



HOME SMOKED LONDON BROIL WITH EXOTIC MUSHROOM PAN GRAVY

Serves 3-4

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

INGREDIENTS

THE MUSHROOM PAN GRAVY

- 1 lb. assorted cleaned mushrooms — cut into 1/2" dice
- 3 tablespoons extra virgin olive oil
- 4 tablespoons unsalted butter, Portioned in half
- 1 large shallot, finely diced
- 1 1/2 tablespoons balsamic vinegar
- 1/2 cup sturdy, dry red wine
- Additional wine or water as needed

THE LONDON BROIL

- Kosher salt and coarsely ground black pepper to taste
- 1 top round steak ("London Broil") — 1 1/2-2 lbs.
- 1 1/2 tablespoons olive oil
- 1 handful dried assorted stalks of herbs. (I used thyme, rosemary and oregano. The types aren't too important, but they must be thoroughly dry and on the stems.)

INSTRUCTIONS

Clean the mushrooms with a slightly dampened paper towel.

Dice all mushrooms to a uniform 1/2' dice.

Pre-heat the oven to 350 degrees.

Sauté your mushrooms over medium heat in the butter/oil mix. As the mushrooms start to brown, add shallots, constantly stirring. Add balsamic vinegar and red wine. As the wine evaporates and thickens, turn off the heat and cover the mixture. Add water or more wine to thin the sauce to the desired consistency if it is too thick, or not saucy enough.

Pat your steak dry with paper towels. (Optional: Using a kitchen mallet or a small frying pan bottom, pound your steak ever so slightly.) Add salt and pepper to your steak to taste, pushing salt and pepper into the steak with your fingertips.

Heat a cast iron (or ovenproof) heavy sauté pan over medium heat. Add oil. Just as it shimmers but before it starts to smoke, place your steak in the pan. Do not flip or move the steak for at least 3 minutes. (Time varies depending on how you'd like the steak cooked, and the steak's thickness.) Flip your steak when it's browned, with a slight crust.

Place the pan with the steak in the 350-degree oven for 5 minutes. (Time varies due to thickness and how much you'd like steak cooked.)

Remove steak from the oven. Turn the heat up on stovetop burner to, holding the stalk(s) of dried herbs firmly with extra long tongs set dried herbs on fire. Immediately place the steak and burning herbs in a metal bowl with a tight-fitting metal lid, or a heavy plate to seal the bowl. (The idea is for the steak to rest with the smoking herbs.) Let the steak rest for 5 minutes, covered in the smoking vessel. Carve your steak on the bias in thin pieces. Reserve any steak drippings.

Heat the mushroom sauce over low-medium heat. Using a wooden spoon, stir and deglaze, loosening any solids adhering to bottom of the pan. Add additional red wine or water if needed along with reserved steak drippings. Add butter to the finished sauce.

Arrange your steak slices on a heated platter. Cover with the mushroom pan gravy. Serve immediately.

Note: I used chanterelles, oyster & Maitake mushrooms. However, porcini, Shitake and Portobellos work as well. Whatever looks good in your market should be fine.



PORCINI AND CINNAMON INFUSED RICE PILAF

Serves 3-5

Prep time: 10 minutes

Cook time: 45 minutes

Total time 55 minutes

INGREDIENTS

- 1/2 cup dried porcini mushrooms
- 2 tablespoons unsalted butter
- 3 tablespoons olive oil
- 1/3 cup vermicelli noodles, broken into 2 inch lengths
- 1 1/2 cup extra long grain rice, well-rinsed and drained
- 1 cinnamon stick
- 1 bay leaf
- Salt to taste
- 3 tablespoons chopped parsley (optional)

INSTRUCTIONS

Boil 3 cups of water and add dried porcini mushrooms. Set this aside, covered and off of the flame. Let the mushrooms steep in the hot water, covered for a minimum of 20 minutes. Then strain the mushrooms, and their now dark broth, through a coffee filter or a paper towel lined funnel or coffee cone. Discard or save your mushrooms for another use.

Heat butter and oil over low-medium heat until the color turns to blond in a pot of ample size to cook the rice.

Add vermicelli to pan. Stir constantly. Toast the vermicelli in the butter and oil, taking care that it doesn't burn. Once the vermicelli toasts, add drained rice to the pot. Gently stir, coating the rice in butter and oil, along with the vermicelli. In 2-3 minutes, as rice turns chalky white, add the cinnamon stick and bay leaf. Gently stir, and then add 3 cups of reserved porcini broth. Add salt to taste. Cover the pot and lower heat to low.

After 30 minutes, uncover the pot and gently fluff your rice. Cover the rice again and let rest off of the heat for 10 minutes. Before serving you may fold in parsley if desired.



GREEN BEANS ALMONDINE WITH LEMON

Serves 4

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

INGREDIENTS

- 1 lb. picked-over, cleaned whole green beans, with ends snipped off
- 4 tablespoons sliced almonds
- 1 half lemon

INSTRUCTIONS

Steam cleaned green beans in a vegetable steamer for 3-5 minutes.

Toast almonds over medium heat in a small dry sauté pan. Be careful not to burn them.

Remove steamed green beans from steamer and place on serving plate. Cover with squeezed `lemon half. Top and toss with toasted almonds.