

STEAK OUT

I already have one pretty darn good steak recipe, so why another? I foolishly thought I was done, but then at some point, I came across an episode of Alton Brown's "Good Eats". He did a kind of quasi dry age method in the fridge; no special equipment needed. I saw a handful of other videos that did the same thing and the more I thought about it, the more I became intrigued. I was under no illusion that this would yield a "true" dry-aged steak, but I said let's give it a whirl. That was about three months ago. No special equipment (unless you don't have a grill press) is required, but it does take about a week of time and a little bit of attention once a day. But the results are... well TASTY!

INGREDIENTS

Qty.	Unit	Item
1	Steak	Prime Grade Ribeye, about 1 ½ - 2 Inches Thick
AR	-----	Morton's Kosher Salt
AR	-----	Lea and Perrins Worcestershire Sauce
AR	-----	Fresh Ground Black Pepper
AR	-----	Accent
26	g	Ghee
1	46 oz. can	Pineapple Juice

Prime grade? Preferably, but choice will work too! Make sure you get a thick cut if available

Lea and Perrins? I think there are other brands that make Worcestershire Sauce, but I don't think I have ever had them. Stick with the original!

Accent has one ingredient. Can you guess what it is?

This is one instance where you ABSOLUTELY need ghee. Not only does it have a high smoke point, but when brushed on the cold steak, it solidifies so you see where you need to apply more and it does not drain off the steak

You won't use all of the pineapple juice for one steak, so make sure you also have something to store it in after opening the can

SPECIAL TOOLS

- Heavy Grill Press [i]
- Vacuum Sealer and Bag [ii]
- Digital meat oven thermometer [xii, xiii]

PREPARATION

DAY 1

- 1) Buy a steak
- 2) As soon as you can after you get the steak home, pull it out of its package and pat dry with a paper towel
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan
- 6) Place steak in fridge

DAY 2

- 1) Pull the steak out of the fridge and note which side of the steak is up
- 2) Unwrap the steak and discard the paper towel [v]
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel such that the side of the steak that was previously up is now down [iv]
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan (remember to place the side of the steak that was previously facing up, face down)
- 6) Place steak back in fridge

DAY 3

- 1) Pull the steak out of the fridge and note which side of the steak is up
- 2) Unwrap the steak and discard the paper towel [v]
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel such that the side of the steak that was previously up is now down [iv]
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan (remember to place the side of the steak that was previously facing up, face down)
- 6) Place steak back in fridge

DAY 4

- 1) Pull the steak out of the fridge and note which side of the steak is up
- 2) Unwrap the steak and discard the paper towel [v]
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel such that the side of the steak that was previously up is now down [iv]
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan (remember to place the side of the steak that was previously facing up, face down)
- 6) Place steak back in fridge

DAY 5

- 1) Pull the steak out of the fridge and note which side of the steak is up
- 2) Unwrap the steak and discard the paper towel [v]
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel such that the side of the steak that was previously up is now down [iv]
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan (remember to place the side of the steak that was previously facing up, face down)
- 6) Place steak back in fridge

DAY 6

- 1) Pull the steak out of the fridge and note which side of the steak is up
- 2) Unwrap the steak and discard the paper towel [v]
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel such that the side of the steak that was previously up is now down [iv]
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan (remember to place the side of the steak that was previously facing up, face down)
- 6) Place steak back in fridge

DAY 7

- 1) Pull the steak out of the fridge and note which side of the steak is up
- 2) Unwrap the steak and discard the paper towel [v]
- 3) Weigh the steak and record the result [ii]
- 4) Wrap the steak in a single layer of paper towel such that the side of the steak that was previously up is now down [iv]
- 5) Put the steak on a $\frac{1}{4}$ sheet cooling rack in a $\frac{1}{4}$ sheet pan (remember to place the side of the steak that was previously facing up, face down)
- 6) Place steak back in fridge

DAY 8

Finally, the day of eating is here! But be warned! You still have several hours to go, so plan your time accordingly!

- 1) Place the heavy grill press in the fridge
- 2) Pull the steak out of the fridge
- 3) Unwrap the steak and discard the paper towel
- 4) Weigh the steak and record the result [ii]
- 5) If you have a vacuum sealer and bags
 - a. Make a 4 line vacuum seal bag. Make two sets of seals, each double sealed
 - b. Put the steak in the bag

- c. Pour 1 half can of pineapple juice into the bag [!!! SHAKE THE PINEAPPLE JUICE CAN BEFORE OPENNING !!!] [vi]
- d. Pull a vacuum until the juice almost reaches the vacuum sealer [vii]
- e. Seal the bag then create a double seal
- f. Pull the bag and wipe out any juice along the top of the bag
- g. Create a second seal right above the first then create a double seal
- 6) If you don't have a vacuum sealer
 - a. Pull out a Tupperware container that is the closest fit to the steak as possible
 - b. Cut 4 or so bamboo skewers so that they fit in the bottom of the Tupperware container
 - c. Put the steak on top of the skewers
 - d. Add pineapple juice until the steak is covered when weighted down
 - e. Weigh down the steak so that it stays submerged [viii]
- 7) Place the steak in the fridge for 1 hour, flipping the steak every 15 minutes [ix]
- 8) Pull the steak and rinse thoroughly under cool water
- 9) Thoroughly pat dry the steak with paper towels
- 10) Weigh the steak and record the result [ii]
- 11) Put the steak back on the cooling rack / sheet pan and generously coat on all sides with Worcestershire Sauce
- 12) Generously coat the steak on all sides with Kosher salt
- 13) Place the steak back in the fridge for 1 hour
- 14) Pull the steak from the fridge noting which side is up
- 15) Apply a second generous coating of Worcestershire Sauce on all sides of the steak
- 16) Place the steak on the cooling rack so that the side that was up is now down
- 17) Place the steak back in the fridge for 1 hour
- 18) Pull the steak from the fridge noting which side is up
- 19) Apply a third generous coating of Worcestershire Sauce on all sides of the steak
- 20) Place the steak on the cooling rack so that the side that was up is now down
- 21) Place the steak back in the fridge for 1 hour
- 22) Pull the steak from the fridge noting which side is up
- 23) Apply a fourth and final generous coating of Worcestershire Sauce on all sides of the steak
- 24) Place the steak on the cooling rack so that the side that was up is now down
- 25) Place the steak back in the fridge for 1 hour
- 26) At the end of 1 hour, heat oven to 225 deg. F
- 27) Weigh out 13 g of ghee in a Pyrex measuring cup
- 28) Heat the ghee in the microwave, 5 – 10 seconds at a time, until the ghee is melted
- 29) Pull the steak from the fridge and pat dry.
- 30) Brush the ghee on all sides of the steak until all the ghee is used. Wait a few seconds after each application to allow the ghee to solidify so you can tell which areas need to be targeted
- 31) Put the steak back in the fridge for 15 min
- 32) Weigh out a second round of 13 g of ghee in a Pyrex measuring cup
- 33) Heat the ghee in the microwave, 5 – 10 seconds at a time, until the ghee is melted
- 34) Pull the steak from the fridge and brush the ghee on all sides of the steak until all the ghee is used. Wait a few seconds after each application to allow the ghee to solidify so you can tell which areas need to be targeted

- 35) Put the steak back in the fridge for 15 min
- 36) Heat cast iron pan on VERY HI for at least 5 minutes
- 37) Place the steak in the pan and the heavy grill press on top of the steak
- 38) Sear for 15 seconds
- 39) Flip the steak and place the heavy grill press on top of the steak
- 40) Sear the steak for 15 seconds
- 41) Using a long [x] pair of metal tongs, sear the edges for 15 seconds per edge
- 42) Put the steak back on the cooling rack / sheet pan
- 43) Sprinkle Accent on all sides of the steak
- 44) Sprinkle fresh ground pepper on all sides of the steak [xi]
- 45) Insert the temperature probe into the thickest part of the steak
- 46) Place steak in oven and cook until it reaches an internal temperature of 122 deg. F.
- 47) When the steak reaches temperature, pull the steak from the oven and put under a heat dome for 5 minutes [xiv]
- 48) Plate with your sides
- 49) ENJOY!!!

NOTES

- i. OK... you don't absolutely need a grill press. I regularly forget it, but I think it does help get a little more crust when searing.
- ii. You don't necessarily need a vacuum sealer either, but I think it works a little bit better and uses less pineapple juice
- iii. Not 100% necessary, but it is interesting to track the weight to see how it changes
- iv. Yes, I am pretty sure this makes a difference, especially depending on how you wrap it. For one or two of my attempts, I did not flip the steak daily and it wound up "dry aging" unevenly
- v. After day 1, you may not need to discard the paper towel. If it is not soaked in meat juice, you can probably keep using it
- vi. I kept forgetting to do this
- vii. Be careful with this. You don't want to get any juice in your vacuum sealer
- viii. I used one of my glass fermentation weights
- ix. 1 hour is the limit. The enzymes in the pineapple juice do a REALLY good job of breaking down meat
- x. The longer the better; the pan is quite hot at this point and there can be some ghee spatter
- xi. Apply less than you think you will like if your pepper is relatively fresh; it can be quite potent
- xii. I don't think I consider this special equipment any more, but I listed it here just to make sure we use one.
- xiii. One of the ones with either a remote probe or a probe on a wire that can be snaked out the over door
- xiv. The internal temperature should rise by about 5 - 10 deg. F while resting

PICTURES

DAY 1 – STEAK WEIGHT = 661 G





DAY 2 - STEAK WEIGHT = 635 G





DAY 3 - STEAK WEIGHT = 613 G





DAY 4 - STEAK WEIGHT = 598 G





DAY 5 - STEAK WEIGHT = 585 G





DAY 6 - STEAK WEIGHT = 572 G





DAY 7 - STEAK WEIGHT = 560 G





DAY 8 - STEAK WEIGHT = 550 G

















Well, once again I started too late and by the time I was ready to eat, I was too hungry and I forgot to take pictures of the final product. Maybe next time!