



***New York Strip, Crab Salad and Tomatoes***

*Yields: 46P, 4C, 27+F*

**Ingredient List:**

- 4 - 10oz. New York strip steak, patted dry with paper towels
- Kosher salt and pepper, to taste
- Light drizzle of olive oil
- TOW, as needed (3 parts Tamari, 2 parts Olive Oil, 1 part Worcestershire)
- 1 pound crab meat, drained
- 1-2 Cloves Fresh Garlic, minced into a paste
- 3 tablespoons Massie Mayo
- 1 tablespoon Super Radical Rib Rub
- 1 handful fresh cilantro, chiffonade plus 4 sprigs for garnishing
- 4 Roma tomatoes, diced

### **Preparation Instructions:**

1. Heat your grill or grill pan over high heat until it reaches 350-400°F.
2. Season one side of steak with kosher salt and pepper, drizzle with olive oil, pat to coat with oil and then place, seasoned side down on the grill.
3. After 60 seconds, brush top side with TOW. Cook for 30 seconds longer, then rotate to make second grill mark on first side. Brush with TOW once again, then season top side with kosher salt.
4. After 2-3 total minutes on the first side (depending on how hot your pan is and how you like your steak prepared), flip steak over to begin first mark on second side. Brush with Tow and repeat process for second side. For extra credit, turn the steak on it's side to render a bit of the fat and caramelize all edges (we forgot to do this in the video).
5. While steak is cooking, combine crab meat, mayo, Super Radical Rib Rub, lemon juice, garlic and cilantro in a bowl. Set aside in the fridge until ready to plate.
6. Once steaks are done, remove them from the grill and allow to rest for 3-5 minutes. Then, plate with crab salad, fresh Roma tomatoes, and cilantro sprig.
7. Share with your dad for lunch on Father's day and tell him that you love him. After all, it is his sperm that brought you into the world in the first place, right?

**“Keep It Paleo!”**

