

## Fast & Easy Flat Iron with Chimichurri Sauce *Serves 4*

¾ to 1 kg (2 lbs) *Certified Angus Beef*® brand Flat Iron Steak  
Olive oil, salt & pepper to taste

### Spiced Rub:

1 Tbsp. Red Thai Curry (more if you would like more flavor)  
¼ cup Brown Sugar  
½ tsp. Salt

### Chimichurri:

½ cup Basil leaves	½ cup Cilantro leaves	3 Garlic Cloves, coarse chopped
¼-½ tsp. salt	¼ cup Parsley leaves	½ cup Olive Oil
½ Scotch Bonnet Pepper, coarse chopped (about 1 tsp.)		Juice of a small lime (1 ½ - 2 Tbsp.)
¼ cup Green Onions/Chives, rough chopped		

- Mix spiced rub ingredients together and massage into steak; let rest at room temperature for 15-20 minutes before grilling.
- While steak rests, prepare Chimichurri Sauce by combining ingredients in a blender or food processor until well mixed but not pureed (seeing some bits of the herbs is ok). Place sauce in serving bowl and set aside (or refrigerate if made ahead)—makes almost 1 cup of sauce.
- To cook steak: preheat grill or cast iron skillet to medium-high heat until slightly smoking. Brush steak with olive oil then salt & pepper. Place steak on grill or pan-grill for 2-3 minutes per side, for medium doneness (internal temperature should be 140-145°F/60°C).
- Remove steak from heat and allow to rest for about 5 minutes, thinly slice across the fiber strands/grain, and serve with chimichurri.
- A side salad, crusty bread, and a pinot noir would complement this well.



## STEAKation with Chef Henderson Butcher

### Steakation Roast Beef Pita Pocket *Yield: 1 Pita (2-half pieces) Sandwich*

*Certified Angus Beef*® steak Leftovers (flat iron, ranch steak or roast), about 8-10 thin slices  
3 Sprigs cilantro/shado beni, stemmed, thinly sliced (chiffonade)  
1 oz. (½ Tbsp.) Prepared Mustard      4 Lettuce Leaves  
3 oz. (1½ Tbsp.) Mayonnaise      8 Cucumber Slices  
1 tsp. Pepper Sauce      4 Tomato Slices  
1 whole Pita Pocket Bread

- Mix fresh cilantro, mustard, mayonnaise, pepper sauce to make sauce. In skillet, warm pita pocket, cut in half, and open to make the pocket for stuffing.
- In each half pocket, stuff with ½ lettuce (allowing some to hang out), ½ of cucumber, tomatoes and roast beef; drizzle sauce on top of the beef allowing it to drip down; repeat with the other pita half.
- You are ready to have fun, eat and enjoy with merlot wine!



**Chef Henderson Butcher**



### Perfectly Paired With



## Ranch Steak with Bajan Creole Sauce *Serves: 2*

¼ to ⅓ kg (8 oz.) *Certified Angus Beef*® Shoulder Ranch Steak  
1 tsp. Prepared Yellow Mustard  
½ tsp. each Salt & Black Pepper or to taste  
¼ cup Milk  
1 Tbsp. Butter or 2 Tbsp. vegetable oil

1 tsp. Garlic Powder  
¼ cup Cornstarch  
½ cup seasoned bread crumbs

Cut steak in half to make two pieces. With the raised side of a meat mallet/tenderizer, pound both pieces to flatten steak. Mix mustard, salt, pepper, and milk and soak steaks for at least 5 minutes. Mix garlic powder, cornstarch and breadcrumbs and dip steaks to coat completely. Heat oil and butter in a pan over medium heat and fry the steaks until golden about 1 to 1½ minutes on each side; drain on paper towel. Serve with creole sauce, a side of quinoa, and a chilled chardonnay.



### Creole Sauce:

½ tsp. each fresh thyme (2 sprigs) and basil (2 big leaves), chopped  
¼-½ tsp. hot pepper sauce  
¼ tsp. ground black pepper  
1 cup vegetable stock  
4 green onions (chives), chopped  
1 Tbsp. tomato paste  
2 Tbsp. butter  
Salt & Pepper to taste

1 Tbsp. each butter and olive oil  
1 large clove garlic, diced  
¼ cup onion, diced  
¼ cup onion, diced  
½ cup sweet pepper, diced, optional  
½ cup celery, diced (about 2 stalks)  
1 can (14.5 oz.) diced tomatoes (with juice)

Blend thyme, basil, hot sauce, and black pepper in a small cup. Heat butter and oil over medium-low heat in a medium saucepan; add garlic, onion, pepper, and celery, and sauté for 3-5 minutes, until just tender. Stir in tomatoes and add seasoning mixture; sauté for 1 minute, then add veg. stock and bring to a boil. Stir in green onions and reduce to simmer, uncovered, for 10 minutes, letting most of the liquid cook away. Stir in tomato paste until well blended; remove from heat, then stir in butter and adjust for salt and pepper. Serve sauce with steak.

## Bajan-style Ranch Roast with Sweet Potato Hash *Serves: 4*

1 kg (2 lbs) *Certified Angus Beef*® Shoulder Ranch Roast  
⅓ bottle (250 ml or 1 cup) dry red wine  
2 Tbsp. (1 oz) butter

### Marinade:

1 Tbsp. Coarse Salt  
1 cup Pineapple Juice  
1 Tbsp. Black Pepper

¼ cup Garlic Powder  
1 tsp. Cumin Powder  
¼ cup Olive oil

- Pre-heat oven to 400°F (204° C). Blend marinade ingredients in food processor or blender and pour over roast in a Ziploc bag or bowl; set aside in the fridge overnight or about six hours.
- Remove roast from marinade, drain, pat dry, and place uncovered in oven. Roast at 400°F for 10 minutes to brown/caramelize roast, then reduce oven to 350°F (177°C) and roast for another 20 minutes or so, until internal temperature of 135°F (57°C) for medium-rare; remove from oven and “tent” with foil to rest/stabilize for 15 minutes (the internal temperature will rise 5°F to 140°F).
- While roast is resting, make dipping sauce by deglazing roasting pan with red wine and butter, adjust to taste with salt and pepper, then simmer to thicken over medium heat until reduced by half, whisking continuously.
- Slice roast thinly across the fiber strands/grain and serve with dripping sauce, potato hash, wilted pok choy and roasted cherry tomatoes. Pairs nicely with cabernet savignon.

### Potato Hash:

2 lbs. Sweet Potatoes (about 4 medium)  
2 tbsp. Olive oil  
2 tsp. Cinnamon Powder

¼ cup Butter  
2 tbsp. Brown Sugar  
Salt & Pepper to taste

- Wash and boil potatoes in the skin until just tender (not too mushy—a toothpick can barely get through—about 25 minutes); remove and cool; remove skin and cut into medium dice.
- Preheat skillet over medium heat, add butter and olive oil, then add diced sweet potato and allow to brown, shaking the pan to loosen the bits; add brown sugar, cinnamon, salt & pepper to taste; then cook until lightly brown.

