

## PAN SEARED STEAK WITH LEMON-THYME BUTTER, CREAMED SPINACH AND SMASHED POTATOES

PAIRED WITH 2017 CABERNET SAUVIGNON SLIDE MOUNTAIN | YIELDS 6 PORTIONS

### SPINACH INGREDIENTS

2 lbs Spinach, fresh

2 tbsp Butter

2 tbsp Extra-Virgin Olive Oil

6 cloves Garlic, minced

$\frac{3}{4}$  cup Heavy Cream

1 tsp Nutmeg, freshly ground

1 cup Parmesan Cheese, grated

Kosher Salt

Black Pepper, freshly ground

### METHOD

1. Heat the butter and oil in a large skillet over medium-high heat.
2. Add the garlic and cook until aromatic.
3. Add the spinach and immediately stir to prevent garlic from burning.
4. Cook while stirring until spinach is wilted down evenly.
5. Place spinach mixture on a sheet tray in an even layer to cool.
6. Once cool, transfer the spinach mixture to a colander and squeeze to remove as much liquid, as possible.
7. Transfer spinach to a cutting board and cut the spinach to make a coarse mixture. Heat a non-reactive skillet over medium high heat and add the cream and nutmeg.
8. Cook for about 5 minutes to reduce the mixture then add the parmesan cheese and cook until it is melted.
9. Season with salt and pepper. Serve immediately.

C A N A ' S  
F E A S T

# PAN SEARED STEAK WITH LEMON-THYME BUTTER, CREAMED SPINACH AND SMASHED POTATOES

PAIRED WITH 2017 CABERNET SAUVIGNON SLIDE MOUNTAIN | YIELDS 6 PORTIONS

## STEAK INGREDIENTS

6 Steaks, 12 oz each (*Porterhouse, New York Strip Steak or Ribeye, preferably*)  
 Kosher Salt  
 freshly ground Black Pepper  
 4 oz Clarified Butter  
 6 Tbsp Unsalted Butter  
 6 Thyme Springs, fresh  
 ½ Lemon

## METHOD

1. Season steaks liberally with salt and pepper on both sides. Rest the steaks at room temperature for 30 minutes.
2. Heat oven to 500 °F.
3. Heat one extra large or two large cast iron skillets over high heat until smoking hot.
4. Add the clarified butter then the steak and continue cooking until well seared, about 5 minutes.
5. Turn the steak, add the lemon, cut side down and thyme sprigs to the pan.
6. Put the pan into the preheated oven for 5 minutes or until the internal temperature is 128°F.
7. Add the unsalted butter to the pan then remove the steak.
8. Allow steak to rest for 5 minutes and serve with smashed potatoes, creamed spinach and spoon the thyme-lemon butter on top.
9. Serve immediately garnished with thyme.

## MASHED POTATOES

6 waxy Potatoes, like Yukon Gold  
 1 tbsp Salt, for boiling  
 1 tbsp Clarified Butter  
 1 tbsp Olive Oil  
 ¼ tsp Salt, to season potatoes (for sprinkling)  
 1 pinch Black Pepper, freshly ground  
 2 tsp Parsley or Chives, chopped

## METHOD

1. Wash the potatoes and place them in a pot. Cover with cold water and add salt.
2. Bring to the boil and cook potatoes until soft - small ones should take around 20 to 25 minutes, medium might take 30 minutes.
3. Preheat oven to 400 °F. Drain the potatoes and let dry on a sheet tray for 5 minutes.
4. Use a potato masher to squish the potatoes, keeping them in one piece.
5. Thin = crisper. Thicker = fluffier insides.
6. Leave on the tray to steam dry for 5 minutes or so - makes them crispier!
7. Drizzle with clarified butter, then the olive oil. Sprinkle with salt and pepper.
8. Bake for 35 minutes for small potatoes or 45 minutes for medium potatoes. Don't flip!
9. Serve hot, sprinkled with parsley and/or chives, if desired.