

A SPECIAL STEAK

Ways to brighten a steak dinner during winter

BY DAVID CAMPICHE

Soon perhaps, rains will have subsided and the heavens opened with a silver-blue luster that promises us sweet spring winds and mild summer days. At that sunny juncture, we will shift our menu to fresh spring vegetables and mushrooms.

In the meantime, however, I refresh my optimism through cooking and eating. Though it does little for my waistline, the hearty flavors of winter cuisine raise my spirits.

I have a habit of shopping sales. This holds true for meat, seafood and vegetables. A recent visit to Uwajimaya in Beaverton supplied me with bok choy, Chinese long beans, Japanese eggplants and Asian broccoli. The fusion of different cuisines is both creative and satisfying.

Savory hearty foods command a bottle of good red wine and the laughter of friends. With this meal, we drank a stunning bottle of Quaintree 2014 pinot noir, as sublime as the first February sunrise. The winemaker, Savanna Mills, is the niece of Melissa Mills, one of the owners of Brick House Vineyards in Newberg. Their wines represent a Burgundian style and are simply divine.

Tri-tip steaks

Steaks are expensive and therefore a special treat. We often hold out for friends or celebrations.

For stews and soups, slow cooking saves the day and the budget. Meats like pork or beef make for tender pot roast through slow cooking. The possibilities are endless. In the culinary world, patience and careful shopping are great virtues.

A steak demands a rapid searing. Medium-rare is generally the favored selection.

I found four fillets of tri-tip loin steak, and marinated them with virgin olive oil, balsamic vinegar and red wine. Then, I sprinkled on a nice sea salt before wiping the meat with a mixture of crushed garlic

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Marinated steaks.
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