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Recipes

Indoor Grilling Tips from Ruth's Chris Steak House

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Ingredients

As Vice President of Culinary and Purchasing for Ruth's Chris Steak House, Jim Cannon knows beef. His cooking philosophy has been culled from his education at the famed California Culinary Academy and from working one-on-one with Ruth Fertel, founder of Ruth's Chris Steak House. Their philosophy on ingredients is to use the highest quality, most readily available ingredients and serve them in simple presentations that allow the flavor of the food to come through.

Cooking Instructions

To create the perfect meal of steak and fries indoors this winter:

Steaks

- Start with high quality steaks, choice grade or better. Choose a center cut, like a filet, rib eye or strip steak.
- Choose a cut with great marbling, the white ribbons of fat running through the beef. The fat will turn to liquid during cooking, keeping the meat moist and flavorful.
- Think thick. Ruth's Chris' signature is the flavorful crust on the outside of their steaks. A steak less than 1.5" thick will cook through before the outside is crispy.
- Season your meat with sea salt and fresh black pepper, drizzle with extra virgin olive oil and let it marinate for 10 minutes at room temperature.
- Let your pan or grill pan get very, very hot before cooking. If using a grill pan, sear for one and a half minutes on each side, transfer to a cast iron pan and cook in a 400 F oven 12 minutes for medium rare meat. The internal temperature of the beef should be 130 F. Or just do the whole thing in a cast iron pan and save time on cleanup.

Fries

- Always use high-quality Idaho baking potatoes that are cured.
- Whether you do your fries in a home fryer or a pot, they should be blanched at 250 F. If you do a julienne blanch them for a minute and half then move them from the oil, raise temp to 360 F and finish frying.
- Fry for between 5 and 10 minutes depending on the thickness of your fries.
- Season them right away so the pores of the potato accept the seasoning. I like sea salt, black pepper and mustard powder in a 60-30-20 ratio. You can also add chopped rosemary or tarragon. Some people like shaved parmesan or a little touch of white truffle oil. It depends on what you're serving it with.

Equipment List

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