

THE ULTIMATE

STEAK

120 Steak recipes easy and delicious

ROGER C. FLEMMING

THE ULTIMATE STEAK COOKBOOK

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Balsamic and Rosemary-Marinated Florentine Steak

Servings: 8

Ingredients

- 2 cups balsamic vinegar
- 1/2 cup finely chopped rosemary
- pound one 3- porterhouse steak, about 4 inches thick
- 1 1/2 tablespoons kosher salt
- 1 1/2 tablespoons coarsely ground pepper
- 1 cup plus 2 tablespoons extra-virgin olive oil

Directions

Step 1 In a durable resealable plastic bag, combine the vinegar with 1/2 cup of the essential olive oil and the rosemary. Add the steak, seal the bag and refrigerate overnight, turning the bag many times.

Step 2 Preheat the oven to 425° and bring the steak to room temperature. Heat a grill pan. Take away the steak from the marinade and season with the salt and pepper. Rub the medial side with the rest of the 2 tablespoons of essential olive oil. Grill over moderately high temperature until nicely charred at the top and bottom, about five minutes per side. Transfer the steak to a rimmed baking sheet and roast for approximately thirty minutes, until an instant-read thermometer inserted into the tenderloin (small section) registers 125°. Alternatively, create a fire using one side of a charcoal grill or light a gas grill. Grill the steak over moderate heat for five minutes on each side. Transfer the steak to the cool side of the grill, close the lid and cook for thirty minutes longer. Transfer the steak to a carving board and let rest for ten minutes. Slice the steak over the grain and serve immediately.

Balsamic Marinated Flank Steak

Servings: 10

Ingredients

2 1/2 garlic cloves, sliced
1 tablespoon rosemary leaves
2 1/2 tablespoons whole-grain mustard
2/3 cup balsamic vinegar
1 1/4 cups extra-virgin olive oils, plus more for grilling
kosher salt
1 tablespoon dried oregano
freshly ground pepper
pound one 3- flank steak

Directions

Step 1 In a blender, combine the garlic, rosemary, oregano, mustard, and vinegar and puree before the garlic is minced. With the device on, steadily add the oil and blend until creamy. Season lightly with salt and pepper.

Step 2 Add the meat to a glass or ceramic baking dish and pour all but 1/4 cup of the vinaigrette at the top; turn the meat to coat. Cover with plastic wrap and refrigerate for at least 4 hours or more to 24 hours.

Step 3 Light a grill and oil the grates. Take away the steak from the marinade, letting the surplus drip off. Season with salt and pepper. Grill the steak over moderate heat, turning occasionally, until lightly charred and an instant-read thermometer inserted in the thickest part registers 125°, 10 to 12 minutes. Transfer the steak to a carving board and let rest for five minutes. Thinly cut the meat against the grain and serve, passing the rest of the vinaigrette at the table.

Steak on a Stick

Servings: 10

Ingredients

2 tablespoons olive oil
2 tablespoons water
1 tablespoon molasses
1 teaspoon mustard powder
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
1/4 cup soy sauce
1/4 teaspoon onion powder
1 pound flank steak, cut into thin strips
16 eaches wooden skewers (8 inch long) soaked in water

Directions

Step 1 In a huge resealable bag, combine the soy sauce, essential olive oil, water, molasses, mustard powder, ginger, garlic powder and onion powder. Seal and shake the bag to combine together. Add steak strips to the bag and seal. Refrigerate for at least 8 hours to marinate.

Step 2 Preheat the oven's broiler. Thread meat onto skewers and put on a broiling rack.

Step 3 Broil the steak for three to four 4 minutes on each side. Arrange on a platter to serve.

Steak Deals

Servings: 8

Ingredients

salt and pepper to taste

2 2/3 (8-ounce) packages cream cheese, sliced

20 peppers fresh hot chile peppers, seeded

2 2/3 pounds bottom round roast, cut into 1/8 inch thick slices

2 2/3 pounds bacon, sliced

Directions

Step 1 To Grill: Preheat grill to medium low heat. **To Roast:** Preheat oven to 350 degrees F (175 degrees C).

Step 2 Disseminate beef slices and season with salt and pepper to taste. Put a slice of cream cheese and a hot pepper on the finish of every slice, and roll-up as an eggroll. Wrap 1 slice of bacon lengthwise around each steak deal, then wrap another bacon slice around each to ensure that the first slice is secured. Secure steak handles toothpicks and place in disposable pans for grilling or a 9x13 inch baking dish for roasting.

Step 3 Cook steak deals on grill or in oven long enough for beef to be cooked through and bacon to be somewhat crispy (20 to thirty minutes).

Texas Chili Beef Slices

Servings: 8

Ingredients

1 1/3 teaspoons meat tenderizer
1 1/3 onions, chopped
2 1/2 tablespoons garlic, minced
2 1/2 tablespoons distilled white vinegar
2 1/2 tablespoons vegetable oil
2 1/2 tablespoons Worcestershire sauce
2 2/3 pounds round steak
2 2/3 teaspoons chili powder
1 1/3 (8-ounce) cans tomato sauce
1 1/3 lemons, sliced
2 1/2 tablespoons brown sugar
2/3 teaspoon mustard powder
1/3 teaspoon hot pepper sauces

Directions

Step 1 Sprinkle meat with meat tenderizer. Place in a shallow glass baking dish large enough to support the meat. Mix together onion, garlic, vinegar, oil, Worcestershire sauce, and chili powder, and pour over steak. Marinate for 2 or even more hours in the refrigerator.

Step 2 Preheat grill for medium-low heat.

Step 3 Brush grate with oil. Transfer steak to grill, reserving marinade. Cook, covered, for 30 to 40 minutes, or even to your desired amount of doneness, turning once. Allow steak to rest for some minutes off heat.

Step 4 While meat is cooking prepare sauce. Combine reserved marinade, tomato sauce, lemon slices, brown sugar, mustard powder, and hot sauce in a medium saucepan. Simmer for ten minutes over medium low heat.

Step 5 Slice meat over the grain. Spoon sauce over steak, and serve.

Steak Parmesan

Servings: 10

Ingredients

2/3 cup grated Parmesan cheese
salt and pepper to taste
2 1/2 pounds cube steak
5 tablespoons vegetable oil for
frying
1 1/4 cups dry bread crumbs
1 1/4 (32-ounce) jars spaghetti
sauce

Directions

Step 1 In a medium bowl, combine the bread crumbs, Parmesan cheese, salt, and pepper. Dredge the meat in the crumbs.

Step 2 Heat oil in a huge skillet over medium-high heat. Place the breaded meat in the oil, and saute for 5 to ten minutes, or until well browned on both sides.

Step 3 Drain excess oil, and pour in the spaghetti sauce. Reduce heat to low, and simmer for thirty minutes.

Barbequed Steak

Servings: 5

5 (1/2 pound) beef top sirloin steaks
2/3 cup vegetable oil
1 1/4 ounces steak spice seasoning
mixes

Directions

Step 1 Put oil and steak spice on a large enough platter to accommodate the steaks. Coat the steak well with the oil and spices.

Step 2 Preheat an outdoor grill for high heat and lightly oil grate

Step 3 Grill steaks over high heat to desired doneness.

Beef and Brew

Servings: 6

Ingredients

1 1/2 cups sliced fresh mushrooms
1 cup water, divided
1 1/2 bay leaves
1 1/8 teaspoons dried thyme
1 1/2 tablespoons butter
teaspoon 1/8 ground black pepper
3/4 teaspoon salt
1 1/2 cups beer
1 1/2 pounds round steak - cut into 1 inch strips
3 medium (2-1/2" dia)s onions, chopped
1 1/2 green bell pepper, chopped
1 1/2 red bell pepper, chopped
3 tablespoons all-purpose flour

Directions

Step 1 Melt the butter in a large saucepan over medium heat. Add the mushrooms and saute for 5 minutes, or until they are dark brown and tender. Add the beer, 1/2 cup water, bay leaf, thyme, ground black pepper and salt.

Step 2 Add the meat, onions, green bell pepper and red bell pepper. Simmer for another 20 minutes, or until beef is tender. Remove bay leaf.

Step 3 In a separate small bowl, combine the flour and remaining 1/4 cup water. Mix well, making sure the flour is completely dissolved. Stir this mixture into the meat mixture. Cook until thickened and bubbly, then cook for 3 minutes more.

Beef Bulgogi

Servings: 6

Ingredients

1/2 cup soy sauce
3 1/2 tablespoons white sugar
3 tablespoons minced garlic
3 tablespoons sesame seeds
1 1/2 pounds flank steak, thinly sliced
3 tablespoons sesame oil
6 tablespoons chopped green onions
3/4 teaspoon ground black pepper

Directions

Step 1 Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a little bowl. Pour over beef. Cover and refrigerate for at least one hour or overnight.

Step 2 Preheat a patio grill for high temperature, and lightly oil the grate.

Step 3 Quickly grill beef on hot grill until slightly charred and cooked through, one to two 2 minutes per side.

Beef Tenderloin Steaks with Celery Root Gratin

Servings: 6

Ingredients

1 pound one 2- celery root—peeled, quartered and sliced crosswise 1/8 inch thick

salt and freshly ground pepper

pinch of freshly grated nutmeg

1/2 cup unsalted butter, 1 tablespoon cut into small pieces

1 1/2 tablespoons extra-virgin olive oil

4 ounces trimmed beef tenderloin steaks, about 2 inches thick

3/4 cup veal demiglace (see note)

1 1/2 cups heavy cream

6 rosemary sprigs, for garnish

Directions

Step 1 Preheat the oven to 375°. Spread one-fourth of the celery root slices in a shallow 1-quart gratin dish. Season with salt, pepper, and nutmeg. Repeat with the rest of the celery root slices to create 4 layers; season between each layer. Pour the cream over the celery root and dot with the 1 tablespoon of butter pieces. Cover with foil and bake for thirty minutes. Take away the foil and bake for approximately thirty minutes longer, until browned at the top and the celery root is tender when pierced with a knife. Let rest for a quarter-hour. Leave the oven on.

Step 2 In a huge ovenproof skillet, melt 1 tablespoon of the butter in the essential olive oil. Season the steaks with salt and pepper and cook over moderately high temperature until a brown crust forms underneath, about three minutes. Turn the steaks, transfer the skillet to the oven and cook for approximately 12 minutes for medium-rare. Transfer the steaks to plates.

Step 3 Add the veal demiglace to the skillet and bring to a boil. Take away the skillet from heat and whisk in the rest of the 3 tablespoons of butter, 1 tablespoon at the same time. Season the sauce with salt and pepper. Spoon the sauce over and around the steaks. Garnish each steak with a sprig of

rosemary and serve hot with the celery root gratin.

Beef, Burgundy Style

Servings: 5

Ingredients

3 1/2 tablespoons all-purpose flour
1 tablespoon tomato paste
1 1/4 teaspoons beef demi glace
1 1/4 cups beef broth
2 1/2 pounds beef round, cut into 3 inch pieces
3 1/2 tablespoons sherry wine
2 cups chopped onions
3 1/2 tablespoons bacon drippings
1 1/4 cups burgundy wine
3 1/2 sprigs fresh parsley
3 1/2 sprigs fresh rosemary
1 sprig fresh thyme
1 1/4 bay leaves
15 medium (blank)s fresh mushrooms, sliced
5 tablespoons butter
1 tablespoon chopped fresh parsley, for garnish

Directions

Step 1 In a small bowl, mix together beef broth, flour, tomato paste and demi glace; set aside.

Step 2 Heat bacon drippings in a large heavy skillet over medium heat. Add beef, and cook until brown on all sides. Remove beef from skillet; set aside. Stir the sherry wine into the skillet. Add the onions, and cook about 5 minutes. Blend in the tomato paste mixture, and bring to a rapid boil, stirring constantly. Stir in Burgundy wine. Make the herb bouquet: Place parsley, rosemary, thyme, and bay leaf in a square of cheesecloth. Place herb bouquet in sauce.

Step 3 Return beef to skillet. Cover, and simmer over low heat for about 3 hours, or until beef is tender.

Step 4 Melt butter in a small skillet over medium heat. Saute mushrooms until lightly browned. Add to meat in the skillet, and continue cooking 15 minutes. Discard bouquet garni. Serve in a casserole dish, sprinkled with parsley.

Beer Steak

Servings: 6

Ingredients

3 tablespoons sea salt
3 tablespoons lemon pepper
3 (12 fluid ounce) cans or bottles beer of choice
6 (1/2 pound) rib-eye steaks, or steak of choice

Directions

Step 1 Place the steaks in a large, shallow container with a lid. Season each side of the steaks with the salt and lemon pepper. Gently pour the beer over the steaks (making sure the seasoning doesn't wash off). Cover, and refrigerate for 1 to 2 hours.

Step 2 Preheat grill for high heat.

Step 3 Lightly oil grill grate. Place steaks on grill, and discard beer marinade. Cook for 5 minutes per side, or to desired doneness.

Berdean's Cube Steak

Servings: 6

Ingredients

1 1/2 pinches salt and pepper to taste

6 tablespoons all-purpose flour

1/2 cup vegetable oil

1 1/2 teaspoons beef bouillon granules

6 (4 ounce) cube steaks

Directions

Step 1 Season the cube steaks on both sides with salt and pepper. Pour the flour onto a shallow plate and press the steaks into the flour; shake off the excess flour. Heat the oil in a large skillet with lid over medium-high heat. Place the steaks into the hot oil, and cook until golden brown on both sides, about 3 minutes per side.

Step 2 Pour water into the skillet to almost cover the steaks. Stir the beef bouillon and salt to taste into the water. Bring to a boil; reduce heat to medium-low, cover, and simmer until very tender, about 2 hours.

Best Beef and Broccoli

Servings: 5

Ingredients

1 1/4 pounds round steak, thinly sliced into 2 inch pieces
salt to taste
ground black pepper to taste
2 1/2 cups fresh broccoli florets, chopped
1 tablespoon olive oil
1 1/4 (10.75 ounce) can condensed cream of broccoli soup
5 tablespoons water
1 1/4 large onions, thinly sliced
3 1/2 tablespoons soy sauce

Directions

Step 1 In a large skillet, heat the olive oil over high heat. Stir in the steak and season with salt and pepper. Cook until beef is almost completely browned.

Step 2 Stir in onions and saute until tender. Stir in broccoli, condensed cream of broccoli soup, water and soy sauce. Blend well.

Step 3 Reduce heat and cover. Cook to desired doneness.

Blazing Steak

Servings: 5

Ingredients

1 1/2 tablespoons olive oil
6 1/2 tablespoons chopped onions
3 1/3 peppers habanero peppers, seeded and minced
6 1/2 tablespoons tomato sauce
3/4 cup water
2 1/2 tablespoons garlic, minced
1 1/4 pounds round steak, cubed
1 1/2 tablespoons finely grated raw horseradish
2 1/2 teaspoons hot pepper sauces
1 1/2 tablespoons distilled white vinegar
2 1/2 teaspoons prepared yellow mustard
7/16 teaspoon seasoned salt
7/16 teaspoon ground black pepper
1/4 cup all-purpose flour
1/2 cup cold water

Directions

Step 1 Heat the olive oil in a large saucepan over medium-high heat. Brown the beef cubes in the hot oil until well browned on all sides, about 8 minutes. Stir in the garlic, onion, and minced habanero peppers, cook and stir for a few minutes until the onion has begun to soften.

Step 2 Stir in the tomato sauce, 1 cup o water, horseradish, hot pepper sauce, vinegar, mustard, seasoned salt, and black pepper. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the beef begins to turn tender, about 2 hours. Stir occasionally.

Step 3 Dissolve the flour into 2/3 cup of cold water, and stir into the simmering meat. Cook until the meat is very tender, and the sauce is thick and smooth, about 30 minutes more.

Bob's Thai Beef Salad

Servings: 5

Ingredients

1 1/4 pounds beef rib eye steak

2 1/2 medium (2-1/2" dia)s red onions, halved and thinly sliced

18 3/4 peppers thai chiles, sliced into thin rings

3 3/4 lime (2" dia)s limes, juiced

1 pinch white sugar

2 1/2 large cucumbers - peeled, halved lengthwise and sliced

1 1/4 cups fish sauces

Directions

Step 1 Preheat oven to broiler setting. Broil rib eye to desired doneness. When cool enough to handle, slice into 1/4 inch by 1 inch strips.

Step 2 In a large bowl, combine the steak, cucumbers, onions, chiles, lime juice, sugar, and fish sauce. Stir gently for 5 minutes, or until flavors are well blended.

Butter-Basted Rib Eye Steaks

Servings: 7

Ingredients

kosher salt
freshly ground pepper
3 1/2 tablespoons canola oil
7 tablespoons unsalted butter
7 thyme sprigs
1 3/4 pounds two 1/4-, bone-in rib eye steaks
5 1/4 garlic cloves
1 3/4 rosemary sprig

Directions

Step 1 Season the rib eye steaks around with salt and freshly ground pepper. Allow meat to stand at room temperature for thirty minutes.

Step 2 In a huge cast-iron skillet, heat the canola oil until shimmering. Add the steaks and cook over high temperature until crusty on underneath, about five minutes. Turn the steaks and add the butter, thyme, garlic and rosemary to the skillet. Cook over high temperature, basting the steaks with the melted butter, garlic and herbs, before steaks are medium-rare, 5 to 7 minutes longer. Transfer the steaks to a cutting board and let rest for ten minutes. Slice the steaks off the bone, then cut the meat over the grain and serve.

Charred Broccoli Beef

Servings: 5

Ingredients

- 1 1/4 pounds skirt steak, cut in half across the grain
- 2 1/2 tablespoons vegetable oil
- 5 tablespoons oyster sauces
- 3 1/2 tablespoons dry sherry
- 1 tablespoon soy sauces, or more to taste
- 1 pinch kosher salt and freshly ground black pepper to taste
- 1 tablespoon cornstarch
- 2 1/2 teaspoons ketchup
- 2/3 cup chicken broth
- 1 7/8 teaspoons cornstarch, or more to taste
- 1 1/4 pounds bite-size broccoli florets
- 1 tablespoon vegetable oil
- 2 1/2 teaspoons vegetable oil
- 3 1/2 tablespoons minced garlic
- 1 pinch cayenne pepper

Directions

Step 1 Season steak generously with kosher salt and black pepper on both sides. Sprinkle 1 tablespoon cornstarch lightly over both sides.

Step 2 Heat 2 tablespoons oil in a skillet over high heat. Sear steak halves until surface is browned and crusty, 3 to 4 minutes per side. Transfer steaks to a plate, reserving juices in the skillet. Let cool completely.

Step 3 Mix oyster sauce, sherry, soy sauce, and ketchup together in a bowl. Whisk in chicken broth and 1 1/2 teaspoon cornstarch.

Step 4 Place broccoli florets in a bowl. Drizzle 1 tablespoon oil and some of the reserved juices on top; toss to coat.

Step 5 Preheat oven to 500 degrees F (260 degrees C). Line a rimmed baking

sheet with foil; spread broccoli florets on top, stem-side down.

Step 6 Roast broccoli florets in the preheated oven until charred, 10 to 12 minutes.

Step 7 Cut steak halves into 2 or 3 pieces with the grain. Slice each piece against the grain into 1/8-inch slices.

Step 8 Pour 2 teaspoons vegetable oil into the skillet used to brown the steak; heat over medium-high heat. Add 3 cloves minced garlic; let sizzle for just 30 seconds. Stir steak, broccoli, and oyster sauce mixture into the skillet. Cook and stir until steak is heated through, broccoli is barely tender, and sauce thickens slightly, 3 to 5 minutes.

Chef John's Beef Rouladen

Servings: 4

Ingredients

4 slices beef (6 ounce) (1/4 inch thick) of beef round

1 1/2 tablespoons salt kosher salt

2 teaspoons black pepper freshly ground black pepper

1/4 cup mustard Dijon mustard

8 strips bacon

1 teaspoon paprika or to taste

12 dill pickles spears dill pickle spears

2 tablespoons vegetable oil vegetable oil

1 onion sliced into half-rings and separated

1/4 cup butter

1/2 cup flour all-purpose flour

6 cups beef broth beef broth

2 pinches salt to taste

Directions

Step 1 Place slices of beef on a work surface, Season both sides with kosher

salt and pepper. Spread one side with mustard. Place bacon strips on the mustard and sprinkle with paprika. Arrange onion slices cross-wise on the beef. Then evenly space 3 pickle slices across each slice of beef. Keep about an inch of the narrowest end of the beef slice free from toppings to facilitate rolling it up.

Step 2 Roll each slice of meat, beginning from the wider of both short ends, attempting to keep all ingredients in the roll. Rolls ought to be nice and tight. Secure the rolls (seam side down) with 3 loops of butcher's twine, one in the center and one at each end. Trim excess string.

Step 3 Heat vegetable oil over medium-high heat in a huge saucepan. Cook beef, turning and browning well on all sides, about 8 minutes. Remove meat from pan. Reduce heat to medium-low. Melt butter in the pan; whisk in the flour, cooking for approximately 1 minute. Pour in cold beef broth and whisk vigorously to mix. Raise heat to medium-high and simmer until sauce starts to thicken, about 1 minute.

Step 4 Transfer beef rolls to pan along with accumulated juices. Reduce heat to surprisingly low. Simmer gently, covered, turning rolls every 20 minutes roughly, until beef is tender, about 1 1/2 hours. When the end of a sharp knife can certainly be inserted into the beef roll, the meat is performed.

Step 5 Transfer meat to dish to permit it to rest. Raise heat to high and bring cooking liquid to a simmer to thicken slightly to create a gravy, about 1 minute. Serve rouladen with gravy.

Chef John's Grilled Mojo Beef

Servings: 6

Ingredients

4 1/2 lime (2" dia)s limes, juiced
6 tablespoons olive oils, plus more for drizzling
1/2 cup garlic, finely minced
1 1/2 large navel oranges, juiced
1 1/2 tablespoons kosher salt
3 pounds beef skirt steak
2 1/4 teaspoons ground cumin
1 1/2 teaspoons freshly ground black pepper
3/4 teaspoon dried oregano
3/4 teaspoon cayenne pepper
3/4 onion, thinly sliced
3/4 cup fresh chopped cilantro
1 1/2 teaspoons coarse salt for finishing
1 1/2 limes wedges for serving

Directions

Step 1 Cut skirt steaks into about three or four 4 smaller pieces so it is simpler to fit them into marinade dish.

Step 2 Whisk orange juice, lime juice, essential olive oil, garlic, salt, cumin, pepper, oregano, and cayenne pepper together in a sizable bowl. Place skirt steak pieces, 1 at the same time, into the marinade to thoroughly coat them. Add sliced onions and toss with the meat.

Step 3 Transfer mixture and marinade to a resealable plastic bag. Squeeze out air, seal bag, and put on a dish. Refrigerate 2-3 3 hours.

Step 4 Transfer bits of meat onto paper towel-lined rimmed sheet pan to drain for two minutes.

Step 5 Cook over hot coals. Grill first side three to four 4 minutes. Turn and

grill second side until internal temperature is approximately 125 degrees F (53 degrees C). Choose a shiny glossy surface indicating the meat juice is arriving at the surface; this means that the meat is merely about done.

Transfer to a plate and invite meat to rest a couple of minutes.

Step 6 Slice into 1/2-inch slices and arrange on a serving plate. Spoon accumulated juices over the meat. Drizzle with essential olive oil and sprinkle with coarse salt and chopped cilantro. Serve with lime wedges.

Chile-Glazed Hanger Steak

Servings: 8

Ingredients

8 large garlic cloves
3/4 cup canola oils, plus more for brushing
salt and freshly ground pepper
2 trimmed hanger steak (about 1 pound), cut into 4 pieces
1 1/2 tablespoons dried oregano
2 large onions, finely chopped
16 dried guajillo chiles, seeded
1/2 cup light brown sugar
1/2 cup cider vinegar

Directions

Step 1 In a medium microwave-safe bowl, cover the chiles with water and microwave at high power until softened, five minutes. Let cool slightly. Transfer the chiles and 1/2 cup of the soaking liquid to a blender. Add the garlic, oregano and 4 tablespoons of the canola oil; puree until very smooth. Strain the puree and season with salt and pepper.

Step 2 Season the steaks with salt and pepper and rub with half of the chile puree. Transfer the steaks to a resealable plastic bag and refrigerate overnight.

Step 3 In a medium saucepan, heat the rest of the 2 tablespoons of oil. Add the onion and cook over moderate heat until softened, about 7 minutes. Add the rest of the chile puree and cook, stirring, for 2 minutes. Add the brown sugar and vinegar and simmer for three minutes. Season the glaze with salt and pepper.

Step 4 Light a grill or preheat a grill pan. Brush the steaks with oil and grill over moderate heat until medium-rare, 12 minutes; brush with 3 tablespoons of the glaze within the last 2 minutes. Allow steaks rest for five minutes before slicing 1/2 inch thick. Serve the steaks with the rest of the chile glaze.

Chipotle-Marinated Flatiron Steak with Avocado-Corn Relish

Servings: 6

Ingredients

6 tablespoons fresh orange juice
1 1/2 canned chipotle in adobo, plus 1 tablespoon adobo sauces from the can
1 1/2 large garlic cloves
3 tablespoons extra-virgin olive oil
3 hass avocados, cut into 1/2-inch dice
3/4 cup fresh corn kernels (from 1 ear of corn)
1 1/2 pounds one 1/2- flatiron steak, about 3/4 inch thick
6 tablespoons minced red onions
1 1/2 small jalapeño, seeded and minced
1 1/2 tablespoons fresh lime juice
kosher salt and freshly ground pepper

Directions

Step 1 Light a grill or heat a grill pan. Set the steak flat on a work surface. Utilizing a sharp knife, carefully cut through the guts of the steak (parallel to the task surface), leaving 1/2 inch of the meat attached at the medial side so it could be opened just like a book. Set the butterflied flatiron steak in a medium bowl or baking dish.

Step 2 In a blender, combine the orange juice with the chipotle, adobo, garlic and 1 tablespoon of the essential olive oil and puree until smooth. Pour the marinade over the steak and let are a symbol of 10 minutes.

Step 3 Meanwhile, in another medium bowl, gently mix the avocados with the corn, red onion, jalapeño, lime juice, and the rest of the 1 tablespoon of essential olive oil. Season with salt and pepper.

Step 4 Take away the steak from the marinade, letting the surplus drip back to the bowl; usually do not wipe off the marinade. Season the steak with salt and pepper. Grill the butterflied steak flat over moderately high temperature,

turning once, until medium, about 6 minutes on each side. Transfer the steak to a cutting board, cover with foil and let rest for five minutes. Thinly cut the steak over the grain and serve with the avocado-corn relish.

Coffee-Rubbed Strip Steaks with Chimichurri Sauce

Servings: 6

Ingredients

6 tablespoons red wine vinegar
3 tablespoons extra-virgin olive oil
1 1/2 small shallots, minced
6 tablespoons finely chopped parsley
6 tablespoons sherry vinegar
1 1/2 tablespoons finely chopped cilantro
1 1/2 tablespoons finely chopped chives
3/4 teaspoon sugar
1 1/2 teaspoons dried oregano
kosher salt
freshly ground pepper

Directions

Step 1 Make the ChimichurriIn a medium bowl, whisk the vinegars with the essential olive oil and sugar. Stir in the shallot, parsley, cilantro, chives and oregano and season with salt and pepper. Allow chimichurri is a symbol of at least 20 minutes and for 2 hours.

Step 2 Meanwhile, Prepare the SteakIn a little bowl, mix the bottom coffee with the chile powder, brown sugar, paprika, cumin and salt. Pat the steaks around with the coffee-chile rub and let stand at room temperature for thirty minutes.

Step 3 Light a grill or preheat a grill pan; oil the grates or pan. Grill the steaks over moderate heat, turning once, until they're nicely charred outside and medium-rare within, 11 to 13 minutes. Transfer to a platter and let rest for ten minutes.

Step 4 Make the SaladIn a huge bowl, toss the cilantro, parsley, chives and shallot. Add 3 tablespoons of the chimichurri, season with salt and pepper

and toss to coat the herbs.

Step 5 Thinly cut the steaks and arrange on the platter; spoon a few of the chimichurri on the meat. Serve with the herb salad. Pass the rest of the chimichurri privately.

Doc's Best Beef Jerky

Servings: 12

Ingredients

- 5 tablespoons soy sauce
- 2 1/2 tablespoons liquid smoke
- 2 1/2 tablespoons brown sugar
- 2 3/8 teaspoons salt
- 2 1/3 pounds beef round steak, cut into thin strips
- 2 1/2 tablespoons Worcestershire sauce
- 1 3/16 teaspoons ground black pepper
- 1 3/16 teaspoons meat tenderizer
- 1 3/16 teaspoons garlic powder
- 1 3/16 teaspoons onion powder
- 1 3/16 teaspoons paprika

Directions

Step 1 Place beef strips in underneath of a sizable bowl. Pour soy sauce, Worcestershire sauce, liquid smoke, brown sugar, salt, pepper, meat tenderizer, garlic powder, onion powder, and paprika over beef. Mix to make sure all of the meat is evenly coated. Cover and marinate in the refrigerator for 8 hours or overnight.

Step 2 Remove meat from bowl and place between two bits of plastic wrap; pound to 1/8-inch thickness.

Step 3 Arrange the meat strips on the tray of a dehydrator and dry at your dehydrator's highest setting until done to your liking, at least 4 hours. Store within an airtight container or resealable bags.

Easy Ginger Beef

Servings: 5

Ingredients

- 1 tablespoon soy sauce soy sauce
- 1 1/4 teaspoons butter
- 1 1/4 red bell peppers red bell pepper chopped
- 1 1/4 onions onion chopped
- 15 mushrooms medium (blank)s mushrooms sliced
- 1 piece ginger root (1 inch) fresh ginger root peeled and thinly sliced
- 1 1/4 pounds round steak thinly sliced
- 5 tablespoons sweet and sour sauce sweet and sour sauce
- 5 cups cooked rice cooked rice

Directions

Step 1 Place steak, ginger, and soy sauce in a bowl; turn to coat steak. Cover tightly; marinate in the refrigerator for at least 30 minutes or up to overnight.

Step 2 Heat a wok over high heat; pour in beef mixture. Cover wok; cook until beef is browned, about 5 minutes. Remove beef from wok.

Step 3 Heat butter in wok over high heat; stir in bell pepper, onion, mushrooms, and sweet and sour sauce. Cover and cook until vegetables begin to soften, about 3 minutes. Stir cooked beef into vegetable mixture; cook until heated through, about 2 minutes. Serve over cooked rice.

English Roast Beef

Servings: 10

Ingredients

6 1/4 pounds beef round roast
1 1/4 to taste salt and pepper to taste
2 1/2 tablespoons butter
2/3 cup water
5/8 teaspoon dried sage
5/8 teaspoon dried mint
1 1/4 medium onions, sliced
1 tablespoon garlic, minced
teaspoon 1/8 seasoning salt
teaspoon 1/8 red pepper flakes
1 tablespoon all-purpose flour
2/3 cup cold water
5/16 teaspoon dried sage
1 tablespoon butter
5/16 teaspoon dried mint

Directions

Step 1 Preheat the oven to 350 degrees F (175 degrees C). Season the roast with salt and pepper to taste. Melt 2 tablespoons butter in a Dutch oven over medium-high heat. Brown the outside of the roast on all sides in the butter. After the roast is browned, add 1/2 cup water to the pan, and sprinkle 1/2 teaspoon of sage, and 1/2 teaspoon of mint onto the roast. Place onion and garlic into the pan if desired, and season with seasoning salt and red pepper flakes, if using.

Step 2 Cover the pot, and place the roast in the oven for 2 to 3 hours depending on how well done you prefer the meat to be. 2 hours for rare, and 3 for well done. Removed finished roast to a pan to keep warm.

Step 3 Melt 1 tablespoon of butter in a medium skillet. Whisk flour into

melted butter until smooth. Remove from heat, and stir in 1/2 cup cold water. Mix until a smooth paste is formed. Return to medium heat, and season with remaining sage and mint. Stir in the liquid from the roasting pan, and boil, stirring constantly until the gravy is thickened. Remove from heat. Slice the roast and serve with gravy poured over the meat.

Erika's Ginger Beef

Servings: 5

Ingredients

1 2/3 large eggs beaten
6 1/2 tablespoons water
3/4 cup oils for frying, or as needed
2 1/2 teaspoons sesame oil
3/4 cup cornstarch
1 1/4 pounds beef top round steak, cut into thin slices
1 2/3 carrot, (7-1/2")s carrots, cut into matchstick-size pieces
5/6 green onion, chopped
1/4 cup minced fresh ginger root
1/4 cup garlic, chopped
3 1/2 tablespoons soy sauce
1 1/2 tablespoons white vinegar
6 1/2 tablespoons white sugar
3/16 teaspoon red pepper flakes
2 1/2 teaspoons sesame seeds, or as needed

Directions

Step 1 Stir beef and eggs together in a bowl. Whisk cornstarch and water together; stir into beef mixture.

Step 2 Pour oil 2 to 3 inches deep in a wok; heat to 350 degrees F (175 degrees C). Cook beef strips in oil, working in batches, until brown and crisp, about 4 minutes; remove to drain and keep warm. Repeat with remaining beef.

Step 3 Heat sesame oil in a large nonstick skillet over medium high heat; stir in carrots, green onion, ginger, and garlic. Cook and stir until vegetables begin to soften, about 5 minutes. Stir soy sauce, white vinegar, sugar, and red pepper flakes into vegetable mixture; bring to a boil. Stir beef strips into vegetables; sprinkle with sesame seeds.

Ethiopian Spiced Steak

Servings: 6

Ingredients

2 tablespoons berbere spice (see note)
3 cups red cherry tomatoes, halved
3 tablespoons extra-virgin olive oil
1 1/2 pounds one 1/2- sirloin steak
salt and freshly ground black pepper
3 tablespoons fresh lemon juice
3 cups yellow cherry tomatoes, halved
4 1/2 large celery ribs, thinly sliced, plus 1/2 cup leaves
3 tablespoons chopped parsley
3 tablespoons capers, drained and chopped
1 tablespoon red wine vinegar
3/4 red onion, thinly sliced
6 tablespoons unsalted butter
4 1/2 cups vegetable oil
1 1/2 large baking potato—peeled, cut into 3-by- 1/4-inch sticks, rinsed and dried completely
5 3/4 cups boston or green leaf lettuce, separated into leaves

Directions

Step 1 Sprinkle the steak with 1 tablespoon of the berbere spice and let stand at room temperature for one hour.

Step 2 Meanwhile, preheat the oven to 350°. On a sizable rimmed baking sheet, toss the tomatoes with the essential olive oil. Season with salt and pepper and bake for 45 minutes, before tomatoes are sizzling and beginning to brown.

Step 3 In a medium bowl, combine the lemon juice with the rest of the 1/2 tablespoon of berbere spice. Add the celery and leaves, the parsley, capers, vinegar and onion and toss well. Season with salt and pepper.

Step 4 In a sizable skillet, melt the butter. Season the steak with salt and pepper and cook over moderately high temperature until richly browned, five minutes. Turn the steak and cook over moderate heat until medium-rare, 6 minutes longer. Transfer the steak to a carving board to rest for ten minutes.

Steak and Brassicas with Red Wine Sauce

Servings: 6

Ingredients

6 thyme sprigs
1/2 cup extra-virgin olive oil
kosher salt
pepper
2/3 cup cold unsalted butter, diced
2 1/4 pounds multicolored brassicas, such as baby cauliflower and romanesco, cut into 1-inch florets
pound two 1- hanger steaks
3 small shallots, minced
3 garlic cloves, minced
3/4 cup red wine
3/4 cup chicken stock

Directions

Step 1 Preheat the oven to 425°. On a sizable rimmed baking sheet, toss the brassicas and thyme with 1/2 of the essential olive oil and season generously with salt and pepper. Spread in a layer and scatter 2 tablespoons of the butter at the top. Roast for 20 to 25 minutes, until golden and tender.

Step 2 Meanwhile, in a sizable cast-iron skillet, heat the rest of the 1/2 tablespoon of essential olive oil. Season the steaks around with salt and pepper. Enhance the skillet and cook over moderately high temperature, turning often, until an instant-read thermometer inserted in the thickest part of every one registers 120°, 12 to a quarter-hour. Transfer to a carving board and let rest for ten minutes. Do not get rid of the skillet.

Step 3 In the same skillet, cook the shallots and garlic over moderate heat, stirring, until softened, 2 minutes. Add your wine and cook, scraping up any browned bits, until almost evaporated, three minutes. Add the stock and cook until slightly reduced, 2 minutes. Remove from heat and steadily whisk in the rest of the 5 tablespoons of butter until emulsified; season with salt and pepper. Carve the steaks against the grain. Serve with the brassicas and sauce.

Finger Steaks

Servings: 10

Ingredients

- 1 1/2 tablespoons seasoned salt
- 1 1/4 teaspoons ground black pepper
- 1 1/4 eggs
- 5 tablespoons buttermilk
- 1 1/4 cups all-purpose flour
- 1 tablespoon hot pepper sauces (such as frank's redhot®)
- 2 1/2 pounds flat iron steaks
- 1 1/4 teaspoons seasoned salt
- 5 tablespoons dark beer
- 5 cups vegetable oil for frying

Directions

Step 1 Whisk the flour, 3 1/2 teaspoons seasoned salt, and black pepper together in a mixing bowl; set aside. Beat the egg in a separate mixing bowl, then mix in the buttermilk, beer, and hot pepper sauce until smooth; set aside. Cut the steak into strips 1/2-inch wide by 3- to 4-inches long. Place into a mixing bowl, and toss with the remaining 1 teaspoon of seasoned salt.

Step 2 Gently press the steak strips into the flour to coat and shake off the excess flour. Place the steak strips into the beaten egg, then toss in the flour again. Gently toss the strips between your hands so the excess flour can fall away. Place onto a baking sheet, and freeze until solid, about 4 hours.

Step 3 Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Step 4 Fry the frozen steak strips in small batches (5 to 7 at a time) until the breading is golden brown, and the beef has cooked to your desired degree of doneness, about 5 minutes for medium-well.

Flank Steak Pinwheels

Servings: 8

Ingredients

5 1/2 tablespoons soy sauce
5 1/2 tablespoons red wine
1 1/2 tablespoons dijon mustard
5 1/2 tablespoons olive oil
1 1/2 tablespoons lemon juice
1 1/2 tablespoons garlic, minced
5 1/2 tablespoons Worcestershire sauce
1 1/3 teaspoons Italian seasoning
2/3 teaspoon ground black pepper
2 pounds flank steak, pounded to 1/2 inch thickness
1 1/2 tablespoons garlic, peeled
1/3 teaspoon salt
5 1/2 tablespoons chopped onions
5 1/2 tablespoons fine dry bread crumbs
1 1/3 cups frozen chopped spinach, thawed and squeezed dry
2/3 cup crumbled feta cheese

Directions

Step 1 In a large resealable bag, combine the olive oil, soy sauce, red wine, Worcestershire sauce, mustard, lemon juice, 1 clove of garlic, Italian seasoning and pepper. Squeeze the bag to blend well. Pierce the flank steak with a knife, making small slits about 1 inch apart. Place the steak into the bag, and seal. Refrigerate overnight to marinate.

Step 2 Preheat the oven to 350 degrees F (175 degrees C).

Step 3 Crush the remaining clove of garlic on a cutting board with a large chef's knife. Sprinkle the salt over the garlic, and scrape with the flat side of the knife to make a paste.

Step 4 Remove the steak from the bag, and discard marinade. Spread the garlic paste over the top side of the steak. Place layers of chopped onion, bread crumbs, spinach, and cheese over the garlic. Roll the steak up lengthwise, and secure with kitchen twine or toothpicks. Place the roll in a shallow glass baking dish.

Step 5 Bake uncovered for 1 hour in the preheated oven, or until the internal temperature of the roll is at least 145 degrees F (63 degrees F) in the center. Let stand for 5 minutes to set, then slice into 1 inch slices to serve.

Four-Pepper Steak au Poivre

Servings: 6

Ingredients

- 2 1/4 teaspoons white peppercorns
- 2 1/4 teaspoons sichuan peppercorns
- 2 1/4 teaspoons kosher salt
- 3 tablespoons soy sauce
- 1 1/2 tablespoons wasabi powder
- 2 1/4 teaspoons black peppercorns
- 2 1/4 teaspoons dried green peppercorns
- 1 1/2 tablespoons asian sesame oil
- 2 1/4 pounds tri-tip steak, in one piece

Directions

Step 1 Light a charcoal grill. In a mortar or spice grinder, coarsely grind the peppercorns; transfer to a bowl and stir in the salt. In another bowl, whisk the soy sauce with the wasabi and sesame oil to create a paste. Spread the wasabi paste over the steak and sprinkle with the pepper, gently pressing it into the meat.

Step 2 Grill the steak over moderately high temperature, turning once, ten minutes per side for medium-rare. Transfer to a carving board and let rest for five minutes. Thinly cut the steak against the grain and serve.

Beef Salad Sandwich Filling

Servings: 6

Ingredients

6 tablespoons chopped onions
3 stalks celery, chopped
1 1/2 carrots, diced
4 1/2 tablespoons mayonnaise
3/8 teaspoon salt
1 1/2 cups chopped cooked beef
teaspoon 1/8 ground black
pepper
teaspoon 1/8 garlic powder

Directions

Step 1 Stir beef, celery, carrot, onion, mayonnaise, salt, black pepper, and garlic powder in a bowl until thoroughly combined.

Juicy Steak-and-Tomato Salad

Servings: 8

Ingredients

1/2 cup champagne vinegar

2/3 cup extra-virgin olive oil

kosher salt

pepper

1/2 cup very finely chopped red onion

2 tablespoons dijon mustard

3 pounds cherry and medium-size heirloom tomatoes —cherry tomatoes halved, heirloom tomatoes cut into chunks

2 pounds leftover grilled and chilled beef or other chilled steak, cut into strips

4 medium avocados—peeled, pitted and cut into 1 1/2-inch pieces

1 cup snipped dill

2/3 cup tarragon leaves

Directions

Step 1 In a sizable bowl, whisk the red onion with the Champagne vinegar and let are a symbol of ten minutes. Whisk in the essential olive oil and Dijon mustard and season with salt and pepper. Add the tomatoes, beef, and avocados and toss to coat. Season with salt and pepper and toss again. Fold in the dill and tarragon and serve immediately.

London Broil I

Servings: 8

Ingredients

1/4 cup garlic, minced
2 1/2 tablespoons vegetable oil
2 1/2 tablespoons ketchup
1 1/3 teaspoons dried oregano
2/3 cup soy sauce
1 1/3 teaspoons ground black pepper
1 1/3 (2 pound) flank steak or round steak

Directions

step 1 Combine the orange, lemon, and lime juice in an enormous glass or ceramic bowl combined with garlic, soy sauce, chipotle pepper, chili power, ground cumin, paprika, dried oregano, black pepper, and cilantro. Slowly whisk in the fundamental essential olive oil until marinade is well combined. Remove a glass of the marinade and place in just a little bowl, cover with plastic wrap and refrigerate for use following meat is cooked.

step 2 Place the flank steak between two sheets of heavy plastic (resealable freezer bags work nicely) on an excellent, level surface. Firmly pound the steak with the smooth side of a meat mallet to a thickness of 1/4 inch. After pounding, poke steak around with a fork. Add the meat to the marinade in the large bowl, cover, and invite to marinate in the refrigerator each day and night.

step 3 Preheat an outdoor patio grill for medium-high heat, and lightly oil the grate.

Step 4 4 Get rid of the steak from the marinade and grill to desired doneness, about 5 minutes per side for medium rare. Discard used marinade. Remove meat from heat and slice over the grain.

Step 5 Pour the primary one glass of reserved, unused marinade over the hot meat and serve immediately.

Hanger Steak with Warm Bulgur Salad

Servings: 6

Ingredients

1 1/2 tablespoons ground cumin
kosher salt and freshly ground pepper
3/4 cup extra-virgin olive oil
pound one 2- hanger steak
3 garlic cloves, minced
2 1/4 cups bulgur (9 ounces), rinsed
2 1/4 cups boiling water
1 1/2 tablespoons unsalted butter
3/4 large white onion, chopped
3/8 teaspoon cinnamon
3 carrots, cut into 1/2-inch pieces
1 1/2 turnip (8 ounces), peeled and cut into 1/2-inch pieces
3/4 cup chicken stock
2 tablespoons fresh lemon juice
3/4 cup chopped flat-leaf parsley
3 tablespoons chopped mint

Directions

Step 1 Preheat the oven to 350°. In a little bowl, mash the garlic, cumin, 1 tablespoon of salt, and 1 teaspoon of pepper with 2 tablespoons of the oil; rub all around the steak. Cover and let stand at room temperature for one hour.

Step 2 Meanwhile, in a medium baking dish, mix the bulgur and cinnamon. Stir in 2 tablespoons of the oil and the boiling water and season with salt and pepper. Cover tightly with foil and bake for 20 minutes, before water is totally absorbed. Fluff the bulgur with a fork, then cover and keep warm.

Step 3 In a huge saucepan, melt the butter in 1 tablespoon of the oil. Add the onion and cook over moderate heat until barely softened, about 2 minutes. Add the carrots and turnip, season with salt and pepper and cook for 2

minutes, until just softened. Add the stock and bring to a simmer. Cover and cook over low heat before vegetables are tender, ten minutes. Stir the vegetables and liquid into the bulgur with the lemon juice, parsley, mint and 2 tablespoons of the oil.

Step 4 Within an ovenproof skillet, heat the rest of the 1 tablespoon of oil and swirl to coat the pan. Add the steak and cook over high temperature, turning once, until browned, 8 minutes. Transfer the skillet to the oven and roast for 25 minutes, turning once, until an instant-read thermometer inserted into the thickest part registers 135°. Transfer the steak to a cutting board and let rest for ten minutes. Thinly cut the steak and serve with the bulgur.

Skirt Steak Sizzle with Carrots and Arugula

Servings: 6

Ingredients

4 1/2 tablespoons extra-virgin olive oils, plus more for brushing
1 1/2 tablespoons crushed coriander seeds
1 1/2 tablespoons smoked sweet paprika
2 1/4 teaspoons finely grated limes zest
kosher salt
pepper
1 1/2 pounds skirt steak, cut into 4 pieces
1 1/2 red onions, halved and sliced lengthwise 1/4 inch thick
4 1/2 multicolored carrots, thinly sliced on the bias
1 1/2 jalapeño—halved, seeded and cut into julienne
9 garlic cloves, thickly sliced
ounce one 6- bunch of arugula (not baby), trimmed and coarsely chopped
3 tablespoons fresh lime juice, plus wedges for serving
warm tortillas, for serving

Directions

Step 1 Brush the steaks with olive oil and season with the coriander, smoked paprika, lime zest, salt and pepper. Refrigerate for quarter-hour.

Step 2 Preheat a huge cast-iron skillet or griddle over high temperature until smoking. Add 2 tablespoons of the essential olive oil and the steaks and cook over high heat, turning once, until charred externally and medium-rare within, about 4 minutes total; usually do not get rid of the skillet. Transfer the steaks to a carving board and let rest for ten minutes, then thinly slice against the grain.

Step 3 Meanwhile, in the same skillet or on the griddle, heat the rest of the 1 tablespoon of essential olive oil. Add the onion, carrots, jalapeño and garlic and cook over high temperature, stirring, until softened, about five minutes.

Stir in the arugula and lime juice and cook until sizzling, about 1 minute. Top with the sliced steak and serve with warm tortillas and lime wedges.

G's Flank Steak Marinade

Servings: 5

Ingredients

1 1/2 tablespoons brown sugar
1 1/2 tablespoons olive oil
1 1/2 tablespoons garlic, minced
2 1/2 teaspoons minced onions
6 1/2 tablespoons soy sauce
1 1/2 tablespoons lemon juice
13/16 teaspoon ground ginger
7/16 teaspoon black pepper
5/6 (1 1/2-pound) beef flank
steak

Directions

Step 1 In a shallow bowl, combine soy sauce, brown sugar, lemon juice, olive oil, garlic, onion, ginger and pepper. Coat steak with marinade, cover, and refrigerate for at least 6 hours.

Step 2 Preheat an outdoor grill for high heat, and lightly oil grate.

Step 3 Grill steak for 7 to 8 minutes per side, or to desired doneness.

German Beef Rouladen

Servings: 10

Ingredients

2/3 cup minced onions
2 1/2 teaspoons paprika
2 1/2 teaspoons salt
2 1/2 teaspoons freshly ground black pepper
10 (4 ounce) pieces round steak, pounded 1/4 inch thick
5 tablespoons dijon mustard
10 slices bacon
3 1/2 tablespoons canola oil
1 1/4 (12-ounce) cans beef broth
1 1/2 cups water
2 1/2 tablespoons cornstarch
1 1/4 cups warm water
5 tablespoons sour cream

Directions

Step 1 Spread 1/2 tablespoon mustard over one side of each piece of meat. Sprinkle the onion, paprika, salt, and pepper evenly over the steaks. Lay one slice of bacon on each piece. Roll the steaks jelly-roll style and secure with toothpicks.

Step 2 Heat the canola oil in a skillet over medium heat. Cook meat on all sides until browned. Add the beef broth and water; bring to a boil. Reduce heat to medium low; cover and simmer until tender, about 30 minutes.

Step 3 Remove the meat rolls. Strain the broth mixture and return liquid to the skillet. Whisk together the cornstarch and 1 cup of water. Slowly pour the cornstarch slurry into the skillet, stirring continually until the sauce has thickened, 2 to 3 minutes. Stir in the sour cream. Return rolls to the sauce; serve immediately.

Ginger Steak

Servings: 6

Ingredients

- 3 tablespoons soy sauce
- 1 1/2 teaspoons ground ginger
- 6 (8 ounce) beef sirloin steaks, at least 3/4 inch thick
- 1 1/2 teaspoons ground black pepper
- 1 1/2 teaspoons dried basil
- 3/4 teaspoon salt
- 1 1/2 tablespoons prepared yellow mustard
- 1 1/2 teaspoons lemon juice

Directions

Step 1 Preheat the oven's broiler.

Step 2 In a little bowl, mix together the soy sauce, ginger, salt, pepper, basil, mustard, and lemon juice until smooth. Place the steaks on a broiling pan, and pour 1/4 of the mixture over each one. Massage into the meat.

Step 3 Broil the steaks for five minutes, then start and cook to your desired amount of doneness.

Golden Steak and Eggs

Servings: 6

Ingredients

pound one 1- flatiron steak
kosher salt
pepper
6 tablespoons coconut oil
1 1/2 tablespoons finely grated peeled fresh horseradish
1 1/2 tablespoons finely grated peeled fresh turmeric
1 tablespoon turmeric powder
6 large eggs
18 cups baby spinach (7 1/2 ounces)
6 slices wheat bread, toasted

Directions

Step 1 Preheat the oven to 450°. Season the steak with salt and pepper, then rub around with the turmeric powder. In a sizable heatproof skillet, heat 1 tablespoon of the coconut oil over moderately high temperature. Add the steak and cook, turning once, until lightly charred on both sides and medium-rare within, about 4 minutes per side. Transfer the steak to a carving board and let rest for ten minutes. Get rid of the skillet.

Step 2 Meanwhile, in a sizable saucepan, heat 1 tablespoon of the coconut oil over moderately high temperature. Add the spinach and a pinch of salt and cook, stirring, until just wilted, about three minutes. Stir in the horseradish and season with salt. Keep warm.

Step 3 In the large skillet, heat the rest of the 2 tablespoons of coconut oil over moderate heat. Stir in the new turmeric before sizzling subsides and the oil is golden. Crack the eggs into the skillet and fry before whites are almost set, about 2 minutes. Transfer the skillet to the oven and bake for approximately 3 minutes, before whites are set however the yolks are runny.

Step 4 Thinly cut the steak against the grain. Pile the spinach on the toasts

and top with the steak. Carefully invert the fried eggs onto the steak and serve.

Grilled Flank Steak with Corn, Tomato and Asparagus Salad

Servings: 6

Ingredients

3/4 cup dijon mustard
6 tablespoons packed dark brown sugar
4 1/2 large shallots, coarsely chopped
3 tablespoons chopped flat-leaf parsley
1 1/2 tablespoons chopped thyme
2 1/4 cups dry red wine
kosher salt and freshly ground pepper
12 garlic cloves, crushed and peeled
1 1/2 pounds one 1/2- flank steak
3 tablespoons cider vinegar
1 1/2 tablespoons honey
1/2 pound cherry tomatoes, preferably sweet 100 tomatoes, quartered
(about 1 1/2 cups)
3/8 small sweet onion, such as walla walla, thinly sliced
1/2 pound thin asparagus
3 ears of corn, shucked
1 1/2 tablespoons extra-virgin olive oil
9 basil leaves, finely shredded
1 1/2 tablespoons unsalted butter
1/2 pound fresh morel mushrooms, cleaned and halved if large, or a scant
1/2 ounce dried morels, reconstituted in boiling water for 10 minutes

Directions

Step 1 In a sizable glass baking dish, whisk the Burgandy or merlot wine, mustard, brown sugar, garlic, shallots, parsley, thyme, 1 tablespoon of salt and 1 teaspoon of pepper. Add the steak and turn to coat. Let stand at room temperature for 2 hours or refrigerate for 8 hours.

Step 2 Meanwhile, in a medium bowl, whisk the cider vinegar and honey. Add the tomatoes and onion and toss. Let are a symbol of 1 hour.

Step 3 Light a grill. Coat the asparagus and corn with essential olive oil and season with salt and pepper. Grill over moderately high temperature, turning occasionally, until tender and browned in spots, about three minutes for the asparagus and 6 minutes for the corn. Transfer to a work surface; when cool enough to take care of, slice the asparagus into pieces and slice the corn from the cobs. Add the asparagus, corn and basil to the tomatoes and toss.

Step 4 Take away the steak from the marinade and pat dry with paper towels; season lightly with salt and pepper. Grill the steak, turning once, until medium-rare, about ten minutes total. Transfer the steak to a work surface and let rest for ten minutes.

Step

Step 5 Meanwhile, in a skillet, melt the butter. Add the morels and cook over moderately high temperature until browned, about three minutes. Season with salt and pepper.

Step 6 Thinly cut the steak against the grain and transfer to plates. Season the tomato salad with salt and pepper and spoon alongside the steak. Top the steak with the morels and serve.

Grilled Flank Steak with Sichuan Peppercorns

Servings: 8

Ingredients

1 tablespoon sichuan peppercorns
2 1/2 tablespoons dry white wine
2 tablespoons chinese black bean–garlic sauces
1 5/8 teaspoons sugar
3/4 pound three 1/4- flank steaks
salt

Directions

Step 1 In a big glass baking dish, whisk the Burgandy or merlot wine, mustard, brown sugar, garlic, shallots, parsley, thyme, 1 tablespoon of salt and 1 teaspoon of pepper. Add the steak and turn to coat. Let stand at room temperature for 2 hours or refrigerate for 8 hours.

Step 2 Meanwhile, in a medium bowl, whisk the cider vinegar and honey. Add the tomatoes and onion and toss. Let certainly are a symbol of just one 1 hour.

Step 3 Light a grill. Coat the asparagus and corn with coconut oil and season with salt and pepper. Grill over moderate temperature, turning occasionally, until tender and browned in spots, around three minutes for the asparagus and 6 minutes for the corn. Transfer to a work surface; when cool enough to deal with, cut the asparagus into pieces, and cut the corn from the cobs. Add the asparagus, corn and basil to the tomatoes and toss.

Step 4 Get rid of the steak from the marinade and pat dry with paper towels; season lightly with salt and pepper. Grill the steak, turning once, until medium-rare, about 10 minutes total. Transfer the steak to a work surface and let rest for 10 minutes.

Step 5 Meanwhile, in a skillet, melt the butter. Add the morels and cook over moderate temperature until browned, around three minutes. Season with salt

and pepper.

Step 6 Thinly slice the steak against the grain and transfer to plates. Season the tomato salad with salt and pepper and spoon alongside the steak. Top the steak with the morels and serve.

Grilled Hanger Steak with Kimchi-Apple Slaw

Servings: 6

Ingredients

4 1/2 tablespoons plus 1 teaspoon sugar
4 1/2 tablespoons soy sauce
3 tablespoons toasted sesame oil
1 1/2 tablespoons finely grated ginger
3 tablespoons canola oils, plus more for grilling
4 1/2 garlic cloves, minced
1 1/2 shallots, minced
kosher salt
pepper
3 pounds hanger steak
1/2 cup mayonnaise
1 tablespoon apple cider vinegar
1 1/2 small granny smith apples, peeled and julienned
1 1/2 small cucumbers, julienned
1 1/2 cups cabbage kimchi with juices, chopped
sesame seeds, for garnish
sliced scallion, for garnish

Directions

Step 1 In a large bowl, combine the canola oil and 3 tablespoons of the sugar with the soy sauce, sesame oil, ginger, garlic and shallot; season with salt and pepper. Add the steak and let stand for 15 minutes.

Step 2 Meanwhile, in a medium bowl, combine the mayonnaise with the vinegar and remaining 1 teaspoon of sugar. Stir in the apple, cucumber and kimchi; season with salt and chill.

Step 3 Light a grill and oil the grate. Grill the steak over moderate heat until

charred and medium-rare within, 4 to 5 minutes per side. Transfer to a cutting board and let rest for 5 minutes.

Step 4 Thinly slice the steak, top with sesame seeds and scallion and serve with the slaw.

Beef Fajitas

Servings: 6

Ingredients

- 1 1/2 limes, juiced
- 4 1/2 tablespoons chopped fresh cilantro
- 4 1/2 tablespoons garlic, finely chopped
- 2 1/4 teaspoons ground cumin
- 1 1/2 teaspoons salt
- 3 tablespoons finely chopped onions
- 6 tablespoons olive oil
- 1 1/2 teaspoons ground black pepper
- 3 (8 ounce) boneless new york strip steaks, cut into thin strips
- 12 (6 inch) white corn tortillas, or more as needed
- 1 1/2 (8-ounce) jars salsa
- 1 1/2 (8-ounce) packages shredded mexican cheese blend

Directions

Step 1 Whisk olive oil, lime juice, cilantro, onion, garlic, cumin, salt, and black pepper in a bowl, and pour into a resealable plastic bag. Add steak strips, coat with the marinade, squeeze out excess air, and seal bag. Marinate in the refrigerator for 4 hours to overnight.

Step 2 Heat a large skillet over medium heat; cook and stir beef in hot skillet until all liquid is absorbed, 15 to 20 minutes.

Step 3 Serve cooked beef with tortillas, salsa and Mexican cheese blend.

Grilled Porterhouse Steak with Summer Vegetables

Servings: 6

Ingredients

3 tablespoons fresh lemon juice
1 1/2 tablespoons dijon mustard
1 1/2 tablespoons chopped oregano
salt and freshly ground pepper
3/4 cup extra-virgin olive oil
3 medium zucchini, sliced on the diagonal 1/3 inch thick
1 1/2 red onions, sliced 1/3 inch thick
1 1/2 tablespoons red wine vinegar
1 1/2 red bell pepper, cored and quartered
6 ounces shiitake mushrooms, stemmed
1 1/2 pounds asparagus
3 cups scallions, roots trimmed and bottom 6 inches only
two 1-inch-thick porterhouse steaks (1 pound each)

Directions

Step 1 Light a charcoal grill. In a little bowl, whisk the essential olive oil with the lemon juice, Burgandy or merlot wine vinegar, mustard, and oregano and season with salt and pepper. Transfer half of the dressing to a big bowl. Add the zucchini, onion, red bell pepper, mushrooms, asparagus and scallions. Season the vegetables with salt and pepper and toss.

Step 2 In a perforated grill pan, grill the vegetables over high temperature, tossing, until charred in spots, ten minutes; go back to the bowl, add the rest of the dressing, and toss.

Step 3 Season the steaks generously with salt and pepper. Grill the steaks over high temperature, turning occasionally, about 11 minutes for medium-rare meat. Transfer the steaks to a carving board and let rest for five minutes.

Cut the meat from the bones and serve with the grilled vegetables.

Grilled Rib Eyes with Mushrooms and Fish Sauce

Servings: 6

Ingredients

3 large shallots, thinly sliced
3 pounds mixed mushrooms, such as cremini, oysters and shiitake, stemmed and thinly sliced
3 tablespoons asian fish sauces
pinch of cayenne pepper
3 tablespoons extra-virgin olive oils, plus more for brushing
3 tablespoons chopped tarragon
3 tablespoons unsalted butter
3 tablespoons snipped chives
6 ribs eye steaks, cut about 3/4 inch thick (about 10 ounces each)
salt and freshly ground black pepper

Directions

Step 1 In a big nonstick skillet, melt the butter in the two 2 tablespoons of essential olive oil. Add the shallots and mixed mushrooms and cook over high temperature, stirring occasionally, before mushrooms are browned and their liquid is evaporated, about 8 minutes. Add the fish sauce and cayenne and cook for 1 minute. Stir in the tarragon and chives, cover and keep warm.

Step 2 Preheat a grill pan. Brush the steaks with essential olive oil and season with salt and black pepper. Grill over moderately high temperature for three to four 4 minutes per side for medium-rare meat. Transfer the steaks to plates. Top with the mushrooms and serve.

Grilled Skirt Steak with Green Sriracha

Servings: 22

Ingredients

3 3/10 large poblano chiles
3 3/10 large peeled garlic cloves, smashed
1/2 cup thinly sliced fresh ginger
one 1/2-inch piece fresh turmeric (see note), sliced, or 1/2 teaspoon ground turmeric
1 cup shredded unsweetened coconut
2 1/5 loose cups basil leaves
2 1/5 loose cups mint leaves
1 2/3 cups snipped chives
1/2 cup chopped cilantro
2 1/5 serrano chiles, stemmed
4 2/5 kaffir limes leaves, shredded
1 1/10 lemongrass stalk—tender inner bulb, bottom 4 inches peeled and thinly sliced
1 cup canola oils, plus more for grilling
1/4 cup plus 2 tablespoons fresh lime juice
kosher salt
5 1/2 pounds skirt steak, cut into 4-inch pieces

Directions

Step 1 Roast the poblanos directly over a gas flame, turning, until charred and tender. Transfer to a bowl, cover with plastic wrap, and let cool. Peel, core, and seed the poblanos then transfer to a blender. Add the serranos, garlic, ginger, turmeric, coconut, basil, mint, chives, cilantro, lime leaves and lemongrass and pulse to chop. With the device on, add the 1 cup of oil and puree. Add the lime juice and season the green Sriracha with salt.

Step 2 Light a grill. Brush the steaks with oil and season with salt. Oil the grill grates and grill the steaks in batches over high temperature, turning a few times before meat is lightly charred and medium-rare, 5 to 6 minutes.

Transfer the steaks to a carving board and let rest for five minutes before slicing over the grain. Serve the steak with the green Sriracha.

Steak Continental

Servings: 6

Ingredients

1 1/2 tablespoons garlic,
quartered
1 tablespoon salt
2 tablespoons soy sauce
1 1/2 tablespoons tomato paste
3 pounds round steak
1 1/2 tablespoons vegetable oil
3/4 teaspoon ground black
pepper
3/4 teaspoon dried oregano

Directions

Step 1 Remove fat from steak and score both sides by cutting 1/4 inch deep diagonal slices forming a gemstone pattern.

Step 2 Mash garlic with salt. Add soy sauce, tomato paste, oil, pepper and oregano. Mix well and rub into steak.

Step 3 Wrap in waxed paper and let stand in refrigerator 5 to 6 hours, or overnight.

Step 4 Broil or barbecue to the desired amount of doneness.

Grilled Skirt Steak with Poblano-Corn Sauce and Salsa

Servings: 6

Ingredients

1 1/2 large poblano chile
6 tablespoons extra-virgin olive oils, plus more for grilling
salt
3 ears of corn, husked
freshly ground pepper
2 2/3 pounds skirt steak, cut into 5-inch pieces

Directions

Step 1 Light a grill or preheat a grill pan. Rub the corn and poblano lightly with oil and grill over high temperature, just before corn is lightly browned and the poblano is lightly charred around but nonetheless firm, about 3 minutes.

Step 2 Peel and core the poblano, then finely dice it. Slice the kernels from the corn cobs. Transfer half of the poblano and corn to a blender. Add 2 tablespoons of the essential olive oil and 2 tablespoons of water and puree to a chunky sauce. Season with salt and pepper.

Step 3 In a little bowl, toss the rest of the poblano and corn kernels with the rest of the 2 tablespoons of oil and season with salt and pepper.

Step 4 Rub the steaks with oil and season them generously with salt and pepper. Grill the steaks over high temperature, turning a few times, until lightly charred, about 6 minutes. Transfer the steaks to a cutting board and let rest for five minutes before thinly slicing over the grain. Spoon the sauce onto plates and top with the steak. Spoon the salsa on the meat and serve immediately.

Grilled Spanish Mustard Beef

Servings: 5

Ingredients

5 tablespoons light olive oil
2 1/2 tablespoons smoked paprika
5 tablespoons garlic, minced
2 1/2 tablespoons dijon mustard
5 tablespoons sherry vinegar
1 pinch salt and ground black pepper to taste
2 1/2 pounds very thin flank steak

Directions

Step 1 Light a grill or preheat a grill pan. Rub the corn and poblano lightly with oil and grill over-temperature, right before corn is lightly browned and the poblano is lightly charred around however firm, about 3 minutes.

Step 2 Peel and core the poblano, then finely dice it. Cut the kernels from the corn cobs. Transfer half of the poblano and corn to a blender. Add 2 tablespoons of the fundamental essential olive oil and 2 tablespoons of water and puree to a chunky sauce. Season with salt and pepper.

Step 3 In just a little bowl, toss all of those other poblano and corn kernels with all of those other 2 tablespoons of oil and season with salt and pepper.

Step 4 Rub the steaks with oil and season them generously with salt and pepper. Grill the steaks over-temperature, turning several times, until lightly charred, about 6 minutes. Transfer the steaks to a cutting board and let rest for 5 minutes before thinly slicing over the grain. Spoon the sauce onto plates and top with the steak. Spoon the salsa on the meat and serve immediately.

Grilled Steak with Cucumber-and-Daikon Salad

Servings: 6

Ingredients

- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 garlic cloves, minced
- 6 tablespoons canola oils, plus more for rubbing
- salt and freshly ground pepper
- 3 tablespoons soy sauce
- 3/4 seedless cucumber, very thinly sliced
- 3/4 pound daikon, peeled and very thinly sliced
- 12 four - to 10-ounce strip steaks (3/4 inch thick)
- 1 1/2 tablespoons unseasoned rice vinegar
- 1 1/2 tablespoons minced lemon zest
- 1 1/2 teaspoons minced fresh chile
- 6 ounces baby arugula
- 1 1/2 cups radishes or daikon sprouts (optional)
- 3 tablespoons toasted sesame seeds

Directions

Step 1 In a little bowl, whisk the soy sauce with the lemon juice, vinegar and garlic. Whisk in the 1/4 cup of oil until emulsified. Season with salt and pepper. Transfer half of the dressing to a medium bowl, add the cucumber and daikon and toss to coat. Let stand at room temperature for thirty minutes. Drain and squeeze out any excess liquid. Return the cucumber and daikon to the bowl.

Step 2 Light a grill or preheat a grill pan. Rub the steaks with oil and season with salt and pepper. Grill the steaks over moderate heat, turning once, until lightly charred on both sides and medium-rare within, about 7 minutes. Transfer the steaks to a work surface and let rest for five minutes.

Step 3 In a little bowl, combine the lemon zest and chile and season with salt and pepper; transfer the steaks to plates and spoon the gremolata at the top. Add the arugula, sprouts and the rest of the dressing to the cucumber and daikon and toss. Serve the salad with the steaks, garnished with the sesame seeds.

Grilled Steaks with Onion Sauce and Onion Relish

Servings: 10

Ingredients

3 1/2 tablespoons cracked black pepper
3 1/3 dry bay leaves, crumbled
1 1/2 tablespoons asian fish sauces
6 1/2 tablespoons extra-virgin olive oil
20 six - to 14-ounce rib eye steaks, about 3/4 inch thick
6 1/2 tablespoons unsalted butter
1 2/3 pounds red onions, thinly sliced
1 1/2 tablespoons dry red wine
3 1/2 tablespoons red wine vinegar
salt and freshly ground pepper
3 1/3 pickled jalapeños, seeded
6 1/2 tablespoons oil-cured moroccan olives, pitted and chopped
6 1/2 tablespoons torn mint leaves
3/4 cup drained cocktail onions, coarsely chopped

Directions

Step 1 In a big, shallow dish, combine the cracked pepper with the bay leaves, fish sauce and 2 tablespoons of the essential olive oil. Add the steaks to the dish and rub around with the mixture. Let stand at room temperature for 2 hours or refrigerate for 4 hours.

Step 2 Meanwhile, in a saucepan, melt the butter. Add the onions and jalapeños and cook over moderate heat before onions are simply softened, five minutes. Add your wine and 1 tablespoon of the vinegar and season with salt and ground pepper. Add 2 cups of water and bring to a simmer. Cover and cook over low heat before onions have become tender, 40 minutes.

Step 3 Uncover the onions and cook over moderate heat, stirring frequently, before the liquid is evaporated, about ten minutes. Transfer the onions to a

blender. Add the rest of the 1 tablespoon of vinegar and puree until very smooth. Season with salt and ground pepper.

Step 4 In a medium bowl, toss the cocktail onions, olives and mint leaves with the rest of the 2 tablespoons of essential olive oil.

Step 5 Preheat a grill pan or light a grill. Grill the steaks over moderate heat, turning a few times, until lightly charred, about 7 minutes for medium-rare meat. Allow steaks rest for five minutes, then serve with the onion sauce and pickled onion relish.

Chopped Steak

Servings: 5

Ingredients

2 1/2 tablespoons sea salt
1 tablespoon coarsely ground black pepper
1 1/4 teaspoons dried rosemary
1 1/4 teaspoons mustard
5/8 teaspoon ground paprika
2 1/2 teaspoons garlic powder
5/8 teaspoon dill weed
2 pounds lean ground beef
5/8 large white onion, finely chopped
1 1/4 eggs, beaten
1 tablespoon Worcestershire sauce
1 cup finely crushed unsalted saltine
crackers

Directions

Step 1 Place ground beef into a large bowl and break into smaller pieces. Cover with salt, black pepper, garlic powder, rosemary, mustard, paprika, and dill weed; knead thoroughly. Knead in onion, egg, and Worcestershire sauce. Mix in crackers until thoroughly incorporated.

Step 2 Shape beef mixture into 5-ounce, 1/2-inch thick patties.

Step 3 Preheat a grill pan over medium heat. Grill patties until an instant-read thermometer into the center reads 165 degrees F (74 degrees C), 5 to 7 minutes per side.

Steak Brunchallta

Servings: 5

Ingredients

2 1/2 tablespoons olive oil
1 tablespoon lime juice
5 tablespoons chopped fresh cilantro
2/3 cup chopped red onions
5 tablespoons Worcestershire sauce
1 1/4 to taste salt and pepper to taste
2 pounds beef top sirloin steak
1 cup chopped fresh tomatoes
2 cups sliced green bell peppers
2 cups sliced fresh mushrooms
1 tablespoon garlic, crushed
6 1/4 large eggs eggs, beaten
1 1/4 to taste salt and pepper to taste
5/16 teaspoon hot pepper sauces
5 (10 inch) flour tortillas

Directions

Step 1 In a medium bowl, combine Worcestershire sauce, essential olive oil, lime juice, cilantro, tomatoes, red onion, salt and pepper. Place steak in a shallow non-metallic container and cover with marinate. Refrigerate for one hour.

Step 2 Grill steak under a preheated broiler or on a grill for 4 minutes using one side and 1 minute on the other. Remove from heat, dice into small cubes and reserve.

Step 3 In a lightly oiled skillet, cook and scramble eggs to desired firmness.

Season with hot pepper sauce, salt and pepper.

Step 4 Pour marinade right into a medium sauce pan and bring to a simmer over medium heat. Add green peppers, mushrooms and garlic; simmer for ten minutes.

Step 5 Warm tortillas on a grill or in microwave. Line tortillas with meat and vegetables; place eggs at the top. Wrap and serve.

Juicy Steak

Servings: 6

Ingredients

1 tablespoon worcestershire sauces, or to taste
1 3/16 teaspoons meat tenderizer
1 1/5 (1/2 pound) frozen delmonico (rib-eye) steak
1 tablespoon garlic, minced
1 tablespoon butter
salt and black pepper to taste

Directions

Step 1 Preheat your oven's broiler. Spread half of the butter along with the frozen steak. Pour Worcestershire sauce over, and sprinkle liberally with meat tenderizer, garlic, salt and pepper.

Step 2 Place steak on a roasting pan. Broil for six to eight 8 minutes, remove steak from the oven, and flip over. Spread butter and season similar to the other side. Go back to the broiler, and continue cooking for six to eight 8 minutes, or even to desired doneness.

Spice-Rubbed T-Bone Steaks

Servings: 5

Ingredients

1 1/4 teaspoons cumin ground cumin
1 1/4 teaspoons paprika hot paprika
1 1/4 teaspoons garlic powder garlic powder
pepper Kosher salt and freshly ground pepper
2 1/2 T-bone steaks cut 1 inch thick (3 1/4 pounds total) at room temperature
2 1/2 teaspoons chile powder ancho chile powder

Directions

Step 1 Light a grill. In a little bowl, mix the ancho chile powder, cumin, paprika, and garlic powder with 1 tablespoon of salt and 1 teaspoon of pepper. Season the steaks with the spice rub. Grill over moderate heat for 8 minutes per side for medium-rare; transfer to a work surface and let rest for five minutes before serving.

Lemon-and-Garlic-Marinated Flat Iron Steak

Servings: 5

Ingredients

pound one 1- beef flat iron steak
salt
freshly ground pepper
15 garlic cloves, minced
10 scallions, chopped
10 bay leaves, broken into pieces
5 lemons, very thinly sliced
vegetable oil, for brushing
5 tablespoons extra-virgin olive oil

Directions

Step 1 In a glass baking dish, season the steak with salt and pepper and rub with the essential olive oil. Spread the garlic, scallions and bay leaves all around the steak. Cover both sides of the steak with lemon slices. Cover and refrigerate every day and night. Light a grill and brush with vegetable oil. Scrape off the seasonings and bring the steak to room temperature. Season with salt and pepper and grill over moderately high temperature until medium-rare within, 3 1/2 minutes per side. Transfer to a carving board and let rest for five minutes. Thinly slice over the grain and serve.

Lisa's Favorite Carne Asada Marinade

Servings: 6

Ingredients

2/3 cup lemon juice
6 1/2 tablespoons lime juice
5 tablespoons garlic, minced
2/3 cup soy sauce
1 3/16 teaspoons finely chopped canned chipotle pepper
1 cup orange juice
1 tablespoon chili powder
1 tablespoon ground cumin
1 tablespoon paprika
1 3/16 teaspoons dried oregano
1 tablespoon black pepper
2 1/3 cups fresh cilantro, chopped
2/3 cup olive oil
3 2/3 pounds flank steak

Directions

Step 1 Combine the orange, lemon, and lime juice in a huge glass or ceramic bowl combined with the garlic, soy sauce, chipotle pepper, chili power, ground cumin, paprika, dried oregano, black pepper, and cilantro. Slowly whisk in the essential olive oil until marinade is well combined. Remove one glass of the marinade and place in a little bowl, cover with plastic wrap and refrigerate for use following the meat is cooked.

Step 2 Place the flank steak between two sheets of heavy plastic (resealable freezer bags work very well) on a good, level surface. Firmly pound the steak with the smooth side of a meat mallet to a thickness of 1/4 inch. After pounding, poke steak around with a fork. Add the meat to the marinade in the large bowl, cover, and invite to marinate in the refrigerator every day and night.

Step 3 Preheat a patio grill for medium-high heat, and lightly oil the grate.

Step 4 Take away the steak from the marinade and grill to desired doneness, about five minutes per side for medium rare. Discard used marinade. Remove meat from heat and slice over the grain.

Step 5 Pour the main one cup of reserved, unused marinade over the hot meat and serve immediately.

London Broil II

Servings: 10

Ingredients

1 1/4 teaspoons salt
3 1/2 tablespoons soy sauce
1 tablespoon ketchup
1 tablespoon vegetable oil
1 tablespoon garlic, minced
5/8 teaspoon ground black pepper
5/8 teaspoon dried oregano
5 pounds flank steak

Directions

Step 1 In a little bowl, mix together garlic, salt, soy sauce, ketchup, vegetable oil, black pepper and oregano.

Step 2 Score both sides of the meat, gemstone cut, about 1/8 inch deep. Rub garlic mixture into both sides of the meat. Wrap tightly in aluminum foil, and refrigerate for 5 to 6 hours, or overnight. Flip meat every few hours.

Step 3 Preheat a patio grill for high temperature, and lightly oil grate.

Step 4 Place meat on the prepared grill. Cook for 3 to 7 minutes per side, or even to desired doneness.

Beef Teriyaki

Servings: 10

Ingredients

- 2 3/4 cups water
- 1 2/3 pounds boneless beef sirloin steak (3/4 inch thick)
- 3 1/2 tablespoons cornstarch
- 1 2/3 (14-ounce) cans beef broth
- 3 1/2 tablespoons soy sauce
- 2 1/2 cups uncooked glutinous white rice
- 7/16 teaspoon garlic powder
- 6 2/3 cups fresh broccoli florets
- 1 1/2 tablespoons packed brown sugar

Directions

Step 1 In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Step 2 Meanwhile, slice beef into very thin strips.

Step 3 In a mixing bowl, combine the cornstarch, broth, soy sauce, sugar and garlic powder. Mix thoroughly.

Step 4 In a large skillet, over medium/high heat, saute the beef strips until browned and juices evaporate.

Step 5 Stir broccoli and cornstarch mixture into meat. Cook until mixture boils and thickens, stirring frequently. Serve over the cooked rice.

Lover's Beef Burgundy Filet

Servings: 10

Ingredients

5 cups burgundy wine
2 cups soy sauce
2 1/2 cups oyster sauces
1 tablespoon garlic, minced
1 7/8 teaspoons dried oregano
10 (6 ounce) fillets filet mignon
2 cups canola oil
2/3 cup butter, softened
1 1/4 teaspoons burgundy wine
1 tablespoon minced shallots
1 tablespoon minced green onions
1 1/4 teaspoons ground white
peppers

Directions

Step 1 In a medium saucepan, mix together Burgundy wine, canola oil, soy sauce, oyster sauce, garlic and oregano. Bring to a boil, and then remove from heat. Place in the refrigerator 1 hour, or until chilled.

Step 2 Place filet mignon filets in a 9x13 inch baking dish, and pour the chilled marinade over them. Cover tightly with foil, and refrigerate for a minimum of 5 hours.

Step 3 In a medium bowl, cream butter and 1 teaspoon of Burgundy wine with a hand mixer. Mix in shallots, green onions and white pepper by hand; cover tightly, and refrigerate.

Step 4 Preheat an outdoor grill for high heat, and lightly oil grate. Preheat oven to 200 degrees F (95 degrees C).

Step 5 Grill marinated filets to desired doneness, turning once. Place filets in a clean 9x13 inch baking dish. Dollop with the Burgundy butter mixture, and

place in the preheated oven for a minute, or until butter is melted.

Rib Eye Steaks with Pete's Barbecue Sauce

Servings: 6

Ingredients

3/4 teaspoon dry mustard
3/8 teaspoon ground cloves
3 tablespoons vegetable oil, plus more for grilling
6 tablespoons finely chopped onions
1 1/2 cups red wine vinegar
1 1/2 teaspoons cumin seeds
3 tablespoons light brown sugar
3 plum tomatoes, coarsely chopped
3 garlic cloves, minced
1 1/2 cups smoky barbecue sauce
1 1/2 teaspoons sambal oelek
salt and freshly ground pepper
6 ribs eye steaks on the bone, cut 3/4 inch thick (about 1 pound each)
sprig rosemary , for garnish

Directions

Step 1 In a medium saucepan, combine the vinegar, dry mustard, and cloves and simmer over moderate heat until reduced by half, about ten minutes. Transfer the vinegar to a heatproof bowl. Get rid of the saucepan.

Step 2 Add the two 2 tablespoons of oil to the saucepan, together with the onion, garlic and cumin. Cook over moderately low heat before the onion is softened and fragrant, about five minutes. Add the brown sugar and tomatoes and cook until softened, about five minutes. Add the reduced vinegar and the barbecue sauce and simmer until reduced to 2 cups, about five minutes. Transfer the sauce to a blender and puree until smooth. Add the sambal oelek and season with salt and pepper.

Step 3 Light a grill or preheat a grill pan. Rub the steaks with oil and season generously with salt and pepper. Grill over moderately high temperature,

turning once before steaks are lightly charred and medium-rare, about 6 minutes total. Allow steaks rest for five minutes, then garnish with rosemary and serve with the barbecue sauce.

Japanese Beef Rolls

Servings: 10

Ingredients

- 1 tablespoon vegetable oil
- 30 spears fresh asparagus, trimmed
- 10 steaks thin-cut top round steaks
- 5 tablespoons soy sauce
- 15 mushrooms shiitake mushrooms, sliced
- 2 1/2 cups green onions, green parts only

Directions

Step 1 Heat the oil in a skillet over medium heat. Add the mushrooms, cover and invite them to sweat over low heat until soft. Don't let them brown. Meanwhile, bring a sizable pot or skillet of water to a boil. Blanch asparagus by lowering it in a strainer into boiling water; cook just until bright green, about 30 seconds, and transfer asparagus into ice water to avoid the cooking. Reserve.

Step 2 Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Grease a broiling pan.

Step 3 To create the rolls, lay the steaks out flat. If your steaks are thick, pound them to about 1/4 inch thickness. Brush soy sauce onto the top, then place a few mushrooms, a few green onions and 3 asparagus spears at one end of every steak. Roll-up towards the other end to enclose, and secure each bundle with a toothpick. Place the rolls seam side down on the broiling pan.

Step 4 Roast beneath the preheated broiler until browned at the top, about three minutes. Turn the rolls over and brown on the other hand, 2-3 3 more minutes. Take care not to overcook; this may burn the steaks or make the meat tough.

Beef Tip Salad Topping

Servings: 7

Ingredients

- 1 1/2 tablespoons soy sauce
- 1 3/4 green bell pepper, seeded and thinly sliced
- 1 3/4 pounds beef stew meat, cut into 1/2 inch pieces
- 1 3/4 onions, sliced
- 1 cup olive oil

Directions

Step 1 Heat olive oil in a large skillet over medium heat. Stir in soy sauce, onion and green bell pepper. Cook 3 to 5 minutes, until tender. Mix in beef stew meat. Cook 15 minutes, stirring occasionally, until evenly browned.

Marinated Flank Steak

Servings: 10

Ingredients

7 tablespoons red wine vinegar
3 tablespoons fresh lemon juice
2 1/2 tablespoons Worcestershire sauce
2 tablespoons dijon mustard
3/4 cup vegetable oil
3 tablespoons garlic, minced
13/16 teaspoon ground black pepper
2 1/2 pounds flank steak

Directions

Step 1 In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.

Step 2 Preheat grill for medium-high heat.

Step 3 Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for five minutes per side, or even to desired doneness.

Philly Cheesesteak Sandwich with Garlic Mayo

Servings: 6

Ingredients

- 3 tablespoons garlic, minced
- 1 1/2 tablespoons olive oil
- 1 1/2 pounds beef round steak, cut into thin strips
- 3 medium (blank)s green bell peppers, cut into 1/4 inch strips
- 3 medium (2-1/2" dia)s onions, sliced into rings
- 1 1/2 cups mayonnaise
- 3/4 teaspoon salt and pepper to taste
- 6 (6 inch), blanks hoagies rolls, split lengthwise and toasted
- 1 1/2 (8-ounce) packages shredded mozzarella cheese
- 1 1/2 teaspoons dried oregano

Directions

Step 1 In a little bowl, combine mayonnaise and minced garlic. Cover, and refrigerate. Preheat oven to 500 degrees F (260 degrees C).

Step 2 Heat oil in a huge skillet over medium heat. Saute beef until lightly browned. Stir in green pepper and onion, and season with salt and pepper. Saute until vegetables are tender, and remove from heat.

Step 3 Spread each bun generously with garlic mayonnaise. Divide beef mixture into the buns. Top with shredded cheese, and sprinkle with oregano. Place sandwiches on a baking pan.

Step 4 Heat sandwiches in the preheated oven, until cheese is melted or slightly browned.

Beef Paprika and Noodles

Servings: 5

Ingredients

1 2/3 pounds round steak, cut into bite-size pieces
1 2/3 cups water, or more as needed
1 2/3 cups ketchup
3/4 cup sliced onions
3 1/2 tablespoons Worcestershire sauce
1 1/2 tablespoons vegetable oil
3 1/2 tablespoons brown sugar
1 1/2 tablespoons paprika
1 1/2 tablespoons dry mustard
1 1/2 tablespoons garlic, chopped
1 pinch salt and ground black pepper to taste
5/6 (16-ounce) package egg noodles

Directions

Step 1 Heat oil in a large pot over medium heat. Cook and stir steak in hot oil until browned completely, about 5 minutes.

Step 2 Stir water, ketchup, onion, Worcestershire sauce, brown sugar, paprika, mustard, garlic, salt, and pepper with the beef in the pot; bring to a boil, reduce heat to low, and cook at a simmer until meat is tender and the sauce thickens, 2 to 3 hours.

Step 3 Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 5 minutes; drain.

Step 4 Ladle beef mixture over noodles to serve.

Al's Baked Swiss Steak

Servings: 5

Ingredients

5/8 teaspoon salt
5/16 teaspoon ground black pepper
1 tablespoon all-purpose flour, or as needed
5 tablespoons vegetable oil
1 1/4 pounds boneless beef round steak
1 1/4 (14.5-ounce) cans stewed tomatoes
1 1/4 medium onions, chopped
5/8 teaspoon seasoned salt (such as lawry's®)
1 1/4 green bell pepper, chopped
5 tablespoons beef broth
2/3 cup chopped carrots
5 tablespoons chopped celery
2 1/2 tablespoons garlic, minced
1 tablespoon all-purpose flour
5/16 teaspoon Worcestershire sauce
5 tablespoons shredded sharp Cheddar cheese

Directions

Step 1 Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish.

Step 2 Cut steak into four portions and pound to 1/4-inch thickness; season with salt, pepper, and seasoned salt. Coat meat evenly with about 1 tablespoon flour.

Step 3 Heat oil in a skillet over medium heat. Cook beef in hot oil until browned completely, 3 to 5 minutes per side; transfer to prepared baking dish reserving drippings in the skillet.

Step 4 To the drippings, add tomatoes, onion, green bell pepper, beef broth, carrots, celery, garlic, 1 tablespoon flour, and Worcestershire sauce. Bring the tomato mixture to a boil; cook and stir for 2 minutes. Pour the mixture over the meat in the baking dish. Cover dish with aluminum foil.

Step 5 Bake until beef is completely tender, about 90 minutes. Sprinkle cheese over beef and return to oven uncovered until cheese is melted, 3 to 5 minutes.

Oven-Seared Beef Tenderloin with Herb Pan Sauce

Servings: 4

Ingredients

1/2 teaspoon kosher salt
1 teaspoon coarsely ground pepper
herb pan sauce:
4 beef tenderloin steaks (1 1/2 inches thick)
2 tablespoons unsalted butter
1/4 cup finely diced shallots
1/4 cup vegetable oil
2 tablespoons deli-style brown mustard
2 cups swanson® beef stock
2 tablespoons Worcestershire sauce
1/4 cup heavy cream
1 1/2 tablespoons chopped fresh parsley
2 teaspoons chopped fresh chives
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh oregano

Directions

Step 1 Preheat oven to 425 degrees F (220 degrees C). Pat the steaks very dry with paper towels; season both sides with salt and pepper. Allow steaks to rest at room temperature for approximately 30 minutes as the oven pre-heats.

Step 2 Heat a 10-inch cast iron pan over medium-high heat for approximately a minute. Add the oil to pan and swirl to evenly distribute the oil. Place the steaks in the pan, allowing room between steaks. Cook without moving steaks for 2 minutes. Using tongs, lift the steaks and flip them over. If properly seared the steaks should release easily, without sticking with the pan. Immediately place cast iron pan into the hot oven.

Step 3 Cook steaks until firm and reddish-pink and juicy in the guts, about 7 minutes. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Remove skillet from oven and transfer steaks to a warm plate lightly tented with foil. (The inner temperature of the steaks increases by about 5 degrees while resting.)

Step 4 Melt unsalted butter in the same skillet over low heat; add diced shallots. Cook and stir, releasing the browned bits from underneath of the pan, about 1 minute. Stir in the deli mustard.

Step 5 Raise the heat to medium-high. Whisk in Swanson(R) Beef Stock and Worcestershire sauce, continuing to scrape up browned bits from the pan. Bring to a boil and cook until slightly reduced, about five minutes.

Step 6 Decrease the heat to medium. Whisk in the cream; simmer until sauce clings to the trunk of a spoon, about 2 minutes. Stir in the parsley, chives, thyme, and oregano. Spoon the herb sauce over steaks; serve immediately.

Avocado Steak

Servings: 5

Ingredients

1 1/4 cups uncooked long-grain white rice
1 1/4 (16-ounce) cans refried beans
salt to taste
garlic powder to taste
1 tablespoon olive oil
2 1/2 cups water
2 1/2 small onions, chopped
5 steaks beef steaks
2 1/2 avocado, ns as to florida or californias avocados - peeled, pitted and sliced

Directions

Step 1 Preheat an outdoor grill for high heat, and lightly oil grate.

Step 2 In a medium saucepan, bring water to a boil. Stir in rice, reduce heat, cover, and simmer for 20 minutes.

Step 3 Place refried beans in a medium saucepan over medium heat, and season with salt and garlic powder. Cook, stirring occasionally, until heated through.

Step 4 Heat oil in a medium skillet over medium heat. Saute onions until browned and tender.

Step 5 On the prepared grill, cook steaks 7 to 10 minutes, to an internal temperature of 145 degrees F (65 degrees C).

Step 6 Spread steaks with refried beans, and top with onions and avocado slices. Serve over rice.

Baked Salisbury Steak

Servings: 10

Ingredients

- 2 1/2 pounds lean ground beef
- 3/4 cup tomatoes - peeled, seeded and diced
- 2 1/2 large eggs lightly beaten
- 5/6 onion, chopped
- 1 1/2 tablespoons chopped garlic
- 1 1/4 pounds lean ground pork
- 2 1/2 teaspoons salt
- 1 1/4 teaspoons black pepper

Directions

Step 1 Preheat oven to 300 degrees F (150 degrees C). Lightly grease a large shallow baking dish.

Step 2 In a large bowl, combine ground beef, ground pork, tomatoes, eggs, onion, garlic, salt and pepper. Mix well. Shape into 12 (4-inch) round patties. Place in baking dish.

Step 3 Bake in preheated oven for 35 minutes, until evenly brown, and juices run clear. Cook to a minimum of 160 degrees F (73 degrees C).

Marinated Skirt Steak Tacos with Pecan-Chipotle Salsa

Servings: 6

Ingredients

1/2 cup chopped cilantro, plus more for garnish
3/4 small red onion, chopped
3/4 medium serrano chile, with seeds
1 1/2 garlic cloves, crushed
1 1/2 tablespoons fresh lime juice
extra-virgin olive oil
1 1/2 teaspoons dijon mustard
kosher salt
freshly ground pepper
3 pounds trimmed skirt steak, cut crosswise into 4- to 5-inch pieces
1 1/2 tablespoons Worcestershire sauce
18 warmed corn tortillas, for serving
shredded carrots, pickled jalapeños and chopped white onion, for garnish
pecan-chipotle salsa and lime wedges, for serving

Directions

Step 1 In a food processor, combine the cilantro with the red onion, serrano chile, garlic, lime juice, 1 tablespoon of essential olive oil, Worcestershire sauce, mustard and a generous pinch each of salt and pepper. Puree until almost smooth. Scrape the marinade into a huge resealable plastic bag. Add the steak pieces and turn until well coated. Seal the bag and refrigerate for at least 3 hours or overnight.

Step 2 Take away the steak from the marinade and let stand at room temperature for quarter-hour.

Step 3 Light a grill or preheat a grill pan. Brush the steak with oil and season with salt and pepper. Oil the grill grates and grill the steak over high temperature, turning a few times until lightly charred outside and medium-

rare within, 5 to 6 minutes. Transfer the steak to a carving board, let rest for five minutes and slice over the grain; serve with the tortillas, garnishes, Pecan-Chipotle Salsa, and limes.

Greek-Style Beef Pita

Servings: 5

Ingredients

- 1 1/4 pounds beef sirloin tip steaks, cut 1/8 to 1/4-inch thick
- 1 tablespoon vegetable oil, divided
- 1 cup plain or seasoned hummus
- 5 eaches whole wheat pita breads, cut crosswise in half
- 1 tablespoon lemon pepper

Directions

Step 1 Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Combine beef and lemon pepper in medium bowl.

Step 2 Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef, adding remaining 1 teaspoon oil to skillet, if necessary.

Step 3 Spread hummus evenly in pita pockets. Fill with equal amounts of beef and toppings, as desired.

Mark Bittman's Grilled Skirt Steak with Chimichurri Sauce

Servings: 10

Ingredients

3/4 cup extra-virgin olive oil
2 1/2 tablespoons minced garlic
2 1/2 cups chopped parsley
2 1/2 teaspoons crushed red pepper
salt and freshly ground pepper
1/2 cup fresh lemon juice
5 pounds skirt steak

Directions

Step 1 Light a grill. In a bowl, mix the parsley, essential olive oil, lemon juice, garlic and crushed red pepper; season with salt and pepper.

Step 2 Season the skirt steak with salt and pepper and grill over a hot fire before meat is charred externally and rare within, about 2 minutes per side. Transfer to a carving board and let rest for five minutes. Thinly cut the steak over the grain. Serve immediately, passing the chimichurri sauce at the table.

McKagen's Beef Jerky

Servings: 10

Ingredients

- 5 tablespoons teriyaki sauce
- 5 tablespoons Worcestershire sauce
- 5 tablespoons balsamic vinaigrette
- 1 1/4 teaspoons onion powder
- 2 1/2 teaspoons liquid smoke flavoring
- 5/8 teaspoon salt
- 1/16 teaspoon hot sauces (such as dave's insanity sauce ®), or to taste
- 1 1/4 pounds top round steak, cut into 1/4 inch strips
- 1 1/4 teaspoons garlic powder
- 1 1/4 teaspoons ground black pepper

Directions

Step 1 Combine the teriyaki sauce, Worcestershire sauce, balsamic vinaigrette, garlic powder, onion powder, liquid smoke, salt, and hot sauce in a resealable plastic bag. Add the meat strips and coat evenly with the marinade. Seal and refrigerate a day.

Step 2 Preheat an oven to 175 degrees F (80 degrees C). Line a baking sheet with aluminum foil and place a wire rack at the top.

Step 3 Take away the beef strips from the marinade and get rid of excess marinade. Discard the rest of the marinade. Place the meat strips onto the wire rack and sprinkle with black pepper. Bake in the preheated oven until firm and dry, at least 3 hours. Permit the jerky to cool completely before storing in a sealed container.

Vietnamese Steak au Poivre

Servings: 6

Ingredients

1 1/2 large onions, thinly sliced
3 garlic cloves, thinly sliced
1 1/2 one 1/2-inch cinnamon sticks
1 1/2 star anise
3 tablespoons unsalted butter
3 tablespoons asian fish sauce
1 1/2 tablespoons light brown sugar
3 cups beef stock or low-sodium broth
3/4 cup heavy cream
1 tablespoon black peppercorns, crushed
kosher salt
pepper
2 1/4 pounds small heads of broccoli, cauliflower and/or
romanesco
4 1/2 tablespoons canola oil
1 1/2 cups mayonnaise
6 tablespoons yellow mustard
6 tablespoons apple cider vinegar
3/8 teaspoon hot sauces, preferably tabasco
3/4 medium red onion, thinly sliced (1 cup)
3 tablespoons roasted unsalted sunflower seeds
ounce four 6- center-cut beef tenderloin steaks

Directions

Step 1 In a medium saucepan, melt the butter. Add the onion and garlic and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Add the cinnamon stick and star anise and cook, stirring, until fragrant, about 1 minute. Stir in the fish sauce and sugar and cook for 1

minute. Add the stock and simmer over moderately high temperature until reduced to at least one 1 cup, about quarter-hour. Add the cream and simmer before the sauce is thickened and reduced by half, about ten minutes longer. Strain the sauce through a fine-mesh sieve set over a medium bowl; discard the solids. Return the sauce to the saucepan and stir in the crushed peppercorns. Season with salt and keep warm.

Step 2 Heat a huge cast-iron skillet. In a huge bowl, toss the broccoli, cauliflower and Romanesco with 1 tablespoon of the oil. Employed in batches, cook over moderately high temperature, turning occasionally, until lightly charred around and crisp-tender, about quarter-hour. Transfer to a work surface and let cool. Cut into bite-size pieces and get rid of the bowl. In the bowl, whisk the mayonnaise with the mustard, vinegar and hot sauce until smooth. Fold in the charred vegetables, the red onion and sunflower seeds and season the salad with salt. Get rid of the skillet.

Step 3 In the skillet, heat the rest of the 2 tablespoons of oil. Season the steaks with salt and pepper and cook over moderate heat, turning once, until an instant-read thermometer inserted in the thickest part registers 125° for medium-rare, 6 minutes per side. Transfer to a work surface and let rest for five minutes. Serve with the peppercorn sauce and the charred-vegetable salad.

Homemade Beef Jerky

Servings: 8

Ingredients

- 1 cup soy sauce
- 1 1/2 tablespoons smoked paprika, or to taste
- 1 1/2 tablespoons honey, or more to taste
- 1 1/3 teaspoons red pepper flakes
- 1 1/3 teaspoons garlic powder
- 1 cup Worcestershire sauce
- 1 1/3 teaspoons onion powder
- 2 2/3 pounds beef top round, thinly sliced
- 2 2/3 teaspoons freshly ground black pepper

Directions

step 1 Whisk Worcestershire sauce, soy sauce, paprika, honey, black pepper, red pepper flakes, garlic powder, and onion powder together in a bowl. Add beef to bowl and turn to coat beef completely. Cover the bowl with plastic wrap and marinate in the refrigerator, 3 hours to overnight.

step 2 Preheat oven to 175 degrees F (80 degrees C). Line a baking sheet with aluminum foil and place a wire rack over the foil.

step 3 Transfer beef to paper towels to dry. Discard marinade. Arrange beef slices within a layer on the prepared wire rack on the baking sheet.

Step 4 Bake beef in the preheated oven until dry and leathery, 3 to 4 4 hours. Cut with scissors into bite-size pieces.

Mexican Spice-Rubbed Rib Eyes with Lime Butter

Servings: 6

Ingredients

1 1/2 small garlic cloves, minced
3/8 teaspoon finely grated limes zest
1 1/2 tablespoons fresh lime juice
kosher salt
6 tablespoons unsalted butter, softened
2 1/4 teaspoons sweet paprika
2 1/4 teaspoons ground cumin
2 1/4 teaspoons chipotle powder
ounce four 12-, 1-inch thick, boneless rib eye steaks
vegetable oil, for the grill

Directions

Step 1 Light a grill or preheat a grill pan. In a little bowl, combine the butter, garlic, lime zest, lime juice and a pinch of salt. In another bowl, combine the paprika, cumin and chipotle powder with 1 1/2 teaspoons of kosher salt. Rub the mixture all around the steaks.

Step 2 Oil the grate and grill the steaks over moderately high temperature, turning once, until slightly charred and medium-rare, about 12 minutes. Transfer the steaks to plates and top with the lime butter. Allow steaks stand for three to four 4 minutes before serving.

Vietnamese Beef Noodle Soup

Servings: 5

Ingredients

5 ounces dried rice noodles
3 3/4 (10.5 ounce) cans condensed beef broth
1 1/4 teaspoons chopped fresh ginger root
5/8 teaspoon kosher salt
1 1/4 thai chile, chopped
7 1/2 cups cold water
2/3 pound boneless top round steak, sliced very thin
5 ounces fresh basil
5 tablespoons snipped fresh cilantro
5 ounces mung bean sprouts
5 medium (4-1/8" long)s green onions, thinly sliced
5 wedges limes
1 1/2 tablespoons hot pepper sauces
5 tablespoons oyster sauces

Directions

Step 1 Soak noodles in cool water for thirty minutes. Drain. Bring water to a boil in large pot. Add noodles, and boil three to five minutes - don't overcook. Drain, and rinse with cool water. Set aside.

Step 2 Meanwhile, combine beef broth, ginger, salt, and Thai pepper in a saucepan. Bring to a boil, and simmer for quarter-hour.

Step 3 Place equal portions of noodles into 4 large soup bowls, and place raw beef at the top. Ladle hot broth over noodles and beef. Garnish with lime wedges, basil leaves, cilantro, mung beans, and green onions, and serve with hot pepper sauce and oyster sauce.

Minute Steak Stacks with Herbed Anchovy Butter

Servings: 5

Ingredients

5 tablespoons chopped anchovy fillets in oils, drained
1 1/4 cups unsalted butter, at room temperature
2/3 cup equal parts chopped parsley, tarragon and chives
1 1/4 teaspoons coarsely ground pepper
5 tablespoons red wine vinegar
2 1/2 shallots, minced
5 tablespoons canola oil
30 ounces top round—sliced crosswise into 4 slices, each slice pounded to a 1/4-inch thickness
montreal steak spice, for seasoning (see note)

Directions

Step 1 In a skillet, combine the anchovies, shallot, and vinegar. Cook over moderate heat, stirring, before anchovies breakdown and the vinegar has evaporated, about five minutes. Mash the anchovies with a wooden spoon. Transfer the mixture to a little bowl and let cool to room temperature. Add the butter, herbs and pepper and mix well. Scrape the butter onto a sheet of parchment paper and roll right into a log or pack into an airtight container.

Step 2 In a sizable cast-iron skillet, heat the canola oil until smoking. Season the steaks on both sides with the Montreal steak spice. Employed in 2 batches, sear the steaks over high temperature for 30 to 40 seconds per side until well browned outside but rare. Transfer the steaks to a rack set over a baking sheet.

Step 3 On a serving plate, stack the steak slices with a huge pat of the anchovy butter between each slice. Top with a huge pat of butter and serve immediately, dividing the stack at the table.

Steak and Dumplings

Servings: 10

Ingredients

3 1/2 tablespoons vegetable oil
1 1/2 tablespoons garlic powder
1 2/3 teaspoons salt, or to taste
1 2/3 teaspoons ground black pepper, or to taste
1 2/3 (14-ounce) cans beef broth
2 1/2 pounds beef round steak, cut into 1/4-inch thick strips
5/6 onion, diced
1 2/3 cups chopped carrots
5 cubes beef bouillon
3 1/3 cups all-purpose flour
1 2/3 teaspoons salt
7/16 teaspoon baking powder
3 1/3 large eggs eggs, beaten
1 1/4 cups water, or as needed

Directions

Step 1 Heat vegetable oil in a skillet over medium heat; place the strips of steak into the hot oil. Sprinkle with garlic powder, salt, and black pepper to taste. Cook, stirring frequently, before steak pieces are browned, 10 to quarter-hour. Pour in the beef broth, and use a spoon to scrape up and dissolve any browned flavor bits from underneath of the skillet. Stir in onion and carrot; drop in the beef bouillon cubes. Bring the mixture to a simmer, and reduce heat to medium-low. Simmer until steak strips are tender, at least 1 1/2 hours. Stir occasionally.

Step 2 About ten minutes before serving time bring a huge pot of lightly salted water to a boil over medium heat. Mix together the flour, 1 teaspoon of salt, and baking powder in a bowl; stir in eggs and water, 1 tablespoon at the same time, to create a thick batter. Drop tablespoon-sized blobs of batter in to

the boiling water, and stir; dumplings will sink initially, but then popularity. Allow dumplings simmer for approximately 4 minutes once they float to the top of the water.

Step 3 With a slotted spoon, scoop out the dumplings right into a serving bowl. Serve topped with the steak strips and gravy.

Salt and Pepper Ribeye Steak

Servings: 5

Ingredients

5 (8 ounce) rib-eye steaks
1 1/4 teaspoons ground black pepper
2 1/2 teaspoons vegetable oil, or as needed
1 1/2 tablespoons unsalted butter
2 1/2 teaspoons diamond crystal® kosher salt

Directions

Step 1 Two days before cooking, salt both sides of every steak with 1/2 teaspoon Diamond Crystal® Kosher Salt per steak. Place steaks within an airtight container and refrigerate until prepared to cook.

Step 2 Take away the steaks from the refrigerator for about thirty minutes just before cooking. Sprinkle both sides of steak with black pepper.

Step 3 Heat cast iron pan over medium-high heat until scorching. Add vegetable oil and heat until oil shimmers.

Step 4 Carefully place steaks in pan. Cook until brown and hard-seared using one side, 4 to five minutes.

Step 5 Turn steaks and top with one teaspoon butter. Cook for three to four 4 more minutes or even to the desired doneness. You may want to cook the steaks in batches based on how big is your cast iron pan. Keep carefully the cooked steaks in a 170 degree F oven until prepared to serve.

Steak Diane

Servings: 6

Ingredients

salt to taste
freshly ground black pepper to taste
1 1/2 teaspoons dry mustard, divided
6 tablespoons margarine
6 (1/2 pound) strip steaks, cut 1/2 inch thick
1 tablespoon minced fresh chives
1 1/2 teaspoons Worcestershire sauce
4 1/2 tablespoons lemon juice

Directions

Step 1 Pound steaks to be 1/4 inch thick, and sprinkle each side with salt, black pepper, and 1/8 teaspoon mustard; rub into the meat.

Step 2 Melt margarine in a huge skillet over medium-high heat. Fry 2 of the steaks for 2 minutes on each side, and transfer to a hot serving plate. Repeat with remaining 2 steaks.

Step 3 Add lemon juice, chives, Worcestershire sauce, and remaining mustard to the pan, and bring to a boil. Return the steaks to the pan to heat through, and coat with sauce.

Minute Steaks with Barbeque Butter Sauce

Servings: 4

Ingredients

- 4 (5 ounce) boneless sirloin steaks
- 1 cup beef broth
- 3 tablespoons barbeque sauces
- 2 dashes hot pepper sauces
- 2 pinches freshly ground black pepper
- 2 teaspoons cold butter, or more to taste
- 2 pinches salt and freshly ground black pepper to taste
- 2 tablespoons vegetable oil

Directions

Step 1 Place each steak between two sheets of heavy plastic (or in the resealable freezer bag) on a good, level surface. Firmly pound each steak with the smooth side of a meat mallet to a thickness of 1/4-inch. Remove steaks from plastic.

Step 2 Generously season each steak with salt and ground black pepper. Reserve.

Step 3 Combine beef broth, barbeque sauce, hot sauce, and black pepper in a bowl. Add chilled butter to broth mixture but usually do not stir.

Step 4 Heat oil in a huge skillet over high temperature until it just starts to smoke, about 1 minute. Place each steak in the pan; sear for 45 to 60 seconds on each side. Remove steaks from skillet and set them aside to rest.

Step 5 Pour the broth mixture into the skillet and bring it to a boil while scraping the browned items of food from the bottom of the pan with a wooden spoon. Stir occasionally until butter is melted and incorporated, about 2 minutes.

Step 6 Spoon broth and butter mixture over steak and serve.

Throwback Porterhouse Steaks

Servings: 6

Ingredients

salt

pepper

3/4 cup bottled barbecue sauce

6 tablespoons beer, preferably american lager

1 1/2 pounds two 1/4- porterhouse steaks, cut 1 1/4 inches thick

vegetable oil, for brushing

Directions

Step 1 Light a gas grill. Season the steaks generously with salt and pepper and let stand at room temperature for thirty minutes. In a little bowl, whisk the barbecue sauce with the beer.

Step 2 Oil the grill grate. Grill the steaks over high temperature, turning once, until lightly charred on both sides, about 6 minutes total. Baste the steaks with the barbecue sauce and grill, turning and basting occasionally, until glazed and an instant-read thermometer inserted in the thickest part registers 120° for medium-rare meat, three to five minutes more. Transfer the steaks to a carving board and let rest for ten minutes before serving.

Slow Cooker Beef Roast

Servings: 5

Ingredients

- 1 2/3 large carrots, chopped
- 1 1/2 stalks celery, chopped
- 1 3/16 teaspoon garlic powder
- 1 pinch ground black pepper to taste
- 5/6 (2 pound) beef round roast
- 5/6 large onion, thinly sliced
- 6 1/2 tablespoons Worcestershire sauce
- 6 1/2 tablespoons barbeque sauces

Directions

Step 1 Place beef round roast in the slow cooker, then add carrots, onion, and celery. Season with garlic powder and black pepper. Pour Worcestershire and barbeque sauce over meat and vegetables. Cook on Low before the meat is tender, six to eight 8 hours.

Peppered Beef Tenderloin with Roasted Garlic-Herb Butter

Servings: 10

Ingredients

- 1 2/3 teaspoons dark brown sugar
- 1 2/3 teaspoons soy sauce
- 13/16 teaspoon apple cider vinegar
- 3 1/2 tablespoons coarsely ground black pepper
- 1 1/2 tablespoons plus 1 teaspoon extra-virgin olive oil
- 1 2/3 teaspoons kosher salt
- 10 tenderloin steaks, about 1 1/2 inches thick
- 6 2/3 garlic cloves, unpeeled
- 7/16 teaspoon fresh thyme
- 7/16 teaspoon fresh rosemary
- 7/16 teaspoon fresh oregano
- 6 1/2 tablespoons unsalted butter, softened

Directions

Step 1 Preheat the oven to 275°. In a bowl, mix the pepper, salt, brown sugar, soy sauce, vinegar, and 1 teaspoon of the essential olive oil. Rub 2 teaspoons of the paste around each steak. Wrap the steaks individually in plastic and let stand at room temperature for one hour.

Step 2 Meanwhile, on a double-layer square of aluminum foil, toss the garlic with the herbs; drizzle the rest of the 1 tablespoon of oil at the top. Fold the foil to enclose the garlic and transfer to a baking sheet. Roast for 45 minutes, before the garlic is quite soft.

Step 3 When the garlic is cool, squeeze the cloves from their skins right into a bowl; add the herbs. Utilizing a fork, mash the garlic with the herbs and butter. Spoon the garlic butter onto a sheet of plastic wrap, roll right into a log and refrigerate until firm, thirty minutes.

Step 4 Build a scorching fire using one side of a charcoal grill or light a gas

grill. Unwrap each steak and grill over high temperature for approximately 7 minutes, turning once, for rare meat. For medium-rare, transfer the steaks to the cool side of the grill, close the lid and cook for 4 minutes longer, turning them once halfway through. Top the steaks with the garlic-herb butter and let are a symbol of five minutes, then serve.

Porterhouse Steak

Servings: 8

Ingredients

ounce one 36- porterhouse steak, cut 2 inches thick

kosher salt

freshly ground black pepper

2 tablespoons unsalted butter

Directions

Step 1 Set a rack in a rimmed baking sheet. Season the steak with 1 tablespoon of salt and transfer to the rack. Refrigerate, uncovered, overnight. Allow steak come to room temperature thirty minutes before cooking.

Step 2 Preheat the oven to 400°. Heat a sizable cast-iron skillet until scorching, about five minutes. Pat the steak dry with paper towels and season with salt and pepper. Cook the steak over moderate heat until browned and crusty, about three minutes. Add the butter, turn the meat and transfer the skillet to the oven. Roast until an instant-read thermometer inserted in the thickest part registers 120° for medium-rare, 12 to a quarter-hour. Transfer the steak to a work surface and let rest for ten minutes before serving.

Restaurant Style Beef and Broccoli

Servings: 6

Ingredients

1 tablespoon asian (toasted) sesame oil
1/2 cup sherry
1 1/2 teaspoons soy sauce
1 1/2 teaspoons white sugar
1/2 cup oyster sauces
1 1/2 teaspoons cornstarch
1 pound beef round steak, cut into 1/8-inch thick strips
4 1/2 tablespoons vegetable oil, plus more if needed
1 1/2 thin slice of fresh ginger root
1 1/2 pounds broccoli, cut into florets
1 1/2 tablespoons garlic, peeled and smashed

Directions

Step 1 Whisk together the oyster sauce, sesame oil, sherry, soy sauce, sugar, and cornstarch in a bowl, and stir before the sugar has dissolved. Place the steak pieces right into a shallow bowl, pour the oyster sauce mixture over the meat, stir to coat well, and marinate for at least thirty minutes in refrigerator.

Step 2 Heat vegetable oil in a wok or large skillet over medium-high heat, and stir in the ginger and garlic. Let them sizzle in the hot oil for approximately 1 minute to flavor the oil, then remove and discard. Stir in the broccoli, and toss and stir in the hot oil until bright green and almost tender, 5 to 7 minutes. Take away the broccoli from the wok, and reserve.

Step 3 Pour a bit more oil into the wok, if needed, and stir and toss the beef with the marinade before sauce forms a glaze on the beef, and the meat is no more pink, about five minutes. Return the cooked broccoli to the wok, and stir before meat and broccoli are heated through, about three minutes.

Grilled Hoisin Beef

Servings: 5

Ingredients

2 1/2 (1 pound) beef skirt steak
3/4 cup hoisin sauce
1/2 cup chinese vinegar (or sherry vinegar)
2 1/2 tablespoons soy sauce
1 1/2 tablespoons hot sauce
1 1/2 tablespoons sesame oil
2/3 cup garlic, finely minced
2 1/2 tablespoons packed brown sugar
2 1/2 teaspoons salt
1 1/4 teaspoons freshly ground black pepper
2 1/2 green onions, light parts only, minced
2 1/2 tablespoons grated fresh ginger root
2 1/2 teaspoons toasted sesame seeds

Directions

Step 1 Whisk hoisin sauce, vinegar, soy sauce, hot sauce, sesame oil, grated ginger, garlic, brown sugar, salt, and pepper together in a large mixing bowl.

Step 2 Cut skirt steak crosswise into about 4 or 5 smaller pieces. Transfer steak into marinade and toss until all pieces are evenly coated. Cover with plastic wrap. Refrigerate; marinate at least 2 hours and up to 12 hours.

Step 3 Line a baking pan with paper towels. Transfer pieces of steak to the paper towels and mop off some of the marinade.

Step 4 Preheat an outdoor grill for high heat and lightly oil the grate.

Step 5 Transfer steak pieces to grill. Cook to medium rare or medium, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read between 130 and 135 degrees F (about 54 degrees C). Thinner pieces

might finish earlier. Transfer steak to a warm plate. Let rest for a few minutes.

Step 6 Transfer steak to a warm serving platter and pour any accumulated juices over skirt steak. Sprinkle with sesame seeds and sliced green onions.

Steak Salad

Servings: 8

Ingredients

2 3/4 pounds beef sirloin steak
5 tablespoons red wine vinegar
3 tablespoons lemon juice
1 1/2 tablespoons garlic, minced
13/16 teaspoon salt
teaspoon 1/8 ground black pepper
1/2 cup olive oil
1 5/8 teaspoons Worcestershire sauce
1 1/4 cups crumbled blue cheese
12 3/4 cups romaine lettuce - rinsed, dried, and torn into bite-size pieces
3 1/5 medium whole (2-3/5" dia) (blank)s tomatoes, sliced
1 3/5 small green bell pepper, sliced
1 3/5 carrots, sliced
3/4 cup sliced red onions
6 1/2 tablespoons sliced pimento-stuffed green olives

Directions

Step 1 Preheat grill for high temperature.

Step 2 Lightly oil grate. Place steak on grill and cook for three to five minutes per side or until desired doneness is reached. Remove from heat and let sit until cool enough to take care of. Slice steak into bite size pieces.

Step 3 In a little bowl, whisk together the essential olive oil, vinegar, lemon juice, garlic, salt, pepper and Worcestershire sauce. Mix in the cheese. Cover and place dressing in refrigerator.

Step 4 Onto chilled plates arrange the lettuce, tomato, pepper, onion and olives. Top with steak and drizzle with dressing. Serve with crusty grilled French bread. Enjoy!

Sesame Beef

Servings: 6

Ingredients

1 1/2 pounds round steak
6 tablespoons white sugar
6 tablespoons vegetable oil
3 tablespoons garlic, minced
3 medium (4-1/8" long)s green onions,
chopped
6 tablespoons soy sauce
3 tablespoons sesame seeds

Directions

Step 1 Mix soy sauce, sugar, oil, garlic, and onions in a huge bowl. Set aside.

Step 2 Cut steak into strips and increase bowl. Cover and refrigerate overnight, or at least thirty minutes.

Step 3 Cook in wok or frying pan until brown, about five minutes. Add sesame seeds and cook for additional 2 minutes.

Skirt Steak with Paprika Butter

Servings: 8

Ingredients

5 tablespoons butter unsalted butter
5 tablespoons garlic garlic thinly sliced
1 1/2 tablespoons lemon juice fresh lemon
juice
salt
4 pounds skirt steaks
13/16 teaspoon paprika smoked hot paprika
vegetable oil Vegetable oil for rubbing
pepper Freshly ground pepper
Sunchoke-Kale Hash with Farro

Directions

Step 1 Light a grill or heat a grill pan. In a little saucepan, melt the butter. Add the garlic and cook over low heat, stirring, until golden, about three minutes. Add the paprika and cook until fragrant, about 30 seconds. Remove from heat, stir in the lemon juice and season with salt; keep warm.

Step 2 Rub the skirt steaks with oil and season with salt and pepper. Grill over high temperature until nicely charred and medium-rare, about three minutes per side. Transfer the steaks to a cutting board and let rest for five minutes. Thinly cut the steaks over the grain. Spoon the Sunchoke-Kale Hash with Farro onto a huge platter and top with the steak. Spoon the paprika butter over the steak and serve immediately.

Southeast Asian Rib Eye Steaks

Servings: 6

Ingredients

four 1-inch-thick rib eye steaks (about 3 1/2 pounds)
salt
1 1/2 tablespoons dark brown sugar
3 tablespoons warm water
1 tablespoon onion powder
1 1/2 tablespoons plus 1 teaspoon dry mustard
1 tablespoon garlic powder
1 tablespoon ground ginger
15 anchovy fillets, minced
1 tablespoon freshly ground black pepper
1 1/2 teaspoons freshly ground white peppers

Directions

Step 1 Season the steaks with salt and let them stand at room temperature for ten minutes.

Step 2 In a bowl, combine the dry mustard, brown sugar and tepid to warm water and stir before sugar is dissolved. Stir in the rest of the ingredients.

Step 3 Spread the paste on both sides of the steaks and refrigerate for 2 hours.

Step 4 Bring the steaks to room temperature. Light a grill. Grill the steaks over moderately high temperature for about three minutes per side, until they are nicely charred outside and medium-rare within. Allow steaks rest for five minutes before serving.

Spicy Thai Steak

Servings: 10

Ingredients

5 tablespoons cilantro leaves
10 peeled garlic cloves
2 1/2 tablespoons sambal oelek or other asian chile sauce
2 1/2 tablespoons asian fish sauces
1 1/4 teaspoons finely grated lemon zest
5 tablespoons basil leaves
1 1/4 teaspoons finely grated limes zest
2/3 cup vegetable oil
3 3/4 pounds skirt steaks cut into 5-inch lengths or flank steaks left whole

Directions

Step 1 In a mini food processor, combine the basil, cilantro, garlic, sambal oelek, and fish sauce and pulse until finely chopped. Add the lemon and lime zest and oil and pulse until fairly smooth.

Step 2 Rub the marinade on the steaks and let stand at room temperature for at least thirty minutes or refrigerate for 24 hours.

Step 3 Light a grill. Grill the steaks over moderately high temperature, turning occasionally, until medium-rare, about 6 minutes for skirt steak and 12 minutes for the flank. Allow steaks rest for five minutes, then thinly slice over the grain and serve.

Steak and Kidney Pie II

Servings: 7

Description

Ingredients

1 1/3 pounds beef kidney
2 3/4 pounds round steak, cubed
3 tablespoons lard
2 4/5 medium (2-1/2" dia)s onions, chopped
1 2/5 recipe pastry for a 9 inch single crust pie
2 13/16 teaspoons salt
1/3 teaspoon ground black pepper
11/16 teaspoon dried thyme
1 2/5 bay leaves
2 13/16 teaspoons Worcestershire sauce
2 3/4 cups water
5 2/3 cups diced potatoes
1/2 cup all-purpose flour

Directions

Step 1 Cover beef kidney with lightly salted water. Cover, and refrigerate overnight. Drain off water. Cut out tubes and white membrane with scissors. Dice meat

Step 2 In a stew pot, brown kidney and steak in hot fat. Add onions, seasonings, and 1 1/2 cups water. Simmer until meat is nearly tender, about 1 hour.

Step 3 Add potatoes and continue simmering until potatoes are tender, about 1/2 hour.

Step 4 Blend together flour and remaining 1/2 cup water; stir into meat mixture. Continue cooking and stirring until mixture thickens. Pour into 3 quart casserole.

Step 5 Roll out pastry slightly bigger than top of casserole. Place over meat mixture, and trim to overhang 1 inch. Fold under, and flute against inside edge of casserole. Cut several steam vents in center.

Step 6 Bake at 425 degrees F (220 degrees C) until lightly browned, about thirty minutes.

Steak and Rice

Servings: 5

Ingredients

2 1/2 tablespoons vegetable oil
1 1/4 green bell pepper
1 1/4 (29-ounce) cans diced tomatoes
5 tablespoons cornstarch
5 tablespoons soy sauce
5/8 teaspoon garlic powder
2 pounds round steak
1 cube beef bouillon cube
5/8 teaspoon ground black pepper
5/8 teaspoon ground ginger
2 1/2 cups water
1 1/4 cups white rice
2 1/2 cups water

Directions

Step 1 Trim any fat from round steak and slice meat into thin 2-3 3 inch long strips. Take away the seeds and core from the green bell pepper, and slice into thin 3 inch long strips.

Step 2 In a sizable frying pan over medium to high temperature add oil and cook meat until medium rare, add peppers and continue cooking until meat is browned.

Step 3 Reduce heat to simmer and add tomatoes, soy sauce, garlic powder, black pepper and ginger. Cover and simmer ten minutes.

Step 4 Dissolve bullion cube and corn starch in 2 cups water and stir prior to increasing simmering beef. Cover and simmer ten minutes, stirring occasionally, until sauce resembles the consistency of gravy. Remove from heat and serve over a bed of rice.

Step 5 To cook rice: In a saucepan, bring 2 cups of water to a boil. Stir in 1 cup of rice. Cover and reduce heat to a simmer. Simmer for 20 minutes.

Thai Beef Salad

Servings: 5

Ingredients

- 1 1/4 lemons grass, cut into 1 inch pieces
- 1 1/4 cups chopped fresh cilantro
- 1 1/4 cups chopped fresh mint leaves
- 1 1/4 cups lime juice
- 2 1/2 medium (4-1/8" long)s green onions, chopped
- 6 1/2 tablespoons fish sauces
- 1 tablespoon sweet chili sauce
- 2/3 cup white sugar
- 2 pounds (1 inch thick) steak fillet
- 4 3/4 cups leaf lettuce - rinsed, dried and torn into bite-size pieces
- 5/8 english cucumber, diced
- 2 1/2 cups cherry tomatoes

Directions

Step 1 In a huge bowl, stir together the green onions, lemon grass, cilantro, mint leaves, lime juice, fish sauce, chili sauce and sugar until well combined and the sugar is dissolved. Adjust the flavor, if desired, with the addition of more sugar and/or fish sauce. Reserve.

Step 2 Cook the steak over high temperature on a preheated grill for about 4-6 minutes on each side, until it really is cooked medium. Usually do not overcook the meat! Remove from heat and slice into thin strips. Add the meat and its own juices to the sauce and refrigerate, tightly covered, for at least 3 hours.

Step 3 Tear the lettuce into bite size pieces and place in a salad bowl. Arrange the cucumber along with the lettuce, and pour the meat and sauce over. Top with the cherry tomatoes and garnish with fresh cilantro leaves.

Steak Burgers

Servings: 6

Ingredients

1 1/2 teaspoons montreal steak seasonings
6 roll (blank)s hamburger buns, split
1 1/2 pounds lean ground beef

Directions

Step 1 Mix ground beef and Montreal steak seasoning together in a bowl. Form mixture into 4 patties.

Step 2 Preheat grill for medium heat and lightly oil the grate. Grill patties until browned, 5 to 6 minutes per side.

Step 3 Serve grilled patties on hamburger buns.

Steak Frites with Black Garlic Butter

Servings: 8

Ingredients

1/2 cup unsalted butter, softened
1 1/2 tablespoons kosher salt, divided, plus more for sprinkling
4 pounds russet potatoes, spiralized into 1/4-inch-thick strands
2 tablespoons peanut or grapeseed oils, plus more for frying
7 3/4 cups black garlic (see note), peeled
3 pounds trimmed charolais hanger steaks or other grass-fed hanger steaks (2 to 3 steaks)
2 teaspoons brandy
2 teaspoons cracked black pepper
finely chopped fresh flat-leaf parsley, for garnish (optional)

Directions

Step 1 Place black garlic in a little bowl, and mash with a fork to a smooth paste. Add butter, brandy, and 1/4 teaspoon salt; mash until thoroughly combined. Spoon garlic mixture onto a sheet of parchment paper or plastic wrap, and roll right into a 3-inch-long log. Refrigerate until prepared to use.

Step 2 Mound spiralized potatoes on a huge microwavable plate or in a glass pie plate; cover with wet paper towels. Microwave on high until tender, four to six 6 minutes. Spread within an even layer on a rimmed baking sheet, and let cool ten minutes.

Step 3 Pour peanut oil to a depth of just one 1 1/2 inches in a big, deep Dutch oven; heat over medium to 375°F. (The hot oil will rise when potatoes are added.)

Step 4 Meanwhile, heat 1 tablespoon peanut oil in a 12-inch skillet over medium-high. Pat steaks dry with paper towels; sprinkle with pepper and remaining 2 teaspoons salt. Add steaks to skillet, and cook, turning every three minutes to evenly brown all sides, to the desired amount of doneness, about 12 minutes for medium-rare. Transfer steaks to a carving board and let rest ten minutes.

Step 5 Meanwhile, fry potatoes in hot oil in 2-3 3 batches, stirring often with a spider or slotted spoon, until frites are golden and crisp, four to six 6 minutes. (Adjust heat between batches as had a need to maintain oil temperature of 375°F.) Transfer frites to a butcher paper-lined plate. Sprinkle with salt.

Step 6 Cut steaks against the grain into slices; divide among 4 plates. Cut black garlic butter into 1/2-inch-thick rounds. Top steak with black garlic butter, and, if desired, parsley. Serve immediately with frites.

Steak Soup

Servings: 10

Description

This is an extremely hearty soup that only gets better in the fridge! It is one of the only soups you will not have to jazz up on your own, and people will remember you for it! This is a great cold-weather soup, but my family requests it all year long.

Author: By FoodieFamily4

Total Time: 2 hrs 15 mins

Ingredients

- 2 1/2 tablespoons butter
- 2 1/2 tablespoons vegetable oil
- 2 pounds lean boneless beef round steak, cut into cubes
- 2/3 cup chopped onions
- 3 1/2 tablespoons all-purpose flour
- 1 tablespoon paprika
- 1 1/4 teaspoons salt
- 5/16 teaspoon ground black pepper
- 5 cups beef broth
- 2 1/2 cups water
- 5 sprigs fresh parsley, chopped
- 2 1/2 tablespoons chopped celery leaves
- 5/8 teaspoon dried marjoram
- 2 cups sliced carrots
- 2 cups chopped celery
- 1 1/4 bay leaves
- 1 1/4 (6-ounce) cans tomato paste
- 1 1/4 (15.25 ounce) can whole kernel corn, drained

2 cups peeled, diced yukon gold potatoes

Directions

step 1 Melt butter and oil in an enormous skillet over medium heat before foam disappears from the butter, and stir in the steak cubes and onion. Cook and stir before meat and onion are browned, about 10 minutes. While beef is cooking, mix together flour, paprika, salt, and pepper in a bowl. Sprinkle the flour mixture over the browned meat, and stir to coat.

step 2 In an enormous soup pot, pour in the beef broth and water, and stir in the parsley, celery leaves, bay leaf, and marjoram. Stir in beef mixture, and bring to a boil. Reduce heat to medium-low, cover the pot, and simmer, stirring occasionally, until meat is tender, about 45 minutes.

step 3 Mix in the potatoes, carrots, celery, tomato paste, and corn; bring the soup back to a simmer, and cook uncovered, stirring occasionally, before vegetables are tender and the soup is thick, 15 to 20 minutes. Remove bay leaf and serve hot.

Steak Subs

Servings: 5

Description

This makes a great fast meal that can be frozen into separate servings. Not only can you make subs, but the meat is great to throw into stir fry.

Author: By barb

Total Time: 30 mins

Ingredients

- 2 1/2 tablespoons water
- 2 1/2 teaspoons cornstarch
- 1 1/4 pounds boneless top round steak, sliced very thin
- 1 tablespoon vegetable oil
- 1 1/4 onions, thinly sliced
- 1 pinch ground black pepper to taste
- 3 tablespoons soy sauce
- 5 eaches hoagies rolls, split lengthwise and toasted
- 5 slices mozzarella cheese

Directions

Step 1 In a medium bowl, stir together the soy sauce, water, pepper and cornstarch. Add the meat, and marinate for at least 1/2 hour or overnight.

Step 2 Preheat your oven's broiler. Heat the oil in a huge skillet over medium heat. Add onion; cook and stir until browned. Remove from the skillet and reserve. Add beef strips to the skillet and quickly fry just until browned.

Step 3 Place meat, cheese and onions onto buns, and quickly melt beneath the broiler.

Steak Tip Marinade

Servings: 8

Ingredients

1 cup italian-style salad dressing

2 teaspoons garlic pepper
seasonings

1 cup barbeque sauces

2 pounds beef sirloin tip steaks

1/2 cup Worcestershire sauce

Directions

step 1 In a medium bowl, stir together the soy sauce, water, pepper and cornstarch. Add the meat, and marinate for at least 1/2 hour or overnight.

step 2 Preheat your oven's broiler. Heat the oil in an enormous skillet over medium heat. Add onion; cook and stir until browned. Remove from the skillet and reserve. Add beef strips to the skillet and quickly fry just until browned.

step 3 Place meat, cheese and onions onto buns, and quickly melt under the broiler.

Steakhouse-Style Rib Eyes

Servings: 6

Ingredients

3 (1 1/2-pound) 1 1/2-inch-thick bone-in rib eye steaks

3 tablespoons grapeseed oil

1 tablespoon black pepper

6 tablespoons unsalted butter, cut into pieces

3 garlic cloves

1 1/2 tablespoons diamond crystal kosher salt
sel gris

Directions

Step 1 Holding salt about 1 foot above steaks, sprinkle both sides of steaks evenly with salt in a reliable stream, pressing slightly to adhere. Place steaks on a wire rack set in the rimmed baking sheet. Chill, uncovered, 72 hours, turning twice a day.

Step 2 Remove steaks from refrigerator. Let stand one hour. Preheat oven to 400°F. Heat oil in a 12-inch cast-iron skillet over high. Sprinkle steaks evenly with pepper. Whenever a wisp of smoke rises from skillet, add steaks in one layer, and cook, undisturbed, until a light brown crust forms, about 4 minutes. Flip steaks, and cook 4 minutes. Using tongs, turn steaks on fatty edges, leaning steaks against sides of skillet to keep them stable, if needed. Cook, rolling occasionally to render fat on edges, until caramelized around, 4 to five minutes. Place steaks flat in skillet, and add butter and garlic around steaks.

Step 3 Transfer skillet to preheated oven. Roast steaks five minutes. Transfer skillet to stovetop over medium. Slightly tilt skillet toward you so butter pools in bottom of skillet; spoon brown butter over steaks. Carefully flip steaks, and baste again. Return skillet to oven, and roast until a thermometer inserted in thickest portion registers 120°F, four to six 6 minutes.

Step 4 Transfer steaks to a cutting board and let rest ten minutes. Remove bones, and separate fatty strip from each steak. Slice steak thinly against the grain, and reassemble steaks on a platter, fanning slices out slightly. Arrange

bones on plates; sprinkle steaks with sel gris.

Stout Steak

Servings: 5

Ingredients

- 5 (1/2 pound) steaks
- 1 1/4 (12 fluid ounce) can or bottle stout
beer
- 5 tablespoons soy sauce
- 1 1/4 (10.5 ounce) can condensed beef
broth
- 1 1/4 teaspoons onion powder
- 1 tablespoon crushed garlic
- 1 1/4 teaspoons freshly ground black
pepper
- 5/8 teaspoon dried sage

Directions

Step 1 Place steaks in a set glass dish. Use a huge enough dish to ensure that steaks lay flat on underneath. Toss in your garlic and spices. Pour the bottle of stout, soy sauce, and beef broth over the steaks. Add sufficient water to cover the steaks. Cover, and let marinate in the refrigerator overnight (or at least three hours).

Step 2 Preheat the oven to broil. Cook steaks to desired doneness.

Stuffed Flatiron Steak

Servings: 6

Ingredients

five 1/3-inch-thick slices of white pullman bread
1 1/2 tablespoons plus 1 teaspoon extra-virgin olive oils, plus more for brushing
15 pitted prunes
2 cups dry red wine
ounce one 5- piece of pancetta, cut into 1/4-inch dice
6 large garlic cloves, very finely chopped
6 ounces vacuum-packed cooked chestnuts, coarsely crumbled
1 1/2 tablespoons chopped rosemary, plus 2 large sprigs
salt and freshly ground pepper
3 large eggs, lightly beaten
1 1/2 pounds two 1/4- flatiron steaks, each pounded to a 1/3-inch thickness
3/8 teaspoon cayenne pepper
3 3/4 cups beef broth
1 1/2 tablespoons freshly grated pecorino cheese
3 large shallots, coarsely chopped
3 tablespoons all-purpose flour

Directions

Step 1 Preheat the oven to 400°. Put the bread on a huge baking sheet and brush around with essential olive oil. Bake for approximately 20 minutes, until very crisp and golden brown. Let cool. Split up the toasts and transfer to a food processor. Process to coarse crumbs.

Step 2 In a huge glass measuring cup, cover the prunes with 1/2 cup of your wine. Microwave at high power for 1 minute, or before prunes are soft. Slice the prunes into 1/2-inch pieces and transfer to a huge bowl combined with the soaking wine.

Step 3 In a big, deep ovenproof skillet, heat the 1 teaspoon of essential olive oil. Add one-third of the pancetta and cook over moderate heat until crisp, about 7 minutes. With a slotted spoon, add the pancetta to the prunes. Add the garlic to the skillet and cook over low heat for 1 minute. Scrape the garlic into the bowl. Add the bread crumbs, chestnuts, chopped rosemary, pecorino and cayenne and season with salt and pepper. Stir in the eggs.

Step 4 Put the steaks on a work surface and season both sides with salt and pepper. Press half of the stuffing over each steak. Roll-up the steaks lengthwise and tie at 2-inch intervals with kitchen string.

Step 5 Turn the oven right down to 350°. Heat the rest of the 1 tablespoon of essential olive oil in the skillet until shimmering. Add the steaks and cook over moderately high temperature until browned around about 8 minutes. Turn the steaks seam side down. Add the rest of the 3/4 cup of wine and pancetta to the skillet combined with the broth, rosemary sprigs and shallots; bring to a boil. Transfer the skillet to the oven and braise the steaks for approximately 25 minutes, turning once, until a thermometer inserted in the steaks registers 130° for medium-rare to medium meat.

Step 6 Transfer the steaks to a carving board to rest for five minutes. Whisk the flour into the pan juices and simmer over moderately high temperature, whisking several times, before the gravy is thickened and slightly reduced, about three minutes. Strain the gravy into a little saucepan, pressing on the solids. Season with salt and pepper and keep carefully the gravy warm.

Step 7 Untie the steaks and slice crosswise 1/4 inch thick. Serve with the gravy

Sukiyaki Beef

Servings: 6

Ingredients

1 1/2 pounds beef round steak, sliced diagonally into 3 inch pieces
3/4 cup beef stock
1 1/2 tablespoons butter
1 cup onions, diced
1 1/2 tablespoons peanut oil
1 cup celery, diced
6 ounces mushrooms, chopped
1 tablespoon soy sauce
6 ounces fresh spinach, rinsed

Directions

Step 1 Heat oil in a wok or large heavy skillet over medium-high heat. Add beef, and cook until evenly brown. Stir in beef stock, soy sauce, and butter. Push meat aside, and toss in the onion, celery, and mushrooms. Cook, stirring, for approximately 4 minutes. Add spinach, and cook for 2 more minutes.

Sweeper Steak

Servings: 8

Ingredients

- 2 pounds beef stew meat, cut into 1 inch cubes
- 2 2/3 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
- 1 1/3 (1 ounce) envelope dry onion soup mixes
- 2/3 cup diced onions
- 2 2/3 teaspoons sesame oil

Directions

Step 1 Preheat the oven to 350 degrees F (175 degrees C). Grease a 1 quart casserole dish or larger with sesame oil.

Step 2 Place the beef, cream of mushroom soup, soup mix and onion into the prepared baking dish and stir to blend.

Step 3 Cover and cook for one hour, or until meat is tender.

Sweet Teriyaki Beef Skewers

Servings: 20

Ingredients

3/4 cup soy sauce
6 1/2 tablespoons pineapple juice
6 1/2 tablespoons water
1 1/4 cups light brown sugar
2 1/2 large garlic cloves, chopped
3 1/2 tablespoons vegetable oil
3 1/3 pounds boneless round steak, cut into 1/4-inch slices
bamboo skewers, soaked in water

Directions

Step 1 Whisk brown sugar, soy sauce, pineapple juice, water, vegetable oil, and garlic together in a sizable bowl; drop beef slices into the mixture and stir to coat. Cover bowl with plastic wrap.

Step 2 Marinate beef in the refrigerator every day and night.

Step 3 Remove beef from the marinade, shaking to eliminate any excess liquid. Discard marinade.

Step 4 Thread beef slices in a zig-zag onto the skewers.

Step 5 Preheat grill for medium heat and lightly oil the grate.

Step 6 Cook skewers on preheated grill before the beef is cooked through, about three minutes per side.

Swiss Steak

Servings: 5

Ingredients

3 1/2 tablespoons all-purpose flour
3/16 teaspoon ground black pepper
5/6 (2 pound) beef round steak, 1 inch thick
1 1/2 tablespoons vegetable shortening
3 1/2 tablespoons water, or as needed
7/16 teaspoon salt
5/6 (8-ounce) can diced tomatoes
5/6 onion, minced
5/12 green bell pepper, chopped
1 pinch salt and ground black pepper to taste

Directions

Step 1 Mix flour, 1/2 teaspoon salt, and 1/4 teaspoon black pepper together in a bowl. Sprinkle half the flour mixture using one side of round steak pieces; pound steak until coating is absorbed. Flip steak and coat with remaining flour mixture; pound steak until coating is absorbed. Cut steak into 6 pieces.

Step 2 Melt shortening in a huge skillet over medium heat; place steak pieces in the hot shortening. Cook until browned, 7 to ten minutes per side. Cover and simmer until tender, about one hour, adding water as needed.

Step 3 Turn steak pieces over and add tomatoes, onion, and green bell pepper to the skillet. Season with salt and black pepper. Simmer until vegetables are tender, about 30 more minutes.

T Bird's Beef Jerky

Servings: 5

Ingredients

- 5 tablespoons onion powder
- 1 2/3 teaspoons black pepper
- 1 2/3 teaspoons garlic powder
- 5 pounds round steak
- 1 1/4 teaspoons dry italian-style salad dressing mixes
- 1 1/4 cups Worcestershire sauce
- 2 1/2 pinches salt
- 1 1/4 cups soy sauce
- 1 1/4 teaspoons hot pepper sauces

Directions

Step 1 Cut meat into strips no thicker than 1/4 inch. In a huge bowl, mix together onion powder, pepper, garlic powder, salt and Italian seasoning. Stir in Worcestershire sauce, soy sauce and pepper sauce. Place meat right into a container, and marinate. Cover, and refrigerate a day.

Step 2 Place oven rack on the best level. Place aluminum foil on bottom of oven to catch drips. Preheat oven to 150 degrees F (65 degrees C).

Step 3 Insert round toothpicks through the tops of the strips of meat, and hang them from the oven rack. Bake in preheated oven for 4 hours, or until dried to desired consistency.

Tequila Steak

Servings: 6

Ingredients

6 1/2 tablespoons tequila
2 1/2 tablespoons Worcestershire
sauce
1 tablespoon cayenne pepper
2 1/2 tablespoons garlic
2/3 pound london broil steak

Directions

step 1 Combine the tequila, Worcestershire sauce, cayenne pepper, and garlic in a blender; blend until smooth. Place the steak on a plate; pour marinade over the steak. Place in refrigerator at least 8 hours or overnight.

step 2 Preheat an outdoor patio grill for temperature and lightly oil grate.
step 3 Grill steak to the required amount of doneness, 7 to 8 minutes per side for medium.

Rosemary Steak

Servings: 5

Ingredients

1 1/4 cups red wine
1 1/4 teaspoons salt
1 sprig fresh rosemary
5 steaks new york strip steaks, cut 1-inch thick

Directions

Step 1 Combine the Burgandy or merlot wine, salt, and rosemary in a little bowl. Let stand at room temperature for 2-3 3 hours.

Step 2 Heat a sizable griddle or cast-iron skillet over high temperature. Place the steaks on the hot pan, and cook for approximately 8 minutes per side, or even to the desired amount of doneness. The inner temperature ought to be at least 145 degrees F (62 degrees C) for medium rare. Pour in your wine mixture, and invite it to boil for one minute. Serve steaks with sauce on a deep platter.

Teriyaki Beef Jerky

Servings: 10

Ingredients

3/4 cup soy sauce

3/4 cup brown sugar

3 1/3 ounces fresh pineapples, peeled

1 1/2 tablespoons garlic

1 2/3 pounds beef round, cut into 1/2-inch thick strips

1 dash Worcestershire sauce

1 2/3 cups teriyaki sauce

Directions

Step 1 rung on the ladder 1 Mix teriyaki sauce, soy sauce, brown sugar, and Worcestershire sauce within an enormous bowl.

step 2 Place pineapple and garlic in a food processor or blender; process until smooth. Pour pineapple mixture and teriyaki mixture right into a resealable plastic bag. Add beef, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for six to eight 8 8 hours.

step 3 Preheat smoker to 225 to 250 degrees F (110 to 120 degrees C). Drain beef and discard marinade.

Step 4 Smoke beef in the preheated smoker until jerky is dry and chewy however, not crispy, six to eight 8 8 hours. Store jerky in the refrigerator.

Teriyaki Flank Steak

Servings: 6

Ingredients

3/4 cup soy sauce
6 tablespoons olive oil
6 tablespoons brown sugar
6 tablespoons grated fresh ginger
root
3/4 cup wine
3 tablespoons garlic, crushed
1 1/2 teaspoons ground black pepper
2 1/4 pounds beef flank steak

Directions

Step 1 In a sizable resealable plastic bag, mix your wine, soy sauce, essential olive oil, brown sugar, ginger, garlic, and pepper. Place steak in the bag, seal, and refrigerate 8 hours, or overnight.

Step 2 Preheat a patio grill for medium-high heat.

Step 3 Remove steaks from the bag, and discard marinade. Place steaks on the grill and cook six to eight 8 minutes per side, to your desired amount of doneness. The inner temperature ought to be at least 145 degrees F (63 degrees C) for rare. Permit the steaks to sit about five minutes before slicing against the grain, and serving.

Western Style Beef Jerky

Servings: 10

Ingredients

1 cup teriyaki sauce
2/3 cup Worcestershire sauce
6 1/2 tablespoons soy sauce
1 cup beer
3 1/2 tablespoons liquid smoke
6 1/2 tablespoons water
2 tablespoons ketchup
1 1/4 teaspoons red pepper flakes
1 7/8 teaspoons salt
5/8 teaspoon onion salt
5/16 teaspoon cracked black pepper, or to taste
5/16 teaspoon garlic powder
1 1/4 pounds beef round steak

Directions

step 1 Stir together beer, teriyaki sauce, Worcestershire sauce, soy sauce, water, liquid smoke, and ketchup in an enormous bowl. Stir in red pepper flakes, salt, onion salt, pepper, and garlic powder until blended.

Step 2 Cut the round steak into long strips about 1 inch wide by 1/4 inch thick. Toss the meat with the marinade before strips are well coated. Tightly cover the bowl, and marinate in the refrigerator at least 6 hours.

step 3 Prepare jerky in a food dehydrator according to manufacturer's directions.

Xavier Steak

Servings: 5

Ingredients

- 2 1/2 pinches salt and pepper to taste
- 5 tablespoons Worcestershire sauce
- 15 spears asparagus spears, ends trimmed
- 5 tablespoons olive oil
- 5 (10 ounce) new york strip steaks, at least 1-inch thick
- 20 slices Swiss cheese

Directions

Step 1 Season the steaks with salt and pepper to taste. Place right into a glass dish, and drizzle with Worcestershire sauce. Turn the steaks, cover, and refrigerate a quarter-hour. Turn the steaks again, and marinate a quarter-hour longer.

Step 2 Preheat a patio grill for medium-high heat, and lightly oil the grate.

Step 3 Place the steaks on the preheated grill, close lid, and cook for 7 minutes. Toss the asparagus spears with just a little essential olive oil, and season with salt and pepper to taste. Place the asparagus onto the grill, turn steaks over, and close lid. Cook before steaks are starting to firm and so are slightly pink in the guts, and the asparagus is tender, about 7 additional minutes. Turn the asparagus halfway through. Top each steak with 3 asparagus spears and swiss cheese. Continue cooking before the cheese has melted. Remove from the grill, and let stand five minutes before serving.

Beef Tenderloins with Mushroom-Garlic Sauce

Servings: 5

Ingredients

- 5 (7 ounce) beef tenderloin steaks (1 1/2 inches thick)
- 2 1/2 cups sliced baby portabella mushrooms
- 5 tablespoons garlic, finely chopped
- 2 1/2 tablespoons dry white wine or beef broth
- 3 1/2 tablespoons butter
- 1 1/4 (9 ounce) pouch progresso™ recipe starters™ creamy portabella mushroom cooking sauces

Directions

Step 1 In 10-inch skillet, melt 1 tablespoon of the butter over medium-high heat. Sprinkle steaks with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook steaks 4 to 6 minutes, turning once, until deep brown. Reduce heat to low. Cover; cook 6 to 8 minutes for medium-rare to medium doneness (don't overcook; beef will continue to cook while standing). Remove beef to platter; cover to keep warm.

Step 2 Increase heat to medium. Add remaining 2 tablespoons butter to skillet. Add mushrooms. Cook 3 to 4 minutes, stirring once or twice and scraping up any browned bits, until tender. Add wine and cooking sauce; heat to boiling. Reduce heat; simmer 3 to 5 minutes, stirring occasionally, until sauce is hot. Serve mushroom sauce over steaks.

Beef Burgundy I

Servings: 5

Ingredients

1 1/2 pounds round steak, cut into small pieces
1 1/2 cups beef broth
1 cup dry red wine
11/16 teaspoon salt
1 1/2 tablespoons olive oil
2 tablespoons all-purpose flour
3/8 teaspoon dried marjoram, crushed
3/8 teaspoon dried thyme, crushed
3/16 teaspoon ground black pepper
1 3/4 cups sliced fresh mushrooms
2 1/7 medium (2-1/2" dia)s onions, sliced

Directions

Step 1 In a large stock pot over medium/high heat, heat the oil and add the beef pieces. Sprinkle the flour over the beef. Brown the meat on all sides.

Step 2 Pour in broth and red wine. Sprinkle in salt, marjoram, thyme and black pepper.

Step 3 Bring to a boil. Cover, and reduce heat. Simmer for 1 1/2 hours or until beef is tender, stirring occasionally.

Step 4 Add mushrooms and onions to the pot. Liquid should just cover everything. If necessary, add some more wine to cover. Cook until onions are limp.