



Brigit Binns

Grilled Flat-Iron Steak with

Yellow Pepper–Caper Rouille

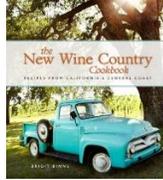
Serves 6

Wine Pairings:

Central Coast: Saarloos and Sons, Ballard Canyon,

SYV “Sons” Cabernet Sauvignon

Farther Afield: Merlot from Napa Valley, California



From [*The New Wine Country Cookbook: Recipes from California's Central Coast*](#),

Andrews McMeel, 2013

6 flat-iron steaks, 8 to 9 ounces each and about 2 inches thick

Extra-virgin olive oil, for brushing the steaks

Fine sea salt and freshly ground black pepper

About 2 tablespoons coarsely chopped fresh oregano

Yellow Pepper–Caper Rouille

1 small orange or yellow bell pepper, quartered lengthwise, seeded, and cored

2 large egg yolks

4 large garlic cloves, minced or pushed through a press

¼ teaspoon salt

1/8 teaspoon ground chipotle chile or cayenne pepper

2/3 cup extra-virgin olive oil

1/3 cup capers, drained and chopped

Brush the steaks generously on all sides with olive oil, and season generously with salt and pepper; rub in the oregano. Let stand while you make the rouille.

To make the sauce, preheat a broiler to high heat and place a baking sheet on the top rack. Place the pepper quarters on the sheet, skin side up, and broil until charred and blistered, 3 to 5 minutes. Turn over and broil for 1 to 2 minutes more, until tender. Immediately transfer to a bowl and place the bowl inside a plastic bag. Twist to seal and let steam for 10 minutes. Slip off the skins, coarsely chop the flesh of the pepper, and transfer to a food processor with a tiny hole in the feed tube (for making mayonnaise) or a blender. Add the egg yolks, garlic, salt, and ground chipotle; blend until almost smooth. With the motor running all the time, drizzle the olive oil into the feed tube (or blender) slowly, until the oil has all been absorbed and the rouille is thick. Transfer to a bowl and fold in the capers.

Prepare a charcoal or gas grill for medium-hot grilling or preheat a ridged griddle pan over high heat until very hot. Scrape most of the oregano from the steaks and grill for 2 minutes on each side. Move the steaks to a cooler part of the grill (or turn the heat down to low) and continue cooking for 1 to 2 minutes more per side, to your desired doneness. Let rest for 5 minutes, then carve crosswise into thin slices. Fan the slices on warm plates and spoon a river of rouille down the center, or serve the rouille on the side.

Note: If using grass-fed beef, reduce both the cooking time and the cooking temperature by 10 to 15 percent (that is, grill over medium coals instead of medium-hot coals).