

All About Beef

March 2011

Menu:

5-Spice Steak Lettuce Cups with
Cucumber-Peanut Salsa

Perfectly Seared Steak over
Creamed Spinach

Orange-Chipotle Glazed
Grilled Short Ribs

Crispy Smashed Red Potatoes with
Chili-Garlic Butter



5-Spice Steak Lettuce Cups with Cucumber-Peanut Salsa

makes 8 lettuce cups

for the steak:

- 1 tbl five-spice powder
- 1 tsp salt
- 1 tbl lime zest
- olive oil, as needed
- 1 1/4 lbs skirt steak, (OR flank steak)

for the lettuce cups:

- 8 large bibb lettuce leaves
- 1/2 cup finely diced cucumber
- 1 cup halved baby tomatoes
- 1/4 cup chopped peanuts
- 1/4 cup finely chopped scallions
- 1 tbl lime juice
- salt and pepper, to taste

***** Preparation ******

Heat a large grill pan over high heat.

Stir together the five-spice powder, salt, and lime zest. Add olive oil to create a thick paste. Rub the steak all over with the paste. Place the steak on the grill and leave in once place until well-marked. Flip and grill the other side. Grill to medium-well (or medium if using flank steak). Remove from heat and let rest, covered, for 5 minutes.

In a small bowl, stir together the cucumber, tomatoes, peanuts, scallions, lime juice and a drizzle of olive oil. Season with salt and pepper.

Slice the steak against the grain or roughly chop the steak. To serve, fill each lettuce cup with some of the steak and some of the salsa. Serve immediately!



Perfectly Seared Steak over Creamed Spinach

serves 4-6

2 large new york strip steaks OR rib eye steaks, 1 1/2-inch thick

salt and pepper

2 tbl butter

1 clove garlic, whole

8 cups baby spinach leaves

1 1/2 cups heavy cream

1 clove garlic, grated

1/4 tsp ground nutmeg

*** Preparation ****

Preheat oven to 400 degrees.

Pat the steaks dry and season very well with salt and pepper.

Heat a large skillet over high heat. Drizzle with olive oil. When hot, place the steaks in the pan and leave in one spot until well-seared. Flip and add 2 tbl of butter and 1 large garlic clove. As the steak cooks on the second side, spoon the melted butter over the steak in the pan. Place the steaks on a baking sheet and into the oven for 5-10 minutes until medium-rare. Remove and let rest, covered, for 5 minutes.

Meanwhile, bring a pot of water to a rolling boil. Add the spinach and as soon as it's bright green and wilted, strain. Rinse with cold water and pat dry.

Combine the cream, grated garlic and the nutmeg in a small pot over high heat. As SOON as it begins to boil, reduce heat and simmer for 5-10 minutes until thickened.

Fold the spinach into the cream and season with salt and pepper.

To serve, slice the steak and place over a spoonful of the creamed spinach.



Orange-Chipotle Glazed Grilled Short Ribs

serves 6

1 orange, zested
1 cup orange juice
1 lime, zested
1 tbl chopped garlic
1 tbl grated fresh ginger
1 tsp chopped chipotle
1/4 cup honey
1/2 tsp salt
2 tbl olive oil
2 lbs boneless short ribs
chopped cilantro, for garnish
cooked rice, for serving, optional

***** Preparation ******

Heat a large grill pan over high heat.

Combine the orange zest, juice, lime zest, garlic, ginger, chipotle, honey, salt and olive oil in a small pot. Bring to a boil, reduce heat and simmer for 15 minutes or until thickened to coat the back of a spoon. Let cool slightly.

Slice the ribs lengthwise (will be long strips) about 1/4-inch thick.

Brush the beef with the glaze and grill until well-marked and crispy on both sides. Remove and pour over more glaze.

Serve topped with chopped cilantro over rice if desired.



Crispy Smashed Red Potatoes with Chili-Garlic Butter

serves 4-6

3 lbs small red potatoes, (at least 12 individual potatoes)

4 tbl unsalted butter

4 garlic cloves, smashed

1/4 tsp red chili flakes

1 tsp salt

chopped parsley, for serving

***** Preparation ******

Preheat oven to 450 degrees.

Place the potatoes in a large pot, cover with water and bring to a boil. Reduce heat to simmer and cook until fork tender.

Drain and pat dry. While still warm, place the potatoes between two clean kitchen towels and use the palm of your hand to press and flatten (potatoes should be squished flat but mostly holding together).

Combine the butter, garlic, chilies and salt in a small pot over low heat. Cook until melted and remove from heat.

Place the flattened potatoes on a parchment-lined baking sheet and spoon some of the butter over each potatoes.

Place in to the oven and roast until golden.

Season with a sprinkle more salt and garnish with parsley to serve.