



**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.

FLAT IRON:

2 lb *Chairman's Reserve*® Beef flat iron steak
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.
3. **For cast-iron jalapeno cornbread:** Preheat oven to 375°F.
4. Combine all ingredients in a mixing bowl.
5. Spray a cast-iron skillet with vegetable spray and pour in the cornbread mixture.
6. Cook in the oven for 15 to 25 minutes until golden brown.

CAST-IRON JALAPENO CORNBREAD:

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

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