



**CHAIRMAN'S
RESERVE**



difficulty rating

serving size: 4 | **prep time:** 10 minutes | **cook time:** 30 minutes | **cut:** t-bone | **method:** pan-sear and oven-finished

pan seared pepper t-bone

This recipe's simple dalmatian rub base lets you flex your creative muscles (or not) when seasoning and searing.

INGREDIENTS:

- 4 *Chairman's Reserve*® T-Bone steaks (1 pound each)
- ½ teaspoon canola oil
- ½ teaspoon salt
- ½ teaspoon peppercorn medley

DIRECTIONS:

1. Preheat oven to 400°F. Brush both sides of steak with oil and season with salt and peppercorn medley. Place skillet on medium-high heat.
2. Place T-Bone steaks in skillet and sear for 3 to 4 minutes. Flip, and sear second side for 3 to 4 minutes.
3. Remove steaks from pan, put on a sheet pan with rack, and place into preheated oven.
4. Confirm doneness with an instant read thermometer and pull from oven at 120°F to 125°F for medium-rare. Let rest for 5 minutes before serving.

crispy broccoli

INGREDIENTS:

- 1 lb broccolini (about 2 to 3 bunches)
- 2 tablespoons olive oil
- 3 tablespoons almond slivers
- Salt and pepper, to taste

DIRECTIONS:

1. Cut off and discard the bottom of the broccollette. Split the bigger pieces of broccolini in half lengthwise so all the pieces are uniform in size. This promotes even cooking. Dry thoroughly.
2. Place the broccolini and almonds in a preheated skillet on medium-high heat. Sprinkle with salt and pepper. Spread the broccolini in a single layer and sauté for 4 to 5 minutes or until the broccoli is tender and crispy.

T-Bone: servings: ¼ | **calories:** 630 | **total fat:** 47g | **sodium:** 310mg | **total carbohydrate:** 0g | **protein:** 52g
broccoli: servings: ¼ | **calories:** 130 | **total fat:** 10g | **sodium:** 190mg | **total carbohydrate:** 9g | **protein:** 4g