

# South Shore Record

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## CHEF'S CUISINE

BY ROBERTA GRAFF

### "Let Them Eat Steak"

Every so often, generally during the warm summer months when the glorious fruits and vegetables of the season turn the green markets into a panorama of color and life, I decide to become a vegetarian. It lasts about four days. Then, once again, I become a carnivore, anxious to sink my teeth into a big, thick steak. Furthermore, I firmly believe that if I'm going to clog my arteries I might as well do it in style. So we made reservations at the Benjamin Steak House, one of the best places in New York to wallow in cholesterol heaven.

Forget tomato reductions, lemon foams and raspberry coulis, the Benjamin is for serious diners who don't want their food played with.

With its high ceilings, old world men's club look and convivial atmosphere, this is the spot for the best in dry aged porterhouse steaks, chops and sea food.

We started with sparkling fresh oysters and clams that seemed to have just emerged from the sea served with a straight forward cocktail sauce. And then came the most delectable porterhouse for two with sides of German fries, onion rings and out of sight creamed spinach. We topped off our gluttony by sharing a hot fudge sundae.



I couldn't ask Chef Arturo McLeod for the steak recipe because unless you have an illicit relationship with your butcher you couldn't possibly get this quality beef. But I did ask for the creamed spinach minus the cream recipe. It is easy and fabulous and helps reduce the guilt of

dinner at this fabulous restaurant.

- 1 lb. frozen chopped spinach
- 1/4 teaspoon baking soda
- 3 tablespoons flour
- 6 tablespoons clarified butter
- 2 tablespoons powdered chicken base
- Salt and pepper

Add spinach, baking soda and two cups of water to a pot and bring to boil. In a separate pan, combine butter and flour to create a roux. After spinach boils, drain water into another pot and squeeze excess out of spinach. Add chicken base, salt and white pepper to two cups of remaining water and bring to boil. Stir in roux to make it thicker. Combine mixture with spinach, stir and enjoy.

#### Benjamin Steakhouse

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