

# Blackened Strip Steak w/Orange Bourbon Sauce



The orange adds an unexpected flavor that works really well with the bourbon  
Modified from: Food Network recipe

Serves 2

1/2t your favorite Cajun seasoning	2 ~ 12 oz NY strip steaks	2 seedless oranges, peeled, segmented
1/4t Cayenne pepper	<b>Glaze:</b>	1/3c brown sugar
salt and pepper	2 large shallots, diced	salt and pepper
1/4c canola oil	1/4c butter, divided use	4c beef stock
	1c bourbon	

Preheat oven to 350.

Prepare Orange Bourbon sauce, cool and place in zip lock bag.

Sauce: In a medium saucepan over medium-high heat sauté shallots in 2T butter until caramelized. Whisk in bourbon, oranges, brown sugar, salt and pepper. Bring to a simmer over medium~high heat. Reduce heat to medium~low and add beef stock. Simmer until mixture is a sauce~like consistency. Remove from heat. Whisk in the remaining butter.

In a medium bowl, combine Cajun seasoning, cayenne, salt, pepper and canola oil. Rub mixture on both sides of the steak. Over high heat, sauté steak in cast iron skillet, searing steak for 2 minutes each side. Remove steak from skillet, allow to cool and place steak in zip lock bag with Orange Bourbon sauce and place in refrigerator for 1 hour. Remove zip lock bag from refrigerator and let steak sit at room temperature for 30 minutes. Place steak back in cast iron skillet and place skillet in oven for 12 minutes turning steak after 6 minutes. Remove from oven and let rest for 8 to 12 minutes. Add reheated Orange Bourbon glaze as desired when serving steak.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)