



ROSH CHODESH CLUB
WITH CHEF GABE

SEARED FLAT IRON STEAK & FRITTATA

 Serves: 4 - 6

Ingredients

Spanish Frittata

1 ¼ lbs peeled potato
(russet or yukon gold)
1 medium onion
1 cup extra virgin olive oil
6 large eggs
Salt and pepper

Red Argentinian Chimichurri

6 tbsp red wine vinegar
4 cloves garlic minced
1 medium shallot
1 - 3 small hot pepper
(depending on desired heat)
3 roasted red bell pepper
2 cups fresh parsley
1 cup extra virgin olive oil
1 tsp ground cumin
2 tsp paprika (preferably smoked)
Salt & pepper to Taste

Seared Flat Iron Steak

1 flat iron steaks around 1 to 1 ½ lbs
Salt and pepper
Canola oil



Directions

Spanish Frittata

Preheat oven to 350° F. Slice the potatoes and onion into thin slices about the thickness of two pennies with a knife or mandolin. Meanwhile, heat the oil in a 10 inch nonstick pan over a medium flame. After a minute or two, place a few pieces of potato in the oil and check to see if small bubbles are forming around its side. Once you see the bubbles, place all the potatoes and onions in the hot oil and stir to coat. Lightly season with salt and pepper and continue to cook over medium heat stirring and flipping the potatoes and onions occasionally. When the potatoes are knife tender, strain them and the onions with a colander over a heat proof bowl. Reserve the oil.

In a separate bowl, crack and whisk the six eggs and lightly season with salt and pepper. Place the pan back on the stove over a medium high flame and add 2 to 3 tablespoons of the reserved oil. Mix the strained onions and potatoes into the egg. Pour the potato egg mixture into the hot pan. Cook for one minute, then place a lid over the pan and place into the preheated oven for around 10 to 15 minutes. You will know the frittata is done when the top is set and no longer runny. Remove from the oven.

To plate, carefully place a large plate over the pan and invert the plate with the pan leaving the upside down frittata on the plate. Cut into wedges and serve. The frittata can be served warm or cold.



Red Argentinian Chimichurri

Rough chop the shallot, hot pepper, red bell pepper, and parsley then place in a food processor. Add all the rest of the ingredients, but the salt and pepper, in the food processor and pulse until the mixture resembles salsa. Pour into a container and season with salt and pepper to taste. Cover and place in the fridge for 30 minutes so that the flavors can mix. The chimichurri can be kept in the fridge for up to 4 days.

Seared Flat Iron Steak

Cut the steak into individual portions and dry the steak with paper towels. Heat a large heavy pan over a medium high flame. Lightly coat the pan with canola oil or any other high smoke point oil. Make sure the pan is fully hot before you start searing. Season the steaks with salt and pepper and sear one to two steaks at a time. Use a thermometer or this guide to adjust your cook time:

Rare: 125° F (around 3 minutes per side)

Medium-Rare: 135° F (around 3 - 4 minutes per side)

Medium: 140° F (around 4 - 5 minutes per side)

Medium-Well: 150° F (around 5 - 6 minutes per side)

Well: 160 - 170° F (around 6 - 7 minutes per side)

Remember the steak temperature will continue to rise around 5 degrees after removing from the pan. Remove the steaks from the pan slightly under your desired temperature. Place the first batch on a plate and tent with foil while you cook the remaining steaks.

To serve, slice the steak to your desired thickness against the grain and enjoy.

