



Tips for Cooking Pasture-Raised Steaks the Argentine Way by Drew Brown

When considering cooking a pasture-raised steak, it only makes sense to turn to the cuisine of Argentina for inspiration. The Argentines are famous for their beef raised on grass on the open range. Traditionally, the beef is grilled over a wood fire and served with little more than a salad. Yet it's chimichurri that really provides the Argentine flavor. Chimichurri is an ubiquitous sauce made primarily of olive oil, parley and oregano, and it can be used as a marinage or a sauce. The recipe that follows is borrowed from Francis Mallmann's *Seven Fires*, the definitive guide to grilling the Argentine way.

Chimichurri

1 cup water
1 tablespoon salt

Bring to a boil to dissolve salt and allow to cool.

1 head of garlic, separated and peeled
1 cup packed fresh flat leaf parsley
1 cup fresh oregano leaves
2 teaspoons crushed red pepper flakes
1/4 cup red wine vinegar
1/2 cup extra virgin olive oil

Mine the garlic and herbs separately and combine in a bowl. Add the pepper flakes. Whisk in the vinegar and then the oil. Whisk in the salt-water solution.

Transfer to a jar and refrigerate overnight before using to develop flavors. Can be kept up to 3 weeks.

Steaks

To use, season your steaks with salt and pepper and then coat with the chimichurri. Grill to preferred doneness. Serve with more chimichurri. To really complete the Argentine style meal, be sure to wash down your steak with Malbec and finish up with Dulce de Leche. Enjoy!