



WATERCREST

SENIOR LIVING



The Chef's Corner

Steak . . . elevated!

Herb garlic butter, also known as *beurre à la bourguignonne*, is a type of compound butter that originated in France, using a technique that involves mixing butter with other ingredients to create a flavorful spread to melt atop meats and vegetables or to be used to finish sauces.

The original recipe involved bringing butter to room temperature, adding finely chopped herbs, and rolling the mixture tightly in paper.

From our Chef's Corner to your table, enjoy!

Grilled Garlic Herb Buttered Steak recipe from the kitchen of Chef Matthew at Watercrest Winter Park

Steak: your favorite steak for grilling

Marinade ingredients:

- 1/8 cup brown sugar
- 1/4 cup soy sauce
- 1/4 cup worcestershire sauce
- Juice of 2 lemons
- 1/2 tsp black pepper
- 1 tsp granulated garlic

Garlic Herb Butter ingredients:

- 1 stick butter (1/2 cup) softened to room temperature
- 1 tablespoon parsley
- 1 heaping teaspoon of granulated garlic (I love the roasted garlic powder that is made by Badia, and can be found in the international grocery department)

Directions:

- Combine all marinade ingredients inside a bowl and use a whisk to combine well.
- Place the steak inside a sealable bag (such as Ziploc).
- Pour the marinade over the top of the steak and seal the bag.
- Refrigerate for 6-8 hours.
- For the garlic herb butter, combine all ingredients well and place on a sheet of wax paper.
- Roll this up into the shape of a huge "Tootsie Roll!"
- Refrigerate until ready to serve.
- Once the meat has had time to marinate, grill the steak to perfection!
- Serve with a dollop of garlic butter.