



November 18 Broadcast

Flat-Iron Steak
Grapeseed Oil Purple Mashed Potatoes
Sweet and Spicy Carrots
Cajun Cream Sauce
Vegan Chocolate Dip



Flat-Iron Steak

Recipe by Chef Kymberly Wilbon

| 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 |
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PROCEDURES

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| 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 | Allow steak to cook in oven until desired temperature is reached |
| | Rare: 120 degrees Medium Rare: 130 degrees Medium: 135 degrees |
| | Medium Well: 145 degrees Well Done: 155 degrees |
| 13 | Remove steak from oven, cover with foil, and let rest for 10 minutes |
| 14 | Slice and serve with cajun cream sauce |

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Cajun Cream Sauce

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PROCEDURES

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