

Butcher's Cut with Broccoli Mashed Potatoes

Recipe By *Esther Deutsch*



Cooking and Prep:  1
h 40 m

Serves:  2

No Allergens

Preference: Meat

Serves two as a main dish, or four to six as an appetizer.

Difficulty: Easy

Occasion: Passover, Rosh

Hashanah, Sukkot

Diet: Gluten Free

Source: Whisk by Ami

Magazine

Ingredients (12)

Broccoli Mashed Potatoes

- 4 red-skinned or Idaho potatoes, peeled and diced into 1-inch cubes
- 12-15 oz. broccoli florets
- 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
- 4 tablespoons oil

- 1 and 1/2 teaspoons kosher or **Tuscanini Sea Salt**
 - freshly ground black pepper
 - Empire Chicken Broth** or other chicken stock, as needed
 - non-dairy sour cream, such as Tofutti (*optional*)
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For the Steak

- 1 pound hanger steak
 - 5 tablespoons oil, divided
 - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
 - fresh cracked **Gefen Black Pepper**
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Start Cooking

Prepare the Broccoli Mash

Baking the potatoes and broccoli in the oven, rather than cooking them in water, yields a huge flavor difference. Water drains the flavor, while steaming them au naturel in the oven maintains the crispiness of the potatoes and retains the flavor and vitamins in the broccoli.

1. Preheat oven to 350 degrees Fahrenheit. Place potatoes, broccoli, garlic, oil, salt, and pepper in a baking pan. Cover and bake for at least one and a half hours, until potatoes and broccoli are soft
2. Mash the vegetables; add chicken stock, a little at a time, to achieve desired consistency. Season with additional salt and pepper if needed.
3. If you prefer additional creaminess, add desired amount of Tofutti sour cream and combine well with potatoes. Serve warm with slices of hanger steak.

Prepare the Steak

1. While the broccoli and potatoes are cooking, prepare the hanger steak.
2. Rub steak with two tablespoons oil, garlic, and pepper.
3. In a large heavy skillet, heat the remaining oil on medium-high heat until hot. Sear for four minutes on either side for medium-rare and six minutes per side for medium. Transfer steak

to a plate and allow to rest for eight minutes.

4. Slice to desired thickness against the grain. Serve small individual pieces as an appetizer, or plate as a main dish.