

# Delmonico Steak and Roasted Asparagus with Mushrooms and Basil Chiffonade

Recipe By Kiki Fisher



Cooking and Prep:  1  
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Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Sukkot

Diet: Low Carb

Source: Whisk by Ami

Magazine

## Ingredients (20)

### Delmonico Steak

- 2 tablespoons **Gefen Olive Oil**
- 4 (5-ounce) Delmonico steaks
- Haddar Kosher Salt**, for sprinkling
- coarse black pepper, for sprinkling
- 6 tablespoons chopped fresh parsley

- 8 garlic cloves, minced
- 3 tablespoons chopped fresh thyme
- 1 cup sliced fresh mushrooms
- 1 cup **Empire Chicken Broth**
- 1/4 cup **Baron Herzog Chenin Blanc** or other white wine
- 1 tablespoon flour dissolved in 1/2 cup water (*optional*)

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## Roasted Asparagus with Mushrooms and Basil Chiffonade

- 1 and 1/2 pounds fresh asparagus, both ends removed
  - 1 pint grape tomatoes, halved
  - 1 cup fresh sliced mushrooms
  - 1 cup enoki mushrooms
  - 1/2 cup fresh basil chiffonade (sliced into thin strips)
  - 5 tablespoons **Gefen Olive Oil**
  - 4 garlic cloves, minced
  - salt, to taste
  - coarse black pepper, to taste
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## Start Cooking

### Prepare the Delmonico Steak

Yield: serves 4

1. Preheat oven to 400 degrees Fahrenheit.
2. Heat olive oil in a large skillet over medium-high heat.
3. Season steaks with kosher salt and pepper on both sides. Add steaks to hot pan and sear until browned, about three minutes per side. Remove from pan and place in a 9x13-inch baking pan.
4. Add parsley, garlic, thyme, and mushrooms to the skillet. Sauté for three minutes. Add broth

and wine and bring to a simmer. Whisk in flour solution (if using to thicken sauce) and continue to cook for two minutes, or until sauce thickens. Pour sauce over steaks. Cover tightly with foil and bake for one hour, or until meat feels tender when pricked with a fork.

### **Prepare the Roasted Asparagus with Mushrooms and Basil Chiffonade**

Yield: serves 6

1. Preheat oven to 400 degrees Fahrenheit. Grease a baking sheet.
2. Spread asparagus, tomatoes, mushrooms, and basil on prepared baking sheet. In a small bowl, whisk together oil, garlic, salt, and pepper. Pour over vegetables. Bake for 20 minutes.