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Tuscan T-Bone Steak with Arugula and Lemon

Jamie Purviance

DIFFICULTY: EASY   

People

Serves 4 to 6

Prep Time

30 mins

Grilling Time

8 to 12 mins

INGREDIENTS



- 2 well-marbled T-bone steaks or porterhouse steaks, each about (1 ½ pounds) and (1 ¼ to 1 ½ inches) thick
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt
- 2 teaspoons minced fresh rosemary leaves
- 2 teaspoons freshly ground black pepper
- ½ teaspoon garlic powder

DRESSING

- 3 tablespoons extra-virgin olive oil
 - 1 tablespoon fresh lemon juice
 - 1 small garlic clove, minced or pushed through a press
 - ¼ teaspoon kosher salt
 - ⅛ freshly ground black pepper
-
- 4 ounces arugula
 - 1 ounce Parmesan cheese, shaved with a vegetable peeler, divided
 - Lemon wedges for serving

SPECIAL EQUIPMENT

- instant-read thermometer

INSTRUCTIONS

Bistecca alla Fiorentina (Florentine Steak) is a Tuscan specialty, consisting of a simple list of ingredients adorning a thick slab of steak on the bone, grilled over a hot fire and served rare.


- 01

Place the steaks in a single layer on a baking tray and pat dry with a paper towel. In a small bowl mix the oil, salt, rosemary, black pepper, and garlic powder. Rub the oil on both sides of the steaks. Let stand at room temperature for 30 minutes.
- 02

In a small bowl whisk all of the dressing ingredients.
- 03

Prepare the grill for direct cooking over high heat (450° to 550°F).
- 04

Grill the steaks over **direct high heat**, with the lid closed, until an instant-read thermometer inserted into the center of the steak registers 125°F, 8 to 12 minutes for medium rare (or your preferred doneness), turning once or twice. Remove the steaks and let rest indoors, for 3 to 5 minutes. Cut the meat away from the bone and then cut the meat across the grain into thick slices.

05 In a bowl lightly toss the arugula, about two-thirds of the  the dressing.

06 Spread the arugula salad on a serving platter. Arrange the meat in the center of the salad. Garnish with the remaining Parmesan shavings and serve with the lemon wedges.



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