

Joe Van Gogh™ Coffee & Balsamic Marinated Certified Angus Beef® Ribeye, Herbed Barley

**By: Got to Be NC Competition Dining Series' Fire on the Dock Champion Chef Antoine Murray
of Cape Fear Country Club**

A winning recipe from his regional championship battle

Toasted Barley Recipe

Ingredients:

1 c barley
3 c chicken stock
1 small bay leaf
2oz mire pox small dice (50% onion 25% each celery and carrot) is mire pox
Softened whole butter
Chopped your choice rosemary, thyme or parsley

Directions:

1. Toast barley in 350 degree oven for 5 to 8 minutes.
2. While barley is toasting in a small pot take one teaspoon of butter or oil of your choosing and sweat the mire pox until opaque.
3. Add toasted barley and coat with oil and vegetables, pour in stock, bay leaf and simmer for 20 to 25 minutes until just tender.
4. Remove from heat and season with salt and pepper to taste and chopped herbs. Keep warm for later use.

Marinade for the Beef

Ingredients:

1oz ground Joe Van Gogh™ coffee
2oz balsamic vinegar
1oz red wine (have extra on hand)
3oz extra virgin olive
1 clove chopped garlic
Bruised fresh bay leaf
Butter

Directions:

1. Whisk vinegar and ground coffee together and combine with wine and oil mixture.
2. In shallow pan coat steak of your choice (Heart of Ribeye is what I use).
3. Add in bay leaf and garlic let marinate for 2 hours turning once halfway through.
4. Once finished wipe excess marinade off and season with salt and pepper in a hot sauté pan.
5. Sear and cook steak to desired temperature.
6. Let meat rest before slicing.
7. While pan is still hot after meat is cooked, remove and pour in 4 oz. of wine and two teaspoons of marinade.
8. Let it come to boil, reducing by half and add in one teaspoon of butter, salt and pepper if needed.
9. Slice steak atop the barley and pour pan sauce over steak.