

PAN-ASIAN STEAK

8 oz NY steak

Marinade:

1 T. olive oil

2t. lemon juice

1/2t. sea salt

1/2t. coarsely ground black pepper

1/2t. Dijon mustard

1/4t. curry powder

1 garlic clove-crushed

Aluminum Free Kitchen

No matter how convenient aluminum foil or disposable aluminum pans are, I absolutely advise you against using them! Internet research says particularly when the foil is heated, the molecule becomes unstable, and you end up ingesting, absorbing and retaining it, which may contribute to the development of diseases. Aluminum is particularly linked to Alzheimer's. Instead use a regular oven pan and if necessary soak it overnight to clean it.

Set the oven temperature to broil, and close the oven door or broiler drawer. The desired texture of the cooked steak is a little charred on the outside and tender on the inside. To achieve this you must start and maintain a very high heat.

Mix all marinade ingredients together, and brush over the top of the steak, which has been kept cold in the refrigerator. Carefully and quickly put a light coat of oil on the pre-heated broiler pan with a paper towel or dishcloth, just before placing the steak on it on. Broil one side of the steak until brown.

Then turn the steak over and brush with the remainder of the marinade on and broil some more. Total cooking time depends on the heat of your broiler and the thickness of the steak.

See text box for more information and check out the general info on what kind of meat to purchase and the info how to cook it for best nutrition and digestion on [page__](#).

When Is It Done?

I've seen experienced chefs be able to determine the doneness of a piece of steak simply by tapping the top of it. The firmer it is, the more cooked it is. For those of you who do not have that level of proficiency yet, I recommend you keep the broiler heat going, while you remove the steak to a cutting board. Cut as small a slit as possible in the center, and peek at the color. If you need to return it to the broiler the heat will not have cooled.

Any chef will tell you rare to medium rare is best, but ultimately it's a matter of personal preference.

