

Steak TOPPERS

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BRING BACK THE SIZZLE TO AN ORDINARY PIECE OF MEAT WITH OUR STEAKHOUSE-STYLE TOPPERS. SHIFT YOUR FOCUS FROM SIMPLE TO SEXY WITH A DOLLOP, A SPOONFUL, OR A SPRINKLE OF EASY AND ELEGANT FLAVOR.

ROSEMARY-CONFIT GOAT CHEESE In a small saucepan heat $\frac{1}{2}$ cup olive oil over medium-low heat. Add three cloves peeled garlic; cook and stir for 10 to 15 minutes or until garlic is tender. Remove garlic; set aside to cool. Increase heat to medium-high. Heat oil until hot; add four small sprigs fresh rosemary. Cook and stir about 30 seconds or until rosemary is crisp; drain on paper towels. In a small bowl combine 2 tablespoons of the oil (reserve remaining oil for another use or discard), the garlic, 4 ounces softened goat cheese (chèvre), and $\frac{1}{2}$ teaspoon snipped fresh rosemary. Using a fork, mash cheese mixture until smooth and creamy. Season to taste with kosher salt and ground black pepper. Serve steaks topped with cheese mixture and rosemary sprigs. Makes 4 servings.

Per serving: 346 cal., 36 g fat (10 g sat. fat), 22 mg chol., 270 mg sodium, 2 g carb., 0 g fiber, 6 g pro.

STEAK OSCAR TOPPING Trim four asparagus spears and slice diagonally into $1\frac{1}{2}$ -inch-long pieces. In a small saucepan bring $\frac{1}{4}$ cup salted water to boiling; add asparagus. Cover and cook for 3 to 5 minutes or until asparagus is tender. Drain asparagus; cover and keep warm. Meanwhile, in another saucepan stir together $\frac{1}{4}$ cup white wine vinegar; 1 teaspoon finely chopped shallot; 1 teaspoon snipped fresh tarragon or $\frac{1}{4}$ teaspoon dried tarragon, crushed; $\frac{1}{4}$ teaspoon snipped fresh chervil or dash dried chervil, crushed; and $\frac{1}{8}$ teaspoon ground white or black pepper. Bring to boiling. Boil gently, uncovered, about 2 minutes or until reduced by half. Place four lightly beaten egg yolks and 2 tablespoons water in the top of a double boiler. Whisk in vinegar mixture. Add 1 tablespoon butter. Place over gently boiling water (upper pan should not touch water). Cook, whisking rapidly, until butter melts and sauce begins to thicken. Add an additional 7 tablespoons butter, one tablespoon at a time, whisking until melted. Cook and stir for 1 to 2 minutes more or until sauce thickens (an instant-read thermometer should register 160°F). Immediately remove from heat. If sauce is too thick or curdles, whisk in 1 to 2 tablespoons hot water. Divide asparagus and 6 ounces fresh lump crabmeat or Alaskan king crabmeat among four steaks. Spoon sauce over all. Makes 4 servings.

Per serving: 304 cal., 28 g fat (16 g sat. fat), 263 mg chol., 568 mg sodium, 2 g carb., 0 g fiber, 11 g pro.

HORSERADISH MASCARPONE WITH FRIED SHALLOTS In a small skillet heat $\frac{1}{4}$ cup olive oil over medium heat. Add one thinly sliced shallot; cook for 3 to 4 minutes or until golden. Using a slotted spoon, remove shallot from skillet; drain on paper towels. Season to taste with kosher salt and ground black pepper. Repeat with one additional thinly sliced shallot. Set aside 1 tablespoon of the oil from skillet. In a small bowl combine $\frac{1}{4}$ cup mascarpone cheese, 2 ounces softened cream cheese, 1 teaspoon prepared horseradish, and $\frac{1}{4}$ teaspoon cracked black pepper. Whisk in reserved oil. Serve steaks with cream cheese mixture and shallots. Makes 4 servings.

Per serving: 238 cal., 25 g fat (8 g sat. fat), 34 mg chol., 182 mg sodium, 3 g carb., 0 g fiber, 4 g pro.

BALSAMIC GRILLED ONIONS In a small skillet bring $\frac{1}{4}$ cup balsamic vinegar to boiling. Boil about 3 minutes or until reduced by half and thickened. Swirl in 1 tablespoon cold butter; remove pan from heat. Slice one large sweet onion into $\frac{1}{2}$ -inch-thick rings, keeping slices intact. Sprinkle onion with kosher salt and ground black pepper. For a charcoal or gas grill, grease grill rack. Place onion on the rack of a covered grill directly over medium heat. Grill for 12 to 14 minutes or until lightly charred and softened, turning once halfway through grilling. Transfer onion to the skillet with the balsamic vinegar. Cook and stir over medium heat about 1 minute. Season to taste with salt and pepper. Serve steaks topped with onion; sprinkle with 1 teaspoon fresh thyme leaves. Makes 4 servings.

Per serving: 55 cal., 3 g fat (2 g sat. fat), 8 mg chol., 154 mg sodium, 6 g carb., 1 g fiber, 1 g pro.