FRENCH (BORDEAUX)

Entrecôte Bordelaise

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	2	15 min	30 min	Pan-fry	Strip loin

Ingredients

- 2 strip loin steaks, about 300 g (10½ oz) each and 3 cm (1¼ in) thick
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 tbsp neutral oil
- 25 g (2 tbsp) cold butter, cubed

BORDELAISE SAUCE

- 2 shallots, finely chopped
- 250 ml (1 cup) dry red wine, ideally Bordeaux
- 250 ml (1 cup) beef stock
- 1 sprig fresh thyme
- 1 bay leaf
- 1 tbsp chopped parsley

Steps

1. Take the steaks out of the fridge 30 minutes ahead. Pat them very dry and season both sides with the salt and pepper.
2. Start the sauce: in a small saucepan over medium heat, combine the shallots, wine, thyme and bay leaf. Simmer until reduced by about two-thirds and syrupy, 10–12 minutes.
3. Add the stock and simmer again until it coats a spoon lightly and has reduced to about 150 ml (⅔ cup), another 8–10 minutes. Remove the herbs and keep warm.
4. Heat the oil in a heavy skillet over medium-high heat until it shimmers. Pan-fry the steaks for 3–4 minutes per side, until a deep brown crust forms, for medium-rare (52–54°C / 125–130°F inside).
5. Move the steaks to a plate and rest them for 5 minutes, loosely covered.
6. Pour the resting juices into the sauce. Take it off the heat and swirl in the cold butter, a cube at a time, until glossy. Stir in the parsley and season with salt and pepper.
7. Slice the steaks against the grain if you like, and spoon the sauce over.

Notes

- **Make ahead:** the reduced wine sauce keeps 3 days in the fridge; reheat gently and add the butter at the end.
- **Classic touch:** traditionally finished with poached beef marrow slices on top; ask your butcher for marrow bones if you want to go all in.
- **Serving:** frites and a green salad with mustard vinaigrette are the usual partners.