



INGREDIENTS

- 1 Flank steak
- 3 TBSP of butter
- 1 Garlic bulb cut in half
- Sprig of fresh rosemary

SAUCE

- 1 diced shallot
- 1 cup of chopped cremini mushrooms
- ¼ cup of cognac
- 1 cup of beef stock
- ¼ cup of heavy cream

POTATOES

- 9 potatoes
- 2 TBSP of butter



FLANK STEAK WITH COGNAC MUSHROOMS SAUCE & SAUTEED POTATOES

By Caterina Romano's kitchen

DIRECTIONS

1. Generously coat both side of the steak with olive oil. Season both sides with kosher salt and pepper.
2. Heat a frying pan over medium to high heat. Melt the butter and cook the steak about 4 minutes on each side for well done. Cook all sides.
3. While the steak is cooking rub the garlic bulb on both sides.
4. Top the steak with 1 TBSP of butter and allow it to melt.
5. Dunk the rosemary into the butter sauce and baste the steak. Baste the other side of the steak.
6. Transfer the steak to a wooden board and allow it to rest for a minimum of 20 minutes.

COGNAC & MUSHROOM SAUCE

1. Use the same pan you cooked the steak. Add the shallots and sauté until translucent, a couple of minutes.
2. Add the mushrooms and cook until they release most of their water. Once the water has evaporated add the juices of the steak.
3. Add the cognac and flambe it (be careful) until the alcohol evaporates.
4. Add the beef stock and continue cooking until it reduces to half. Add the heavy cream and mix well. Season with salt & pepper. Baste the sauce with a rosemary sprig.
5. Clean and shape the potatoes into cones. Parboil the potatoes in salted water until tender to the fork.
6. Heat a frying pan over medium heat and melt the butter. When hot add the potatoes and sauté them on all sides for 4-5 minutes.
7. Cut the steak into small strips. Cover the strips of steak with the mushroom sauce (leave some for the table).
8. Serve the meat with the sauce and potatoes.

ENJOY THE FLANK STEAK