



HOME COOKING

with Cathy

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**CLARINGTON PROMOTER
CONTRIBUTOR**

Hello everyone! This month I have included a wonderful steak marinade and a steak rub. I have used the steak marinade many times and it just seems to be the right flavour. The spice rub is from a little cooking course that Jim and I took in Niagara. It was in a winery called Strewn. The web site is www.strewn-winery.com I highly recommend the courses they offer as I have used all the recipes over and over again with great results. I never would have thought to put cinnamon in a steak rub, but it was surprisingly delicious. Enjoy!

Steak Marinade

- 2 Tbsp. Worcestershire Sauce
- 1 Tbsp. Dijon Mustard
- 4 Tsp. Olive oil
- 2 Tsp. coarsely ground pepper
- 2 Tsp. minced fresh garlic

Whisk all ingredients together and apply to each side of steaks. You should apply marinade at least 2 hours before grilling or leave marinade on steaks and refrigerate overnight if you wish.

Grilled Steak with Spice Rub

Choose a thick cut (1 ½ to 2 inches) and slice across the diagonal when cooked to desired grilling time. You can also change the flavour of the steak by varying the spices in the rub. 2 - New York Strip steak works well with this recipe.

Spice Rub

- 2 tsp. ground cumin
- 2 tsp. ground paprika
- 2 tsp. dried oregano
- 2 tsp. coarsely ground peppercorns
- 2 tsp. ground cinnamon
- ½ tsp. salt
- 2 tsp. brown sugar

In a small bowl, combine the ground spices and brown sugar and mix well. Pat the spice rub all over the steaks. Leave on steaks for at least 1 hour.

Grill steaks over a medium-hot barbeque for about 5 minutes per side or until done to your liking. Let steaks stand for 4 minutes before slicing across the diagonal. Makes 2- 4 servings.