



Flank Steak with Asparagus and Red Bell Peppers

NIBBLEDISH CONTRIBUTOR

Ingredients

1 Flank Steak (about 1 lb.)
1/2 Shallot, finely diced
1 Red Bell Pepper, diced
3/4 Cup Beef Broth
3 Tbsp. Whisky or Brandy
3/4 Cup Heavy Whipping Cream
4-5 Asparagus Stalks
Olive Oil
Salt

Instructions

I prefer a cast iron skillet for this recipe...

1. Preheat an oven with the skillet in it to 400 degrees
2. Once it reaches the temperature, take the skillet out of the oven and put it on a stove top and turn the burner on high.
3. Reduce the oven to 350 degrees
4. Score the flank steak lightly on both sides
5. Add a little oil to the flank steak on both sides
6. Place the flank steak in the skillet and let it sit for a minute to two, then flip. Wait another minute.
7. Place the skillet, with the steak, in the oven and cook to desired doneness. I prefer medium rare.
8. Remove steak when done, place on a pan, cover with foil and let rest.

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9. Meanwhile, cook the asparagus in a separate pan with a little water added.
 10. Do not discard anything in the skillet left over from cooking the steak, this is the good stuff! Instead, add the shallots and cook for about a minute or two.
 11. When sauted a bit, add in the broth and using a spatula, scrap the meat bits stuck to the pan off and stir around.
 12. Add the whisky or brandy (be careful, this is flammable and an open flame can catch this on fire. You may want to turn off the flame to do this).
 13. Once this all comes to a boil, add in the whipping cream and let reduce about half to 3/4 so it's a little thicker.
 14. Slice the flank steak into serving pieces.
 15. Remove the asparagus and drain

To Plate:

Add the asparagus to the plate.
Top with the flank steak pieces
Add the sauce and a little salt
Top with the sliced red bell peppers.