



Live Stream Steak Dinner
Wednesday, June 2, 2021
5 – 6:30 pm EST

- Menu -

Citrus Marinated Flank Steak
With Triple Fruit Salsa
Easy Orzo and Rice Pilaf Timbale
Warm Lemon Pudding

Menu serves 6

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browser:

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Shopping

Dairy

- 2 eggs
- 1 TB unsalted butter, softened
- 1 ½ cups milk

Pantry

- ½ cup plus TB olive oil
- 3 TB chili sauce
- 3 TB soy sauce
- 1 TB honey
- 1 cup plus 2 TSP granulated sugar
- 2 TB white wine vinegar
- 1 cup long grain rice
- ½ cup orzo pasta
- 3 cups chicken stock
- ¼ cup all-purpose flour

Produce

- 2 oranges
- 4 cloves of garlic, minced
- 1 cup diced fresh pineapple
- 1 cup chopped fresh mango
- 2 kiwis, peeled and chopped
- 1 ½ cups diced red pepper
- 5 TB fresh cilantro
- 2 shallots
- 2 lemons

Protein

- 2-pound flank steak

Spices

- Kosher salt
- Black pepper
- ¼ TSP cayenne pepper
- 2 TB chili powder
- ¼ TSP crushed red pepper
- 1 TSP coriander
- 1 TSP cumin
- ½ TSP oregano
- 1/8 TSP cream of tartar

Equipment

Baking

- 6, 6-ounce ramekin dishes
- 2 Large baking dishes

Electric

- Hand-held mixer

Pots and Pans

- Grill or grill pan
- Medium Sauce pan
- Small sauce pan

Tools/Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls, various
- Ziploc bag, large

Mise en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance, I am less likely to get lost... such as “did I put in the baking powder?”

I will give you time during the class to chop and measure as we prepare each recipe, but I recommend the more you prep in advance the more time you have to listen to the instruction!

- Soften the butter
- Measure out your ingredients
- Make chicken stock, I use Better than Bouillon

Grilled Flank Steak with Fruit Salsa

Serves 4 - 6

1, 2-pound flank steak
Zest from 1 orange
¼ cup fresh squeezed orange juice
3 TB olive oil
3 TB chili sauce
3 TB soy sauce
1 TB honey
4 cloves of garlic, minced
½ TSP kosher salt
¼ TSP cayenne pepper
2 TB chili powder
1 sliced orange for garnish, if desired

Prepare the meat:

Trim the fat from the flank steak and place it in a large Ziploc bag.

Marinade:

Zest one orange into a medium bowl. Next, juice the orange and place juice in the same medium bowl. Add the olive oil, chili sauce, soy, honey, minced garlic, salt, cayenne pepper and chili powder. Whisk until well combined.

Pour the marinade over the steak into the Ziploc bag. Seal the bag and place in a 9"x 13" pan.

Place in the refrigerator up to 8 hours. Turn the steak occasionally so the marinade penetrates evenly. Remove the steak from the marinade and discard the marinade.

Heat the grill to medium and grill about 6 - 8 minutes per side. For medium rare – remove when the internal temperature of the steak is 135°. Let rest 10 minutes before slicing it, against the grain. Serve with fruit salsa.

Fruit Salsa

1 cup diced fresh pineapple
1 cup chopped fresh mango
2 kiwis, peeled and chopped
1 cup diced red pepper
3 TB fresh cilantro, chopped
2 TSP granulated sugar
2 TB white wine vinegar
¼ TSP crushed red pepper

Combine all the ingredients in a medium bowl. Cover and refrigerate up to 8 hours. Bring to room temperature before serving.

Rice and Orzo Pilaf Timbale

Serves 6

2 TB olive oil
½ red bell pepper, chopped
2 shallots, chopped fine
1 TSP coriander
1 TSP cumin
½ TSP oregano
1 cup long grain rice
½ cup orzo pasta
3 cups chicken stock
¼ TSP kosher salt
Cooking spray

Topping

¼ cup olive oil
Zest from one lemon
2 TB fresh lemon juice
2 TB chopped cilantro

Heat 2 tablespoons of olive oil in a medium saucepan over medium heat. Add the shallots and red pepper and cook about 5 minutes. Next add the spices to the pan, coriander, cumin and oregano. Cook an additional 2 minutes. Add the rice and lightly toast for 2 minutes. Pour in the orzo pasta and the stock, bring the mixture to a boil. Cover and reduce the heat to low. Cook about 15 – 17 minutes until the rice is softened.

Meanwhile in a small saucepan, heat the olive oil, zest, and juice and bring to a boil. Then add the fresh cilantro and remove from the heat.

Slightly oil a ramekin and place 1/6 of the rice mixture, lightly tapping it down. Turn it out onto a plate and pour some of the lemon oil over the top. Repeat for the additional 5 servings.

Warm Lemon Pudding

Makes 6 individual servings

2 egg whites
1/8 TSP cream of tartar
1 TB unsalted butter, softened
1 cup sugar
1/4 cup flour
2 egg yolks
1 lemon juiced, and zested
1/8 tsp salt
1 1/2 cups milk

Preheat oven to 350 ° F.

Beat egg whites and cream of tartar in a small bowl until soft peaks form and set aside.

Place softened butter, sugar, flour, egg yolks, lemon juice, zest, salt and milk into a mixing bowl. Beat lightly until blended. Fold in beaten egg whites. Do not over beat! The mixture will be slightly lumpy. Pour into 6, 6-ounce ramekin dishes. Set the dishes inside another baking dish 1/2 full of hot water. Bake at 350°F for 45 minutes or until slightly browned.

This can be served garnished with a sugared lemon peel or a dab of whipped cream and a sprinkle of powdered sugar.