

Avocado Kale Oat Encrusted Steak with Roasted Carrots, Blueberry Cream Sauce and Pear and Red Quinoa



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ingredients

- 1 lb flank steak, whole, grilled
- 1 large kale leaf, de-stemmed, finely chopped
- 1 c blueberries
- 2 whole carrots, peeled
- 1 pear, peeled, 1/4" dice
- 1 avocado, 1" cubes
- 1 garlic clove, finely minced
- 1 tbsp fresh ginger, minced
- 2 c Quaker Old-Fashioned Oats, raw, ground
- 1 c red quinoa
- 1 tbsp lemon juice, freshly squeezed
- 3 tbsp whole milk
- 1 tbsp fat free sour cream
- 3 tbsp organic extra virgin olive oil (to make avocado cream)
- 1/2 tsp of organic extra virgin olive oil (to coat carrots)
- 1/2 tsp of organic extra virgin olive oil (to sauté quinoa)
- 1/4 c water
- 1/8 tsp of smoked paprika (for blueberry cream sauce)
- 1/8 tsp of smoked paprika (for pear quinoa)
- 1/8 tsp salt and pepper (steak seasoning)
- salt and pepper to taste

instructions

1. Rinse the meat thoroughly, and place in a bowl to drain.
2. Take oats and place in a dry blender to turn into a ground flour-like substance (should still be able to see the oats in mixture, should be a good mix of fine and whole oats), takes 2-3 minutes, then place in a bowl by itself.
3. Remove the stem from the kale by taking your knife along the sides of it and around the outside of the stem (V shape) and then remove and discard. Fold kale leaf (stack), roll tightly and chiffonade-slice leaves perpendicular to the roll, and then continue to slice/chop until it is fine.
4. Cut avocado down the middle (be careful to not cut into seed with blade), twist and then pull apart, remove seed by smacking it with the knife or using a spoon. Remove the peel, and cut into 1" cubes.
5. Blend avocado, lemon juice, olive oil, sour cream, minced ginger, and minced garlic together, along with 1/4 c water until smooth.
6. Drain meat again, season with salt and pepper, and completely cover with avocado cream, mix kale and oat mixture together and cover on both sides of the steak.
7. Heat up castor iron grill and cook the steak on the flat top for 10-15 minutes until the breading becomes firm on each side of the steak.
8. Wash and peel carrots, use 1 tbsp of olive oil to coat carrots, place on a foil sheet in over on 375 degrees for 15-20 mins until al dente but not raw, and the carrots have slightly colored/blackened in spots (doesn't have to be completely roasted).
9. Take blueberries and cook in a non-stick copper skillet (or skillet of choice) until they begin to blister and "melt", whisk in cream and cook down for an additional 3-5 mins, be sure to add salt and smoked paprika.
10. Peel pear and remove stem, slice the "meat" off the core, and then slice each piece you cut off and then dice into 1/8" pieces. Sauté in a copper skillet, add smoked paprika, salt and pepper to taste (shouldn't be sweet when tasting like it is raw and uncooked), add quinoa and 1 tbsp of olive oil continue to sauté and then cover quinoa and pears with warm to hot water, cook on medium high for 5 minutes, check water level and reduce to low. (Be sure to check water level often as you will have to keep adding it until quinoa becomes tender). Cook time 30 minutes.
11. Plate a 4-ounce piece or slices of the encrusted flat iron steak onto plate, 4 ounces of the pear quinoa, 2 roasted carrots, and up to 3 tbsp of blueberry cream sauce. Meat goes on top of blueberry cream or can be ladled across top; serve.