



#1MEAT12WAYS

**WAGYU FLAT IRON SURF AND TURF WITH
QUINOA BRUSSEL SPOUTS,
DIJON WHISKEY CREAM AND PICCATA BUTTER**

CHRISTIAN CHRISTENSEN | SUP

DURHAM
RANCH

INGREDIENTS

Dijon Cream Sauce

- 1 Tbsp. Shallots
- 1 tsp. Minced garlic
- ¼ Cup Whiskey
- 1 Tbsp. Dijon mustard
- 1 Cup Heavy cream

Crab with a Piccata Butter

- Crab, used here is Dungeness
- 1 Tbsp. Olive oil
- 1 tsp. Minced garlic
- 2 Tbsp. Shallots
- 2 Tbsp. Capers
- ½ Cup White wine
- 1 Tbsp. Lemon juice
- ½ lb. of Butter (unsalted)

Green Goddess Sauce

- 1 Cup Cooked quinoa
- 2 Tbsp. Olive oil
- 1 tsp. Minced garlic
- ½ Cup Diced zucchini
- 1 Cup Shaved Brussel sprouts
- ½ Cup Chicken broth
- Salt and Pepper to taste

WAGYU FLAT IRON WITH DIJON CREAM INSTRUCTIONS

- 1.** Cut the flat iron into steaks and season with salt and pepper.
- 2.** Sear in a hot pan with 2 tbsp of vegetable oil until medium rare, remove, tent loosely with foil and let rest.

DIJON CREAM SAUCE INSTRUCTIONS

- 1.** Add the shallots and garlic to the pan the steaks were cooked in and work up the fond.
- 2.** When shallots are translucent, deglaze with the whiskey and flame off.
- 3.** Add Dijon and cream and reduce by half.

CRAB WITH A PICCATA BUTTER INSTRUCTIONS

- 1.** Steam crab.
- 2.** While crab is steaming, saute the shallots and garlic in olive oil until tender, add capers, and white wine and reduce to au sec. Add lemon juice, remove from heat and work in the butter until smooth.
- 3.** Garnish with chopped flat leaf parsley

QUINOA WITH BRUSSEL SPROUTS INSTRUCTIONS

- 1.** Saute the garlic, Brussel sprouts and zucchini till tender.
- 2.** Add chicken broth and quinoa and toss to heat through. Season to taste with salt and pepper and serve.