

Grilled New York Steaks with Chimichurri Sauce

2 Prather Ranch organic New York steaks (about 10 oz. each)
fine sea salt, black pepper to taste

Chimichurri Sauce:

1 c. of coarsely chopped flat leaf parsley
3 to 5 cloves of garlic, put through a press
3 T. of fresh oregano leaves
1/2 c. of minced yellow onion
1 c. of olive oil or vegetable oil
1/4 c. red wine vinegar or sherry vinegar
1 t. sea salt
1/2 t. fresh ground black pepper
juice of one lemon
optional—1/2 t. chili flakes

Make the sauce first. In a blender or food processor combine all ingredients and pulse until well combined but not puréed. Allow to sit for 15 minutes before serving. Serves 6.

Sprinkle steaks with salt and pepper. Place on a preheated grill and sear. Do not move the steak once you place it on the grill. Grill for 5 minutes on each side for medium, 6 to 7 minutes for more well done. Serve immediately with 3 T. of sauce. Serves 4.

425 Calories; 32g Fat; 10g Protein; 6g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 504mg Sodium.