

virtual kitchen

EPISODE FOUR RECIPES



Chimichurri Flank Steak

Roasted Maduros, Tomato-Chili Rice, Cotija Cheese, Cilantro, Cumin-Lime Black Bean Purée

GENERAL ADVICE FROM CHEF ZACH:

“I always advise students at the Dedman College that recipes are only starting points. Stated another way, recipes are points of departure. It is the musician who delivers a great performance, not the sheet of music. It is the cook who makes a great dish, not the recipe. A recipe is only a tool. A great recipe will still only get you halfway to a great dish. The other half must come from the mind and the hands of the person cooking.”

INGREDIENTS

Whole flank steak, approximately 2 lbs flat end trimmed of fat and connective tissue

Fat of choice for searing

Salt and pepper to taste

Cilantro, ½ bunch

Parsley, ½ bunch

Fresh oregano, leaves from 3–5 sprigs

Garlic cloves, 3 or more depending on preference, peeled

Red wine vinegar, ½ cup

Olive oil, ½ to 1 cup, depending on thickness

Frozen maduros, 1½ lbs (sweet plantains, can be found in the international section of most grocery stores)

Fat of choice for roasting

Basmati rice, 1 cup

Chicken stock, 1½ cups

Butter, 2 tbsps

Roma tomatoes, 2–3 each, tops removed and coarsely chopped

Guajillo chili, 2 each, torn into strips, deseeded and steeped in hot water for 20 minutes

Garlic clove, 2 each, peeled

Canned black beans, 13½ oz

Bloody Mary mix (Zing Zang), 4 oz

1 lime, juiced and zested

Cumin, as desired

Cotija cheese, crumbled as desired for garnish

Cilantro, with leaves pulled from stem

Before beginning to cook anything, make sure that all ingredients are prepared and accessible, according to their description above.

Chimichurri

(up to 48 hours in advance)

** More processing equals smooth but pasty. Less processing equals coarser and crunchier. Chimichurri may also oxidize or turn a darker color as it sits. To minimize this, put a layer of plastic wrap over the surface of the sauce before storing it in the refrigerator.*

1. Add cilantro, parsley, oregano, 3 garlic cloves, red wine vinegar and olive oil to a food processor and process to desired consistency.*

Flank Steak

*** Cooking times will vary based on desired level of doneness, thickness of steak, cast-iron pan and variance in oven/burner temperatures.*

Well done: 145+ degrees

Medium well: 140 degrees

Medium: 135 degrees

Medium rare: 130 degrees

Rare: 125 degrees

Substitutions

Any steak can be substituted for this dish though cooking times will vary. Flank steak has the right fat content and flavor intensity to stand up to the raw garlic in the chimichurri. Softer steaks—such as filet mignon—have a subtle flavor that will be overpowered by the other components on this dish.

1. Preheat a large, clean and well-finished cast-iron skillet over medium-high heat until surface temperature is approximately 425 degrees, or until oil barely begins to smoke when added to the pan. Preheat cast-iron pan first, then add oil. Do not preheat the oil along with the pan. If your cast-iron pan has been well cared for, this will not hurt the pan.
2. Carefully add seasoned flank steak to pan and sear until deep golden brown. When desired color is achieved, approximately 3–5 minutes, use tongs to carefully flip steak over. Being too aggressive with the flip can cause oil to splatter onto the burner, creating a fire hazard. If your smoke alarm is inside a walled-off kitchen, this process will set it off!
3. After flipping, transfer cast-iron pan with flank steak to a 400-degree oven for 5–10 minutes, or until internal temperature at the thickest portion of flank steak reaches 130–135 degrees.** Insert thermometer 2" at a 30-degree angle into the thickest portion of the steak.
4. Keep in mind the temperature will continue to rise for a few minutes after the steak comes out of the oven. If you pull the steak from the oven at 130 degrees, it will "carryover" to at least 135 degrees. Minimize the carryover cooking process by immediately removing the steak from the hot cast iron.

Roasted Maduros

1. Line a baking sheet with parchment paper (not wax paper or tin foil) and brush parchment with fat of choice (butter is recommended.) Lay maduros out on the parchment-lined sheet pan. Ensure there is some space between each maduro or they will steam instead of developing a deep brown and crispy exterior.
2. Roast maduros at 400 degrees until desired level of caramelization has occurred. We like them very dark! It usually takes over 20 minutes to achieve a dark and crispy exterior.

Tomato-Chili Rice

1. Rinse basmati rice.
2. Using a countertop blender, purée garlic, chilis, tomatoes and chicken stock on high speed until perfectly smooth. Strain through a fine-mesh strainer. Discard particulate solids.
3. Add purée to a medium saucepan and season with salt and pepper. Add butter and bring to a simmer.
4. Add rice to saucepan. Cover, reduce heat to low and cook at a light simmer for 15 minutes.
5. After 15 minutes, remove pot from burner but do not uncover it. Let rice sit covered for five additional minutes before serving.

Cumin-Lime Black Bean Purée

(up to 48 hours in advance)

**** Beans may also be puréed in batches in a countertop blender, but puréeing hot liquids incorrectly can be dangerous as it creates a steam explosion in your blender that has the potential to splatter hot contents. Use a countertop blender if you are comfortable with the process of safely puréeing hot liquids, but we recommend an immersion blender if this process is new to you.*

1. Add black beans, Bloody Mary mix and cumin to a saucepot and simmer gently for 30–45 minutes or until beans are very soft. They should be intentionally overcooked to be tender and hydrated. Carefully purée with a high-powered immersion blender*** until smooth.
2. Whisk lime zest into the finished purée and serve immediately.

Plating

1. There are infinite possibilities for every plating. Start simple by thinking about arranging and stacking neatly in the center of the plate and using a colorful sauce or condiment—such as your chimichurri—to highlight components of the dish.
2. Squeeze a lime wedge over the top of the dish, and sprinkle cilantro and Cotija cheese around the plate as desired.

Our students take great pride in their LDS capstone class, putting creativity, research and planning into each dinner. Invest in these students, and future LDS students, by donating the price of your Little Dinner Series ticket at give.fsu.edu/lds.

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Cheers!

Lacey Wallheiser

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Mezcal Margarita

to be paired with Chef Zach's Chimichurri Flank Steak

INGREDIENTS

Mezcal joven, 2 oz

Lime juice, 1¼ oz freshly squeezed and strained

Agave syrup, ¾ oz

Lime wheel for garnish

Kosher salt for glass rim

EQUIPMENT

Cocktail shaker

Jigger

Citrus juicer

Fine-sieve strainer

Knife and cutting board

Mixing the cocktail

1. Pour a small amount of lime juice on a plate. Add kosher salt to a separate dish. Place inverted cocktail glass on plate of lime juice to wet the rim, then press into salt to rim glassware before mixing drink. A half-rim is great when unsure of guest preference.
2. Add tequila, agave and lime juice to the shaker tin.
3. Add 1 cup of ice cubes to shaker. Seal well and shake hard until the tin is cold and well chilled (approximately 5–15 seconds).
4. Add fresh ice to fill the salted-rim glass. Pour and strain cocktail.
5. Garnish with lime wheel.

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EPISODE FOUR RECIPES



Cheers!

Lacey Wallheiser

Little Dinner Series Coordinator

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Spicy Mezcal Margarita

to be paired with Chef Zach's Chimichurri Flank Steak

INGREDIENTS

Mezcal joven, 2 oz

Lime juice, 1¼ oz freshly squeezed and strained

Agave syrup, ¾ oz

Jalapeño, 5 sliced wheels for shaking and garnish

Tajín seasoning for glass rim

EQUIPMENT

Cocktail shaker

Jigger

Citrus juicer

Fine-sieve strainer

Knife and cutting board

Mixing the cocktail

1. Pour a small amount of lime juice on a plate. Add Tajín seasoning to a separate dish. Place inverted cocktail glass on plate of lime juice to wet the rim, then press into seasoning to rim glassware before mixing drink. A half-rim is great when unsure of guest preference.
2. Add tequila, agave, lime juice and 3–4 jalapeño wheels to the shaker tin.
3. Add 1 cup of ice cubes to shaker. Seal well and shake hard until the tin is cold and well chilled (approximately 5–15 seconds).
4. Add fresh ice to fill the seasoned-rim glass. Pour and strain cocktail.
5. Garnish with jalapeño wheel.