

[PDF] Morton's Steak Bible: Recipes And Lore From The Legendary Steakhouse

Klaus Fritsch, Mary Goodbody - pdf download free book

Books Details:

Title: Morton's Steak Bible: Recipes

Author: Klaus Fritsch, Mary Goodbody

Released: 2006-05-23

Language:

Pages: 240

ISBN: 1400097940

ISBN13:

ASIN: B005IUHE02



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Book Description

Drawing from the spirit of the menus at Morton's original Chicago location and their eighty other restaurants around the country and the world, *Morton's The Cookbook* includes familiar and delicious American steakhouse fare accentuated by the flavors picked up as the restaurant has grown to span the globe.

The expert on steak, Morton's shares its wealth of information on how to cook your steak to perfection in enticing recipes such as New York Strip Roast with Three Peppercorn Sauce and Bone-in Ribeye with Rancher's Rub. Complete your meal at home with recipes for delicious appetizers and

classic steakhouse sides, such as Five-Onion Soup, Maine Lobster and Avocado Salad, and Blue-Cheese French Fries. Tempting desserts round out this bold collection of delectable recipes.

Beautifully illustrated throughout with full-color photographs and featuring 100 tantalizing recipes, *Morton's The Cookbook* brings Morton's exceptional fare to your home every day.

From *Morton's The Cookbook*: Steak Florentine These tasty steaks are served on a bed of spinach, which earns them their name. Both round and butt steaks are full of flavor, and they are so well appreciated all across America that we think of them as "American cuts." They are chewier than sirloin or tenderloin but full of great beef flavor. If you can find prime beef, buy it, but choice will do just fine here.

Ingredients

- Two 10-ounce round or butt steaks, each about 1 inch thick
- 1 1/2 tablespoons unsalted butter
- 1 tablespoon minced shallot (1 small shallot)
- 1 pound fresh spinach, stemmed
- 1 tablespoon minced garlic
- Kosher salt and freshly ground black pepper
- 1 tablespoon olive oil
- 2 tablespoons freshly grated Parmesan cheese

(Serves 2)

Directions

1. Remove the steaks from the refrigerator and let them rest at room temperature for 30 to 60 minutes.
2. Preheat the oven to 400 degrees F.
3. In a large sauté pan, melt 1 tablespoon of the butter over medium heat and when hot, add the shallots and cook for 1 to 2 minutes or until soft. Add the spinach to the pan and cook for 3 to 4 minutes, stirring, or until the spinach just wilts. Do not let it get too limp. Remove the pan from the heat, cover to keep warm, and set aside.
4. In a small sauté pan, heat the remaining 1/2 tablespoon butter over medium-low heat and cook the garlic for 2 to 3 minutes or until it begins to brown. Set aside.
5. Lightly sprinkle the steaks with salt and pepper.
6. In another large sauté pan, heat the olive oil over medium-high heat and when very hot, sear the steaks for about 2 minutes on each side. Transfer the steaks to a roasting pan and roast for 3 to 4 minutes or until barely medium-rare.
7. Remove the steaks from the oven and turn on the broiler.
8. Drain the liquid from the spinach and spread the spinach in a broiler pan. Set the steaks on top of the spinach and then top each steak with the garlic and butter. Sprinkle a tablespoon of cheese over each steak and broil for 1 to 2 minutes or until the cheese melts and is lightly browned. Let the steak rest for 5 to 10 minutes. Divide between 2 plates.

Wine recommendation

Pinotage wine from New Zealand has medium body with low tannin and high acidity, making it a good match for both the mildly bitter spinach and the Parmesan cheese. Try Te Awa Winery's Pinotage from Hawkes Bay, New Zealand.

Rosso di Montalcino is the little brother to Brunello di Montalcino and will complement this dish nicely. It is a fruity, low-tannin wine that balances the bitter spinach but does not overpower the lean meat. We recommend Banfi Rosso di Montalcino from Tuscany.

About the Author Klaus Fritsch teamed up with Arnie Morton to found Morton's in 1978. Trained as a professional chef, he currently serves as vice chairman to the company. Fritsch lives in Chicago. Visit mortons.com.

Mary Goodbody is a nationally known food writer, consultant, and cookbook editor who has worked on more than sixty books. She lives in Connecticut.

- Title: Morton's Steak Bible: Recipes and Lore from the Legendary Steakhouse
 - Author: Klaus Fritsch, Mary Goodbody
 - Released: 2006-05-23
 - Language:
 - Pages: 240
 - ISBN: 1400097940
 - ISBN13:
 - ASIN: B005IUHEO2
-