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Steak with Broccoli

There’s nothing more satisfying than the simple combination of flavors that are produced by steak and broccoli. That is, assuming fresh ingredients such as garlic or lemon are being used in the recipe. New York strip, or strip steak, is known for its amazing tenderness. The soft and juicy texture practically absorbs the marinade it’s made in. Furthermore, the subtle flavor of the strip itself is seen in the juices squeezed out by the heat. These amazing juices become a gravy or a sauce that gets poured over the dish itself, complimenting the lively citrus that has been absorbed by the broccoli. As well as the garlic that has been sweetened by the cooking process. The heat literally breaks down the molecular structure of the garlic, bringing out the sugars. This is a process called caramelization. Many other veggies such as carrots onions or sweet potatoes experience this as well. It is one of my absolute favorite characteristics of cooking or rather, roasting veggies.

The joy of consuming this meal doesn’t come from the flavor alone. I get a sense of excitement as I hear the sizzling sound of the dish as it comes straight out of the oven or off of the saute pan. The incredible aroma of the lemon and garlic that has been absorbed by the broccoli excites my taste buds. The aroma alone is enough for me to get an idea of what the heavenly flavor of the charred broccoli is like before devouring it. Sometimes, before digging in, I let the dish continue to sizzle away until it quiets down. After that, I know the process of carry-over cooking is done. Then, after that, I’m able to dig in and enjoy the steak and broccoli at its ideal temperature. Strip steak and broccoli taste best seconds after the sound of sizzling has died down. That moment where steam is fogging your glasses, if you wear a pair, a little less than it did beforehand. That is an indicator of how easy it will settle into your mouth. An important indicator because it also helps to prevent mouth burn.

Sound can be an interesting indicator of good texture. Sure, we have our eyes, nose, and taste buds. However, sounds such as that of a crispy broccoli floret can be rather telling. For example, oven-roasted charred broccoli with the flavor of the delicious marinade I mentioned makes an incredible rustling noise when being picked at by a utensil. Needless to say, there is a fine line between a roasted charred floret and one that’s burnt. The more burnt it is, the louder the rustling sound is. Therefore, the rustling sound of a charred broccoli floret is the indicator of a being perfectly charred.

Overall, the tenderness of the strip steak and the crisp texture of the oven-roasted charred broccoli is like a match made in heaven. On one hand, you have the juicy tenderness of the medium steak with its natural subtle flavors. On the other hand, you have the refreshing crisp broccoli that has this incredible zesty garlic flavor. The combination of the textures helps bring out the best of the flavors in the main and side of the dish. The strip steaks juices give the charred florets of broccoli a beautifully glazed appearance. In the right dimly setting, that beautiful broccoli will look like a work of art as it radiates an incredible soft glow. All these things factor into my idea of a perfect day. The right meal in the right setting is sure to set the mind at ease and relieve if of stress.