



## Bistecca alla Fiorentina (Florentine Steak)

### INGREDIENTS

Serve 4

- 1 T-bone or porterhouse steak, at least 3 inches thick & 3-3½ pounds
- 1 Bunch fresh rosemary
- 1 Bunch fresh sage
- 2 tablespoons extra virgin olive oil
- Kosher salt & freshly ground black pepper, to taste

### INSTRUCTIONS

Preheat a grill pan on medium-high heat. Pat the steak dry, and season both sides with salt and pepper.

Tie the rosemary and sage bunches together with the butcher's twine to form an herb brush. Use the herbs to brush the steak with olive oil.

Place the steak on the grill pan, and char it well: cook for about 12 minutes on the first side, flip, and cook for about 9 minutes on the second side. Like we said earlier, this steak is traditionally served rare.

When the steak is done, remove it from the grill pan and allow it to stand for 5 minutes so that the juices are retained when the meat is cut. Carve off the fillet and strip steaks, and slice before serving. Serve hot, and enjoy!