

Flank Steak au Jus

*with Roasted Dijon Cauliflower,
Pickled Baby Turnips & Watercress*

Au jus is a French culinary term for “with juice,” usually referring to meat served with a pan sauce. When cooking steak, drippings and browned bits usually get left in the pan. But wait, there’s flavor there! Deglazing these bits with demi-glace and simmering with just a bit of water creates a rich sauce that enhances the dish. It’s complete cooking, putting every bit of flavor right back into the finished steak.



Ingredients

- 1 Bunch Baby Turnips
- 3 Cloves Garlic
- 1 Bunch Tarragon
- 1 Lemon
- ½ Head Cauliflower
- 2 Tablespoons Red Wine Vinegar
- 1 Tablespoon Sugar
- 1 Tablespoon Dijon Mustard
- 10 Ounces Flank Steak
- 3 Tablespoons Beef Demi-Glace
- ½ Bunch Watercress

Makes 2 Servings
About 640 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Trim off and discard the stems of the turnips; peel the bulbs and cut them in half lengthwise. Peel all 3 garlic cloves. Smash 2 of the cloves; mince the remaining clove then, using the flat side of your knife, smash until it resembles a paste. Pick the tarragon leaves off the stems; discard the stems and finely chop the leaves. Remove and discard the core of the cauliflower; cut the head into small florets. Quarter the lemon and remove the seeds.



Pickle the turnips:

In a small pot, combine the **smashed garlic cloves, sugar, 1 cup of water, some pepper** and a **big pinch of salt**. Heat to boiling on high. Place the **turnips** and **red wine vinegar** in a heatproof bowl or jar. When the liquid begins to boil, carefully pour it over the turnips in vinegar, making sure the turnips are completely submerged. Let stand until ready to use.



Roast & dress the cauliflower:

Place the **cauliflower** on a sheet pan. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast in the oven, stirring halfway through, 14 to 16 minutes, or until browned. While the cauliflower roasts, in a small bowl, combine the **tarragon, Dijon** and the **juice of 2 lemon wedges**. Slowly whisk in **2 teaspoons of olive oil**; season with salt and pepper to taste. Once the cauliflower is finished, remove from oven and allow to cool for 2 minutes. Drizzle with the **mustard mixture** and, using tongs, toss to coat.



Cook the steak:

Pat the **steak** dry with paper towels and season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **seasoned steak** and cook, loosely covering the pan with aluminum foil, 3 to 4 minutes per side, or until it reaches your desired degree of doneness. Transfer the cooked steak to a cutting board and rest for at least 5 minutes. Carefully discard any oil from the pan, leaving the browned bits (or fond) in the pan.



Make the jus:

While the steak rests, add the **beef demi-glaze, ¼ cup of water** and **any accumulated juices from the resting steak** to the pan of browned bits. Using a spoon or whisk, scrape up the browned bits from the bottom of the pan and simmer on medium-low, stirring occasionally, 1 to 3 minutes or until slightly thickened.



Make the salad & plate your dish:

In a large bowl, whisk together the **garlic paste, juice of the remaining lemon wedges** and **2 teaspoons of olive oil**. Add the **watercress** and **as much of the pickled turnips as you'd like** (draining before adding) and toss to coat; season with salt and pepper to taste. To plate your dish, find the lines of muscle (or grain) of the steak and thinly slice the steak against the grain. Divide the **sliced steak, cauliflower** and **salad** between 2 plates. Top the steak with a spoonful of **jus**. Enjoy!