

Steak Frites and Salad

4 tablespoons unsalted butter, softened
1 shallot, minced
1 tablespoon minced fresh parsley
1 garlic clove, minced
Kosher salt and pepper
2 (1-pound) boneless strip steaks, 1 1/4 to 1 1/2 inches thick, trimmed

Mash butter, shallot, parsley, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper together in bowl; set compound butter aside

Place a 10-to-12-inch cast-iron skillet in the oven and heat the oven to 500 degrees F. Bring the steak to room temperature.

When the oven reaches temperature, remove the skillet and place on the range over high heat for 5 minutes. Coat the steak lightly with oil and sprinkle both sides with a generous pinch of salt and freshly ground pepper.

Immediately place the steak in the middle of the hot, dry skillet. Cook 30 seconds without moving. Turn with tongs and cook another 30 seconds, then put the pan straight into the oven for 2 minutes. Flip the steak and cook for another 2 minutes. (This time is for medium-rare steak. If you prefer medium, add a minute to both of the oven turns.)

Remove the steak from the skillet, cover loosely with foil and rest for 2 minutes.

Serve compound butter on top of steak.

Oven Roasted Fries

2 1/2 pounds large Yukon Gold potatoes, or russets, peeled
Canola oil, grapeseed oil
Kosher salt and Pepper

Square off potatoes by cutting 1/4-inch-thick slice from each of their 4 long sides; discard slices. Cut potatoes lengthwise into 1/4-inch-thick planks.

Stack 3 or 4 planks and cut into 1/4-inch-thick fries. Repeat with remaining planks.

Preheat your oven to 400.

Dry the fries thoroughly after soaking and before seasoning. Generously oil and season the oven fries. Spread evenly in a single layer on a parchment lined pan.

Cook 20 minutes (25 for thicker fries).

Turn the heat up to 425°F and continue baking until crisp, about 20 minutes.

Frisee salad with Apple, Fennel, blue cheese, and pecans

1 bunch frisee, washed, chopped bite size pieces
1 fennel, thin sliced
2 apples, thin sliced
2 oz crumbled blue cheese
4 tablespoon toasted pecans

Dressing

1 tablespoon dijon
1 tablespoon maple
1 lemon, juiced
olive oil, grapeseed or avocado oil
salt and freshly cracked pepper

Combine dijon, maple, lemon, salt and pepper in a bowl. Slowly whisk oil into bowl until emulsified. Taste and season as necessary

Combine frisee, fennel and apple in a large bowl. Pour dressing over salad right before serving. Top with blue cheese crumbles and pecan if desired.