

Bistecca alla Fiorentina (Florentine-Style Steak)

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Nearly every Tuscan home cook is an expert at bistecca fiorentina, a traditional Florentine recipe that calls for only five ingredients. The steak is typically from Chianina cattle — an ancient Tuscan breed known for its prized and tasty meat — seasoned with local spices, and grilled over red-hot coals. It's traditionally served “rare,” but we won't judge if you ask for medium. (Not too much, anyway.)

Yield: 4 servings

1 T-bone or porterhouse steak, at least 3 inches thick & 3-3½ pounds
1 bunch fresh rosemary
1 bunch fresh sage
2 tablespoons extra virgin olive oil
Kosher salt & freshly ground black pepper, to taste



Preheat a grill pan on medium-high heat. Pat the steak dry, and season both sides generously with salt and pepper.

Tie the rosemary and sage bunches together with butcher's twine to form an herb brush. Use the herbs to brush the steak with olive oil.

Place the steak on the grill pan, and char it well: cook about 12 minutes on the first side, flip, and cook about 9 minutes on the second side. Like we said earlier, this steak is traditionally served rare.

When the steak is done, remove it from the grill pan and allow it to stand for 5 minutes, so that the juices are retained when the meat is cut. Carve off the fillet and strip steaks and slice before serving. Serve hot, and enjoy!

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