

Sous Vide Grilled New York Strip Steaks with Herbs

<http://www.dadcooksinner.com/2013/05/sous-vide-grilled-new-york-strip-steaks.html>

Equipment:

- Sous Vide water bath (I used a SousVide Supreme Demi, but you can improvise one with a beer cooler)
- Vacuum sealer
- Grill (I use a Weber Summit. Here is the current version of my grill.)

Ingredients:

- 2 (1 1/4 inch thick) New York Strip steaks
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground peppercorn blend (or black pepper)
- 4 sprigs thyme
- 2 sprigs parsley
- Pinch of coarse sea salt (optional)

Directions:

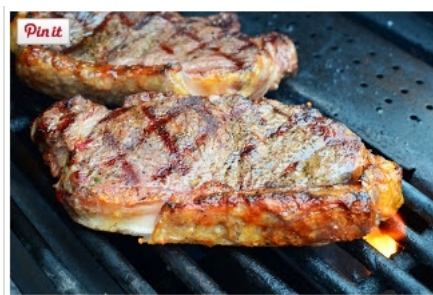
1. Sous Vide the steaks

Sprinkle the steaks evenly with the salt and pepper. Put the steaks in a small (quart) vacuum pouch, and top each steak with 2 sprigs of thyme and 1 sprig of parsley. Vacuum seal the bag and sous vide at 130°F/54.5°C for at least 1 hour, up to 6 hours.



2. Set the grill for direct high heat

Set the grill up for cooking on direct high heat, and clean the grill grate. For my gas grill, I preheat with all the burners on high for 15 minutes, then brush the grate clean with my grill brush.



3. Sear the steaks over direct high heat

Remove the steaks from the bag. Pick the herbs off of the steaks and discard. Pat the steaks dry with paper towels, then put the steaks on the grill over direct high heat. Sear, flipping every minute or two, until the steaks are well browned on both sides, about 4 minutes total.

4. Serve

Sprinkle the steaks with a pinch of coarse salt and serve.

Notes:

Again, the hotter you can get the grill, the better. I put the steaks on the back right corner of my grill, because I know that's the hottest spot in there. If you have a sear burner or infrared burner, this is the time to use it - you want the grill as hot as possible.

The vacuum sealed thyme and parsley transfer a lot of flavor to the beef. It tastes like an herb paste was used...even though I discard the herbs before grilling.