

Seared Steaks & Sage Brown Butter

with Cauliflower, Beet & Apple Hash

Certain flavors and aromas are synonymous with fall—like those of sage-infused brown butter. With its rich, toasty complexity, it makes for a sauce that perfectly suits the season, as well as the season's best produce. Here, we're spooning the sauce over succulent steaks and a savory-sweet hash of cauliflower, yellow beet (subtler in taste than its red counterpart), apple and toasted walnuts. It balances the cool-weather elements of the dish with a delicious touch of warmth.



Ingredients

- 4 Top Sirloin Steaks
- 1 Apple
- 1 Head Cauliflower
- 1 Lemon
- 1 Red Onion
- 1 Yellow Beet
- 1 Bunch Parsley
- 1 Bunch Sage

Knick Knacks

- 4 Tablespoons Butter
- ¼ Cup Walnuts

Makes 4 Servings

About 640 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Cut out and discard the cauliflower core; cut the head into small florets. Peel and medium dice the beet. Peel and small dice the onion. Roughly chop the walnuts. Pick the sage and parsley leaves off the stems; discard the stems and thinly slice the leaves, keeping the herbs separate. Quarter and deseed the lemon. Core and medium dice the apple; toss with **the juice of 1 lemon wedge** to prevent browning.

2



Start the hash:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **cauliflower** and **beet**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned.

3



Finish the hash:

Add the **apple** and **onion** to the pan of vegetables; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant. Add the **walnuts**. Cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined. Transfer to a large bowl and set aside in a warm place. Wipe out the pan.

4



Cook the steaks:

Pat the **steaks** dry with paper towels; season with salt and pepper on both sides. In the pan used to make the hash, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned steaks. Cook 3 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Transfer to a plate, leaving any browned bits (or fond) in the pan. Let the cooked steaks rest for at least 5 minutes.

5



Make the sage brown butter:

While the steaks rest, add the **butter** to the pan of reserved fond; heat on medium until melted. Cook, stirring frequently and scraping up any fond from the bottom of the pan, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, stirring occasionally, 1 to 2 minutes, or until the butter is golden brown and nuttily fragrant. Add the **sage**. Cook, swirling the pan occasionally, 30 seconds to 1 minute, or until the sage is fragrant and crispy. Turn off the heat. Stir in **the juice of the remaining lemon wedges**; season with salt and pepper to taste.

6



Plate your dish:

Find the lines of muscle (or grain) of the **rested steaks**; slice crosswise against the grain. Divide the **finished hash** and **sliced steaks** between 4 plates. Top with the **sage brown butter**. Garnish with the **parsley**. Enjoy!