Andy Husbands’ Pan Seared Verrill Farm T-Bone Steak
With Parsnip Puree

Serves 2

1 medium Parsnip, wash and scrubbed, cut into ¼ inch thick rings, stem removed
1 small clove garlic, peeled
cold water for cooking
¼ to ½ cup milk
kosher salt

Place the parsnip and garlic in a medium sauce pan covered in cold water over high heat and bring to boil. Let boil for 4-6 minutes until a butter knife easily slides into the parsnip. Strain the vegetable and discard the water.

Place the cooked vegetables into a blender and add ¼ cup milk and puree until the consistency of sour cream, you may need to add more milk depending on size of parsnip. Taste and season with kosher salt, serve hot.

I suggested while the parsnips are cooking start cooking your steak.

1 T-Bone (Porterhouse) Steak, about 1 pound, from Verrill Farms
Kosher salt
Black Pepper Mill
1 Tbs vegetable oil
3 thyme sprigs

Place the steak on your cutting board and liberally season both sides with kosher salt and freshly cracked black pepper. Lightly pressing the seasoning into the meat.

Place the oil in a heavy bottom sauté or cast iron pan (my favorite) over high heat. When pan is hot, it should be just about smoking, add the steak, turn down to medium high and continue to sear for 2-3 minutes, flip over and add the thyme sprigs to the pan, continue to sear.

While the steak is cooking slightly tilt the pan and with a soup spoon scoop up the juices in the pan and pour over steak, basting it. Continue to cook for 2-3 minutes until desired doneness. Remove from pan and let sit on rack on a sheet pan for 3 minutes.

Serve with parsnip puree. Yum.