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Chris Coombs brings ribeye steak to THE Dish



Chris Coombs started small: He was a dishwasher at 11 but a Forbes "30 Under 30" food list member at 28. Today, the Boston-based chef owns three restaurants; dbar, Deuxave and Boston Chops, and he's bringing recipes from those spots to THE Dish.

Here's how to make his cast iron ribeye steak, French onion soup, poutine-style, twice-baked "loaded" potato, brussels au canard, chocolate cheesecake with cranberry and chestnuts and, to drink, an Andrea Gail. Enjoy!

Cast Iron Ribeye Steak (Ultimate Dish)

Feeds 4

Total time 100 minutes (60 Seasoning 30 Cooking 10 Resting)

1 ea 40 oz Rib Eye of Beef Graded USDA Prime

1 oz Diamond Crystal Kosher Salt

1 T Ground black Pepper

6 Cloves Garlic

2 Sprigs Fresh Rosemary

8 Sprigs Fresh Thyme

3 oz Grapeseed Oil

6 oz Butter

When selecting your rib eye for this preparation, it is best from the small side of the rib, Should be as thick as it is tall, weight May Vary based on dimensions.

Method:

First Season the Steak with Salt and Pepper and Leave it out at room temperature for 1 hour to allow the salt to penetrate the steak and distribute throughout the beef, In the mean time your beef will be tempering for more even cooking.

Heat a high sided Cast iron Skillet between 10-12" in diameter on high heat, add grapeseed oil until it Comes to a light smoke.

Add in the Steak, "Fat Cap" or top Side Down first and then lower to medium heat after 1 minute then continue to cook on the fat cap for 5 minutes additional

Flip Steak to the second Side "Bottom" and cook For 5 Minutes

Next add in Butter, Herbs and Garlic and maintain a medium heat in which the butter is "foamy" but not brown.

Flip the Steak on To Cut Side One and Begin to Baste Continuously for 5 Minutes

Then flip Steak to "Cut Side 2" for 5 minutes while continuing to baste.

Flip to "Rounded Side 1" and Cook for 5 minutes while leaning against the high side of the Skillet while basting

Flip to Final "Rounded Side 2" for 5 Minutes and Baste

Steak Should Be beautifully evenly Seared on all 6 sides, at which time you may remove from the pan if you desire a temperature of Medium Rare, should you like it cooked more Oven time will be Required.

Rest Steak for 5-10 minutes and then begin to butcher by Seaming out the ribeye by first removing the "calotte" or Spinalis of the ribeye. Then seam out the fat and slice meat into pieces 3/4 of an inch Thick,

Serve immediately. Add Additional Fleur de Sel to the Inside if Desired.

Poutine Style Twice Baked "Loaded" Potato

Cost:\$12

The inspiration for this dish was based off of the fact that i had never enjoyed a baked potato in a steak house before, so I wanted to re invent married with the concept of Poutine, Twice baked and then filled with gravy, cheese curds, bacon, Chives herbs, and then topped with sour cream and crispy Potato Skins.

"Truly is a potato experience like no other".

French onion soup

5# Spanish onions julienne

1/2 cup canola oil

3 quarts beef stock (unsalted)

1/2 cup sherry

1/2 cup maderia

1/2 cup port

Salt

Butter

Baguette

Black Pepper

1 1/2 cup grated Comte cheese

MOP: In a large sauté pan, carmalize onions in oil over medium low heat. This will take many hours and a lot of stirring. Transfer onions once they are all very dark brown (but not burnt!) into a large pot. Add beef stock and allow to simmer for a few hours, reducing the beef stock until very rich in beef flavor. Add sherry, maderia and port and simmer until no alcohol flavor remains. Season with salt to taste. Cut 1 inch thick slices of baguette that fit inside your French Onion Soup crocks. Spread generously with softened butter, season with salt and pepper, and bake in a 350° oven until golden brown (about 12 min)Heat soup, top with crouton, then grated Comte. Place under broiler until cheese is bubbling and lightly browned.

Brussels au canard

Serves 4

1/2 # brussels sprouts, halved

1 tsp kosher salt

2 tablespoons duck fat

1/4 cup bacon lardons (thick cut bacon pieces, cooked until crispy)

1 tablespoon sherry vinegar

Mop: heat a large sauté pan over high heat. When pan is hot but not smoking, add duck fat, then add brussels sprouts, arranging so all the cut sides are down and they are a single layer in the pan. Careful, they will sizzling! Season the tops of the brussels with salt and cook over high heat until the bottoms are golden brown. Add bacon lardons, place in 400° oven and roast for 5-8 minutes depending on the size of the brussels. You want them to be just barely tender when poked through with a knife. Remove pan from oven. Add sherry vinegar and toss to coat evenly.

Chocolate cheesecake with cranberry and chestnuts

8 oz cream cheese, room temp

2.5 oz sugar

1.5 ea eggs (2.25 oz), room temp

1/2 oz half and half

1/2 oz crème fraiche or sour cream

1/4 vanilla bean

Splash vanilla extract

1 pinch salt

5 oz semi sweet chocolate melted (i prefer a 60% chocoate)

Pre heat oven to 300f (or 250f in convection), line individual ring mold with plastic and foil (too keep water out) if necessary and spray with non stick.

Cream cream cheese and sugar with vanilla bean

Add eggs one at a time

Add crème fraiche, vanilla, salt and sour cream, paddle until incorporated and smooth. Should be lump free

Add in melted chocolate

Portion batter into ring molds, add warm water to the pan to come about 1/4-1/2 way up the sides of the molds

Bake until center is just set, checking after 10-15 minutes and bake additional time if nessecary (depends on size of cheesecakes) let cool to room temp

Place in refrigeration before unmolding

Drink: Andrea Gail

1oz twenty boat spiced rum

3 oz left hand brewery good juju ale

2 oz molasses ginger infusion

(1/2 oz twenty boat spiced rum)

(3/4 oz barrows ginger liqueur)

(1/2 oz lime juice, 1 bar spoon molassas)

Lime

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