



Flat-Iron Steak

AMOUNT	UNIT	INGREDIENT	
24	oz	Flat-Iron Steak	
1	tsp	Salt	
1	tsp	Black Pepper	
1	TBSP	Cajun Seasoning	
2	TBSP	Grapeseed Oil	
1	TBSP	Butter	
PROCEDURES			
1	Let steak come to room temperature for 30 minutes		
2	Preheat oven to 425		
3	Season steak with salt, pepper, and cajun seasoning		
4	Heat cast-iron skillet or heavy bottom skillet over medium-high heat		
5	Once pan begins to lightly smoke, add grapeseed oil and swirl briefly to coat		
6	Gently add steak to pan, being careful not to splash oil		
7	Sear steak for 6 minutes on first side		
8	Gently flip steak and sear on second side for 3 minutes		
9	Add butter to pan, allow to melt, then baste steak with melted butter		
10	Continue searing and basting for an additional 3 minutes		
11	Remove steak from pan, place on a sheet pan and put in preheated oven		
12		to cook in oven until desired temperature is reached	
	Rare: 120 d	5 5	
		ell: 145 degrees Well Done: 155 degrees	
13	Remove steak from oven, cover with foil, and let rest for 10 miniutes		
14	Slice and serve with cajun cream sauce		



Grapeseed Oil Purple Mashed Potatoes

AMOUNT	UNIT	INGREDIENT	
1	lbs	Purple Potatoes	
1	TBSP	Grapeseed Oil	
1	tsp	Salt	
1	tsp	Black Pepper	
1	tsp	Garlic Powder	
	1	PROCEDURES	
1	Wash purple potatoes and cut into similar sized cubes to cook		
2		potatoes in a large pot and cover with cold water by 1-2 inches	
3		lace onto stove and cook on medium-high heat and bring to a boil	
4	Cook until the potatoes are fork tender, about 15 minutes		
5	Drain the potatoes and return them to the pot		
6	Add grapeseed oil, salt, pepper, and garlic powder		
7	Mash using potato masher or hand mixer until desiered consistency is reached		
8	Check for seasoning, adding additional salt, pepper, and/or garlic powder as necessary		
9	Keep warm i	until ready to serve	



Sweet and Spicy Sweet Carrots

AMOUNT	UNIT	INGREDIENT
1	lbs	Heirloom Carrots
1	TBSP	Grapeseed Oil
1	tsp	Cinnamon
1	tsp	Dark Chili Powder
1	tsp	Salt
2-4	TBSP	Honey to taste
		PROCEDURES
1	Preheat oven to 400 degrees	
2	Wash carrots and cut in half lengthwise	
3	In a medium mixing bowl, toss carrots with grapeseed oil, then season with cinnamon,	
	chili powder	, and salt
4	Toss well to combine	
5	Transfer to sheet pan, turning carrots cut side down	
6	Place in oven, roast for 10-15 minutes or until tender	
7	Remove from oven, toss with honey to taste	
8	Check for seasoning, adding more salt if necessary	



Cajun Cream Sauce

AMOUNT	UNIT	INGREDIENT		
1/2	Cup	Heavy Cream		
1	TBSP	Cajun Seasoning		
	PROCEDURES			
1	Place heavy cream in small sauce pan over low heat			
2	Allow cream to come to bare simmer			
3	Add cajun seasoning and whisk to incorporate			
4	Continue to simmer on low, stirring occassionally, until cream mixture thickens and			
	reduces by h	alf, about 10 minutes		
5	Remove from	Remove from heat and keep warm		



Vegan Chocolate Dip

AMOUNT	UNIT	INGREDIENT		
1	13.66 oz Can	Coconut Cream		
2	TBSP	Maple Syrup		
2	TBSP	Organic Cacao Powder		
PROCEDURES				
1	In a medium bowl, combine coconut cream, maple syrup, and cacao powder			
2	Whisk well to incorporate evenly			
3	Transfer to serving bowl			