
Grilled Porterhouse Steak

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com.

Servings: 4

Prep Time: 10 minutes

Cook Time: 11 minutes

Start to Finish Time: 21-25 minutes

1/2 cup extra virgin olive oil
2 tablespoons fresh lemon juice
1 tablespoon red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon chopped oregano
salt, to taste
freshly ground pepper, to taste
2 medium zucchini, sliced on the diagonal 1/3 inch thick
1 red onion, sliced 1/3 inch thick
1 red bell pepper, cored and quartered
1/4 pound Shitake mushrooms, stemmed
1 pound asparagus
1 bunch scallions, roots trimmed and bottom 6 inches only
2 one-pound Porterhouse steaks, 1 inch thick

Heat a charcoal grill. In a small bowl, whisk the olive oil with the lemon juice, red wine vinegar, mustard and oregano, then season with salt and pepper. Transfer half of the dressing to a large bowl. Add the zucchini, onion, red bell pepper, mushrooms, asparagus and scallions. Season the vegetables with salt and pepper, then toss.

In a perforated grill pan, grill the vegetables over high heat, tossing, until charred in spots; 10 minutes. Return to the bowl, add the remaining dressing and toss.

Season the steaks generously with salt and pepper. Grill the steaks over high heat, turning occasionally, about 11 minutes for medium rare. Transfer the steaks to a carving board and let rest for 5 minutes. Slice the meat from the bones and serve with the grilled vegetables.

Beef/Veal Entrees