

# ***HANGER STEAK WITH WATERCRESS SAUCE***

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## ***2007 HOOPES FAMILY CABERNET SAUVIGNON***

**SERVES:** 6

**INGREDIENTS:**

3 ½ pounds hanger steak

**Marinade**

5 cloves garlic  
2 teaspoons peeled and minced fresh ginger  
¼ cup soy sauce  
1 tablespoon yellow, black or brown mustard seed,  
lightly toasted  
2 tablespoons coarse-grain mustard  
1 tablespoon Dijon mustard  
¼ cup extra virgin olive oil  
¼ cup sherry vinegar  
1 teaspoon freshly ground black pepper  
½ teaspoon salt

**Watercress Sauce**

½ cup mayonnaise  
¼ cup sour cream  
1 teaspoon chopped shallots  
2 cloves garlic  
½ bunch watercress, coarse stems removed  
1 ½ teaspoons Dijon mustard  
1 teaspoon freshly squeezed lemon juice  
Pinch of salt  
Pinch of freshly ground black pepper

**METHOD:**

Cut the meat into 6 steaks, about 9 ounces each. Trim off any surface fat, and pin the meat with a Jaccard tenderizing tool or with a skewer. To make the marinade, combine all the ingredients and mix well. Place the steaks in a nonreactive dish, pour the marinade over them, cover, and marinate in the refrigeration for at least 3 hours and up to 12 hours maximum. If you marinate the meat longer than 12 hours, the marinade macerates, or slightly “cooks,” the meat enough that it will no longer cook up rare on the grill.

To make the sauce, combine all the ingredients in a food processor or blender and whirl until bright green and pureed to a desired consistency. I prefer it with a bit of texture, but you can make it as smooth as you like. Cover and refrigerate until you are ready to serve.

Grill the steaks over medium-hot fire for 3-5 minutes, rotating them a quarter turn to make nice crosshatch grill marks when the meat moves freely and no longer sticks to the grill. Flip the steaks and cook for another 3-5 minutes, again rotating the steaks to make nice grill marks. Transfer the steaks to dinner plates and serve with the sauce. Suggested sides are onion jam and mashed potato pancakes with Jarlsberg Cheese