyu chuck eyeis not a luxury cut— it is the right cut for someone who understands that **fat is where flavor & nutrition live**. The intramuscular marbling in pure bred Wagyu, raised by Dr. Sheila Patinkin at Spring-Rock Farm in Springfield, Vermont, is oleic-acid dominant — the same monounsaturated fat as olive oil — distributed through every muscle, not just the premium ones. The chuck eye sits right next to the ribeye roll. While most walk past the chuck eye in search of 'premium' labels, those in the know realize it's the hidden prize of the animal.

Keenan's 2021 Napa Valley Cabernet Sauvignon comes from Spring Mountain at 1,700 feet elevation — an authentic wine with tannin structure and acidity built to cut through rich fat, and complement it. This pairing works beautifully on so many levels.

Buy the farm and the farmer first. Buy the cut and the bottle second. Everything else follows.

THE REVERSE SEAR — WHAT, WHY AND HOW

The reverse sear method involves low andslow-baking a steak to its target internal temperature before finishing it with a high-heat sear. It trades the traditional "sear first" method for a more precise, edge-to-edge even cook and a drier, crispier crust.

This isn't a "recipe" so much as it is a process. A technique to make a great steak, every time. When you have a cut like this? The farmer has done the work, now it's up to us to make that count. Good ingredients feed the body; great technique feeds the soul.

STEP 1 — DRY BRINE

Overnight preferred. 6 hours minimum. Salt generously on all surfaces with kosher salt. Place uncovered on a rack over a sheet pan in the refrigerator. Salt draws out surface moisture, then reabsorbs back into the meat — seasoning from within. The surface dries completely. A wet surface steams; a dry surface browns.

Use kosher salt, not sea salt or table salt. This is important. Do not skip this step.

STEP 2 — TEMPER

90 minutes before cooking. Pull from the refrigerator and rest at room temperature. Animal protein should always be cooked from a starting point of "room temperature."

STEP 3 — OVEN AT 225°F

Low and slow. Place steaks on a rack over a sheet pan. 225°F is the target; 250°F is acceptable if time is short. The rack is critical — it allows hot air to circulate under the meat and prevents the bottom from steaming.



Salted and uncovered — overnight in the refrigerator

Curate with Purpose. Execute with Passion!



STEP 4 — PROBE AND TARGET 105°F

If you're serious about steak, the **ThermoPro TempSpike Plus** isn't a luxury—it's a requirement. It is quite simply the best \$100 you will ever spend on your kitchen.

Set your alarm for 105°F and walk away. While that sounds low, it's the "Reverse Sear" secret: the combination of carry-over heat and a high-octane cast iron finish lands you perfectly in that 125–135°F sweet spot. That is where Wagyu's intramuscular fat fully renders, transforming a piece of meat into a masterpiece.

Count on this step taking 30 minutes. If you are a little short on time? You can increase the temperature on the oven, the "ambient temperature," to 250 degrees Fahrenheit.

STEP 5 — REST BEFORE THE SEAR

15 minutes minimum. Pull at 105°F and rest uncovered. The surface dries further during this rest, which directly improves the quality of the final crust.

STEP 6 — CAST IRON SEAR

Ripping. Screaming. Hot. Add a teaspoon of beef tallow to the pan — it handles the extreme heat without burning and helps build that initial crust. Wagyu renders its own fat almost immediately after contact and takes over from there. Dust with kosher salt right before the sear. Sear 90 seconds per side without moving the steak, then 20 seconds on each edge.

Pepper is optional. At cast iron temperatures it burns and turns bitter. If you use it, know the trade-off.

STEP 7 — FINAL REST

3 minutes on a rack. Not a cutting board — a board traps steam and softens the crust you just built.

STEP 8 — SLICE AND SERVE

Against the grain. On a warm plate. Warm your plates in a 200°F oven while the steak rests.

LET'S TALK BUTTER

Butter is totally optional. But? It is delicious. **DO NOT skimp on butter.** Ploughgate Creamery — made 20 miles from Spring-Rock Farm — is a great option. If not Ploughgate, find a high quality butter worthy of this cut. *The honest truth: this cut doesn't need it. The butter is for you, not for the steak.*



ThermoPro TempSpike Plus — dual probes, alarm set to 105°F



A touch of beef tallow to start...Wagyu self-bastes from there.



TWO RULES THAT APPLY HERE AND NOWHERE ELSE

1. Do not serve this rare. The fat is the point — fat needs heat to melt. Rare Wagyu is a waste of the animal.
2. It does not need a sauce. Any sauce competes with flavor that is already there. Restraint is the technique.

THE STORY OF 2 FARMS – HERITAGE OF THE HERD, LEGACY OF THE VINE.

SPRING-ROCK FARM — Springfield, Vermont

Dr. Sheila Patinkin left a pediatric practice in Chicago, returned to the Vermont town where she grew up, and in 2006 purchased a 350-acre farm founded in 1790 with no farming experience. She started with 20 Wagyu embryos. She now operates one of the top 10 full-blood Wagyu farms in the United States — the first Wagyu breeder in New England, and in 2025 the first beef farm in the country to earn USDA's "Certified Authentic Wagyu Beef" designation.

vermontwagyu.com · (802) 885-7812

KEENAN WINERY — Spring Mountain District, Napa Valley

Robert Keenan purchased 180 acres on the Mayacamas Mountains at 1,700 feet elevation in 1974, built his winery inside the ruins of an 1904 stone cellar, and produced his first Cabernet in 1977. Today, **Michael Keenan** — Robert's son — leads the estate, fully solar-powered, sustainably and dry-farmed. The farm is planted to Chardonnay, Cabernet Sauvignon, Cabernet Franc, Merlot, Zinfandel and a couple other hidden gems, Michael's son Reilly is managing. Mountain tannin, genuine acidity, built to go with food.

keenanwinery.com · Call for an appointment, (707) 963-9177



Full-blood Wagyu chuck eye — marbling throughout



Keenan 2021 Napa Valley Cabernet Sauvignon

Walk the pastures at Vermont Wagyu. Stand in the 1904 stone cellar at Keenan.

Know the land, trust the table.