

# Seared Steaks & Mashed Potatoes

*with Braised Red Cabbage & Apple*

Braised red cabbage with apple, a traditional German preparation, makes for perfect cooler-weather fare. In this recipe, a little sugar and red wine vinegar enhance the Granny Smith apple's natural sweetness and tartness, giving the braise its exciting flavor. By keeping the pan covered tightly while the ingredients simmer together, you'll lock in enough moisture to get authentically tender results. This delicious, seasonal side balances out (and brightens up) our hearty steaks and mashed potatoes, served under a rich pan sauce.



## Ingredients

4 Steaks

1¼ Pounds Russet Potatoes

10 Ounces Red Cabbage

1 Yellow Onion

1 Granny Smith Apple

1 Bunch Parsley

## Knick Knacks

4 Tablespoons Butter

3 Tablespoons Beef Demi-Glace

2 Tablespoons Sugar

2 Tablespoons Red Wine Vinegar

Makes 4 Servings

About 555 Calories Per Serving

Prep Time: 15 min | Cook Time: 35 to 45 min





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Core the apple; cut into matchsticks. Peel, halve and thinly slice the onion. Cut out and discard the cabbage core; thinly slice the leaves. Peel and large dice the potatoes. Pick the parsley leaves off the stems; discard the stems and thinly slice the leaves.

2



## Start the vegetables:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **apple** and **onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened.

3



## Finish the vegetables:

Add the **cabbage** to the pan of apple and onion; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the cabbage has wilted. Reduce the heat to medium-low. Stir in the **vinegar**, **sugar** and **¼ cup of water**. Cook, tightly covering the pan with foil (or a lid), 12 to 14 minutes, or until the vegetables are very tender; season with salt and pepper to taste. Transfer to a bowl and loosely cover with foil; set aside in a warm place. Rinse and wipe out the pan.

4



## Cook & mash the potatoes:

While the vegetables cook, add the **potatoes** to the pot of boiling water. Cook 10 to 12 minutes, or until tender when pierced with a fork. Reserving **¼ cup of the cooking water**, drain thoroughly and return to the pot. Off the heat, add **¾ of the butter** and **half the reserved cooking water**. Using a fork, mash to your desired consistency. (If the mixture seems dry, gradually add the remaining cooking water to achieve your desired consistency.) Season with salt and pepper to taste. Set aside in a warm place.

5



## Cook the steaks:

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

6



## Make the pan sauce & serve your dish:

While the steaks rest, heat the pan of reserved fond on medium-high until hot. Add the **demi-glaze**, **remaining butter** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond from the bottom of the pan, 2 to 3 minutes, or until the liquid has reduced in volume by about half. Remove from heat and season with salt and pepper to taste. Divide the **rested steaks**, **finished vegetables** and **mashed potatoes** between 4 plates. Top each with a few spoonfuls of the **pan sauce**. Garnish with the **parsley**. Enjoy!