

Recipes

Recipe Title

Sirloin in Rosemary Crust

Serving Size

1 steak per person

Category

Sirloin

Quantity	Ingredients
4	Bandera Grassland Sirloin Steaks
1/2 cup	flour
1/4 cup	olive oil
	Seasoned Egg Wash
	Rosemary Crust
	Creole Mustard Sauce

Instructions

Sear each side of sirloin in very hot, dry skillet until crust forms, then chill meat in refrigerator. Dust cold sirloin with flour and dip in egg wash. Roll and press is crust mixture then cook in large skillet with 1/4 cup olive oil at 325° about 4 minutes each side. Drizzle with Creole Mustard Sauce and serve with corn pudding and asparagus.

Notes

from Chef Jeff Blank
Cooking Fearlessly
Hudson-on-the-Bend cookbook

