



# FLAT IRON STEAK *with* ROASTED BROCCOLINI and ROMESCO SAUCE

WITH CRU EXTRA VIRGIN OLIVE OIL

RECIPE BY CHEF JIMMY DAY

## INGREDIENTS

- 1 bunch broccolini
- Olive oil for drizzling
- Salt to taste
- 12 oz flat iron steak
- 2 tbsp avocado oil

### *Romesco sauce:*

- 1 can piquillo pepper
- 2 tsp parsley
- 2 tsp garlic
- 1 tsp smoked paprika, toasted
- ¼ cup sherry vinegar
- ¼ cup CRU extra virgin olive oil
- 2 tsp salt
- 2 tbsp almond, toasted

## METHOD

*Notes:* Preheat oven to 450° F. Pull steaks from refrigerator to allow to temper to room temperature.

*For the romesco sauce:* Place all ingredients in blender and puree until smooth. Set aside at room temperature.

*For the broccolini:* Line baking tray with aluminum foil. Place broccolini on tray and drizzle with olive oil and salt to taste. Roast in oven for about 5–10 minutes. Once the florets begin to brown, remove from oven and set aside.

*For the steaks:* Preheat cast iron pan on medium-high heat. Season steaks generously with salt. Add avocado oil to pan. Once you begin to see wisps of smoke, GENTLY place steaks into pan. Make sure to lift the steak up a couple seconds later to allow the oil to get underneath the steak. Sear the steaks for about 3 minutes on each side and remove from pan and place on resting rack on a baking tray. At this point the steaks are rare; if more cooking is desired, simply place steaks in oven for 2–3 more minutes for medium rare, and 2–3 additional minutes for each increasing temperature. Allow steaks to rest at least 2 minutes before plating.

Served best with V29 2021 Estate Cabernet on a crisp autumn evening.