



**CHAIRMAN'S  
RESERVE**



difficulty rating

**servings:** 6 | **prep time:** 10 minutes | **cook time:** 20 minutes | **cut:** flat iron | **method:** pan-sear

## seared flat iron steak with red pepper romesco sauce

The mild red pepper adds a light burst of spice to a traditional skillet-seared steak with this red pepper romesco sauce.

### INGREDIENTS:

- 2 lb *Chairman's Reserve*® Flat Iron
- 1 tablespoon coconut oil
- Salt and black pepper, to taste
- ½ cup diced red bell pepper
- 2 tablespoons tomato paste
- ¼ cup shredded Gruyere cheese
- 2 tablespoons almond flour
- 2 garlic cloves
- ¼ cup olive oil

### DIRECTIONS:

1. Heat oil in a large skillet over medium heat. Season the Flat Iron with salt and pepper and cook in the skillet on all sides until the internal temperature reaches 135°F, about 5 to 10 minutes on each side.
2. Combine the bell pepper, tomato paste, cheese, flour, garlic and oil in a blender and pulse until smooth. Serve with the Flat Iron steak.

### cast iron jalapeno cornbread

#### INGREDIENTS:

- 1 cup cornmeal
- 2 eggs
- ¼ cup cream
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ cup all-purpose flour
- 2 tablespoons olive oil
- 1 tablespoon diced jalapeno
- ¼ cup shredded cheddar cheese
- 2 tablespoons pure honey
- ¼ cup unsalted butter

#### DIRECTIONS:

1. Preheat oven to 375°F.
2. Combine all ingredients in a mixing bowl.
3. Spray a cast iron skillet with vegetable spray and pour in the cornbread mixture.
4. Cook in the oven for 15 to 25 minutes until golden brown.

**steak with sauce:** **servings:** ½ | **calories:** 470 | **total fat:** 37g | **sodium:** 160mg | **total carbohydrate:** 2g | **protein:** 32g  
**cornbread:** **servings:** ½ | **calories:** 300 | **total fat:** 17g | **sodium:** 660mg | **total carbohydrate:** 32g | **protein:** 6g