

RANCHER STEAK

with the Grilled
Broccolini from
Rare Society



INGREDIENTS

RANCHER STEAKS

- 1 cup oil
- 1/2 cup soy sauce
- 1 tbsp cup worcestershire
- 1 tsp dry mustard
- 1 1/2 tsp salt
- 1/2 tbsp black pepper
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 3 garlic cloves, crushed

BROCCOLINI

- 1 bunch broccolini

SUMAC VINAIGRETTE

- 1 tbsp dijon mustard
- 1 tsp chopped garlic
- 1/4 cup white wine or white balsamic vinegar
- 2 tbsp honey
- 10 leaves of flat parsley chopped
- 1/2 tsp cinnamon
- 2 tbsp salt
- 1 tsp black pepper
- 2 cup blended oil

SUMAC YOGURT:

- 1 pint yogurt (greek, full fat is best)
- 2 tbsp sumac
- 1 lemon, zested & juiced
- 1 tbsp salt
- 1 tsp black pepper

Za'atar spice

DIRECTIONS

For the rancher steaks: blend oil, soy sauce, worcestershire, dry mustard, salt, and black pepper into a small bowl. Give it a mix and then add red wine vinegar, lemon juice, and the crushed garlic cloves. Mix once again.

Cover the steaks in your marinade and place covered, in the fridge, overnight.

We'll be grilling these over charcoal - marinated meats taste so much better over an open flame. Heat your grill to medium-high heat and cook for a total of 6-8 minutes to achieve the perfect medium-rare steak. Let it rest for half the time you cooked it (use this time to grill the broccolini), slice, and serve.

Now for Rare Society's broccolini: first, we gotta make the vinaigrette. To do so, mix all the ingredients in a bowl. Whisk in the oil to finish. Set aside.

Then, onto the sumac yogurt. This one's an easy one too: simply mix all the ingredients together in a bowl with a whisk. Then, set aside.

For the broccolini: split each stem in half, lengthwise. Season with salt, black pepper, and canola oil. Give it all a good toss to make sure the broccolini is properly coated in our spice mixture. Place on the grill (after you've cooked your steak, btw), and char the broccolini over high heat for 3-4 minutes. Once it looks done, pull it and immediately toss with the sumac vinaigrette.

To plate, add a hearty dollop of yogurt on the bottom of your serving plate, add the broccolini, and sprinkle a healthy amount of za'atar spice over the entire thing.

APRIL

OX BOX



WHAT'S IN THE BOX

RANCHER STEAK

**GREEN GODDESS
CHICKEN THIGHS**

PORK SHOULDER

**ANDOUILLE
SAUSAGE**

**DRY-AGED GROUND
BEEF**

**BACON & MAPLE
SAUSAGE**

**TUSCAN WHOLE
CHICKEN**

A NOTE FROM CHEF

You don't really see rancher steaks around, so I'm excited to cook one this month. Our butchers consider it the most flavorful part of the cow - our head butcher David says it, "kicks you in the mouth with beef flavor." The rancher cut comes from the shoulder area - usually used for roasting, braising or grinding, these steaks tend to have a little more texture, but we are happy to trade a little tenderness for some really rich intense flavor. Best results will come from grilling over charcoal and keeping the temperature under medium (I prefer medium-rare) You're gonna want to take the full 12 hours to marinate this - the lemon and vinegar helps to tenderize this rich cut. I've been really into marinating meats lately at home - playing with different lengths of time, different ingredients - I haven't perfected it yet, so when I have the formula, I'll report back. The recipe is on the back, enjoy!

B. Wise

WHAT'S AT THE SHOP

The Wise Ox at The Beacon in La Costa is opening this month! Watch our social and your inbox for the official grand opening, and of course, an invite to a party we're throwing to celebrate the new shop!