



DRY AGING *for* FLAVOR



Dry aging is the process by which large cuts of beef are aged anywhere from several weeks to several months before being trimmed and cut into steaks. It's a process that not only helps the steak develop flavor, but also makes it more tender than it would be completely fresh.



Event and Food Stylist Jamie Keating, CEC is well-known in Columbus, Georgia for his exquisite cuisine and amazing events. He is the owner and chef of the premier catering company, Jamie Keating Culinary, Inc. that manages The RiverMill Event Centre.

In this month's article, I will share some of the reasons why one should try a dry aged steak the next time you visit your favorite quality steak house-restaurant or if you're lucky enough to find them at your local grocer. I will also provide you with a couple of temperature tips and a recipe for our dry aged sirloin at Epic! Please note: If you're spending the money on a quality cut of meat there is really no reason to hide its flavor and richness with a marinade, gourmet seasoning/rub or heavy sauce. The *STEAK* needs to be the star of the show so the simplicity of Kosher Salt and Toasted Crushed Black Peppercorns from your pepper grinder will do the trick!

WHY BUY DRY AGED?

I recommend that you purchase dry aged steaks at a minimum of 21 days. Sure, you might be able to taste a difference from a wet aged cut of beef to one that has been aged for 14 days, but if you're looking for the real deal go with one that has aged for a minimum of three weeks. At Epic Restaurant we dry age certain cuts for at least 28 days and as long as 35 days. Here's what your palate will discover when you cut into and taste a dry aged cut of beef:

Flavor

Buttery and rich, mellow and intense, earthy and nutty.

Tenderness

Increased marbling, mouth feel and increased levels of juiciness.

WHY ARE DRY AGED MEATS SO EXPENSIVE?

The main reason is moisture loss. A dry aged piece of beef can lose up to around 30 percent

of its initial volume in water loss, which concentrates its flavor. A great deal of this moisture loss occurs in the outer layers of the meat, some of which get so spoiled that they must be trimmed before cooking. Thus the larger the piece of meat you start with, if trying this at home, the better your yield will be.

I do not recommend that you dry age your own meats due to bacteria that will form and the odors that will be present in a home refrigerator. We dry aged our meats alongside Himalayan Salt Blocks to aid in moisture extraction.

PREPARING TO COOK YOUR STEAK

Allow your steak to come to room temperature. Pre-Heat your Grill, Griddle or Sauté Pan. Gather a rub of Kosher Salt and Cracked Black Pepper (I use a ratio of 25 parts salt to 1 part pepper). Season your steak 15-20 minutes prior to cooking in order to draw moisture to the surface. Because it has nowhere to go, the moisture will fall back into the steak for additional tenderization.



TEMPERATURE GUIDE

- 120° F (48.8° C) = Rare
- 130° F (54.4° C) = Medium rare
- 140° F (60° C) = Medium
- 150° F (65.5° C) = Medium well
- 160° F (71.1° C) = Well done

Note: Remember that "Dry Aged" Steaks will cook twice as fast as the wet aged steaks you have been use to cooking over the years!

After the steak is cooked to your desired temperature, (please don't feel like less of a chef by using a thermometer), allow the meat to REST for a good 5-7 minutes. This will allow all of the natural juices to rest back in place.

HAPPY GRILLING! SVM

Dry Aged Ribeye of Beef

Ingredients

4 each 12 ounce Dry Aged Ribeyes (28 days), Kosher salt and cracked black pepper, 2 sprigs each rosemary and thyme, 1/4 cup vegetable oil.

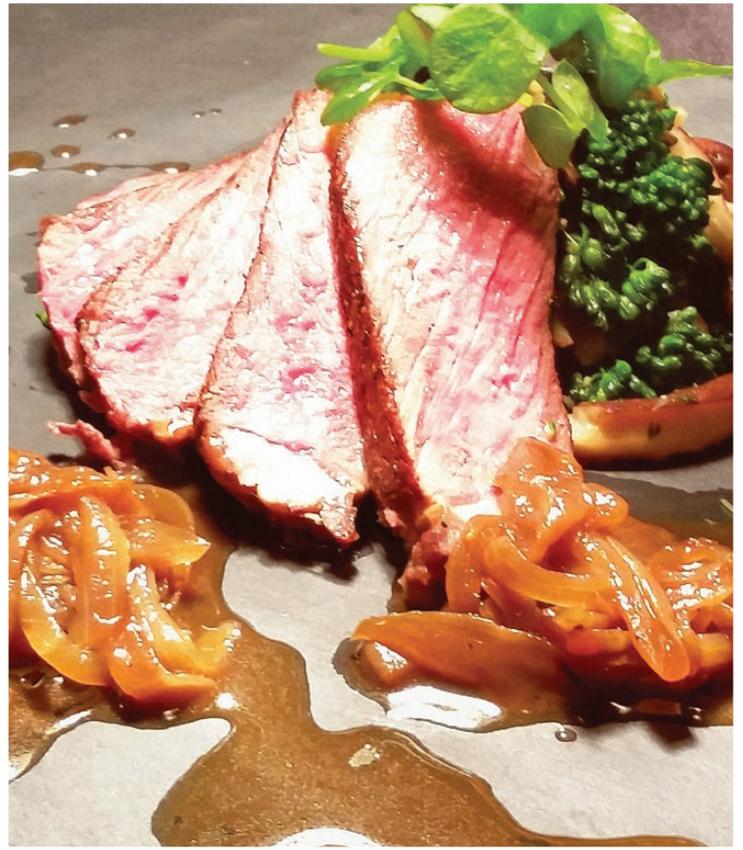
Directions

Season steaks with Kosher salt and black pepper and allow them to rest at room temperature for 15-25 minutes

Heat a cast iron skillet to high or prepare grill for cooking. Sear steaks for approximately 2-3 minutes on each side, constantly flip your steaks evenly as you are about to reach the desired doneness top with herbs (**Note:** time is estimating that you have a dry aged steak approximately 1.25 inches thick)

Remove from pan or grill and let it rest on a rack with the charred herbs for 5-7 minutes allowing the juices to cool

Prepare the smoker: Soak chips in wine for 20 minutes prior to cooking. Add steaks to the smoker and continue to cook until desired internal temperature is reached, approximately 15 minutes for medium rare. Season to taste with salt and pepper.



Melted Onions

- 1 oz. vegetable oil
- 6 red onion
- 6 white onion
- 4 oz. brown sugar
- 4 fl. oz. red wine vinegar
- 6 fl.oz. red wine
- salt (to taste)



Wine Suggestion

2010 Black Stallion Cabernet

Straight from the Napa Valley region of California, at Black Stallion Winery, this Cabernet Sauvignon has aromas of blackberry, brown sugar, tobacco, cedar and violet. Flavors on the palate show black cherry, baking spice and cocoa with finely structured tannins and a long, lingering finish.

This wine goes well with steak, and almost any meat such as pork, lamb, and venison. If you're looking for something sweet to pair with this Cabernet, try a tart berry pie or a dark chocolate cake.

Special thanks to Brad Bush, Georgia Crown Distributing, Co.

