



Recipes



Grilled Rib Eye with Black Bean Compound Butter

Episode 513: Chinese Fermented Black Beans/Butter

Serves 4

Ingredients

3 tablespoons chopped Chinese black beans
2 tablespoons chopped garlic
1 pound butter, softened
2 tablespoons minced parsley
1 large, 2-inch rib eye steak
2 large potatoes, fully baked, skin on
Kosher salt and freshly ground black pepper to taste
Canola oil for cooking

Directions

The day before, in a heavy sauté pan or wok on medium-hot heat, lightly coat with oil and sauté the black beans and garlic. Set aside to cool. In a mixer, soften and whip the butter till lightened in color. Fold in the cooled aromatics, parsley and season with kosher salt and freshly ground black pepper to taste. Transfer to a piece of parchment and form into a log, about 2 inches in diameter. Place in fridge overnight to harden. The next day, prepare a hot grill, season the rib eye well and cook until medium-rare, about 10 minutes, total. (Thermometer should read 118 degrees. Carry-over cooking will bring the temperature up 5-10 degrees.) Cut baked potatoes in half and smoosh down onto a plate. Place steak on top of potatoes, top with compound butter slices, and let rest for 8 minutes before slicing, then place back on top of potatoes. Serve with Haricot Verts Black Bean-Almondine and enjoy.

Tags: ribs



Follow Simply Ming on twitter!



Become a fan of Simply Ming on facebook!



Follow Ming's restaurant, Blue Ginger, on twitter!



Become a fan of Blue Ginger on facebook!

Copyright 2011 Ming Tsai