

VeraVia – New York Steak with Roasted Fingerling Potatoes and Sautéed Wild Mushrooms

Serves 2

Ingredients for Beef Filet:

2 - 4 oz. grass fed, pasture raised NY Steaks
2 tsp, ghee
Salt and pepper

Method:

- Season and brush with ghee just before cooking on hot grill until desired doneness.

Ingredients for Roasted Fingerlings:

1 cup fingerling potatoes
1 tbsp. olive oil
1 tsp. Freshly chopped rosemary
Salt and pepper

Method:

- Add olive oil, rosemary, salt and pepper to whole fingerlings in a medium-sized bowl. Mix around to coat the potatoes evenly.
- Place potatoes on parchment-lined sheet tray and roast at 400 till soft and golden brown.

Ingredients for Sautéed Mushrooms:

2 large handfuls mixed wild mushrooms
1 tsp. ghee
1 tsp. olive oil
1 garlic clove, crushed and finely minced
1 tbsp. stock or bone broth
1 tbsp. mixed fresh thyme, sage and parsley

Method:

- Heat cast iron skillet to high. Add butter and olive oil.
- Add mushrooms. Sauté until golden.
- Continue to sauté and add garlic. Stir until aromatic.
- Add stock or broth and reduce until almost evaporated. Add herbs and salt and pepper to taste. Set aside.

Putting it all together:

- Bake fingerlings. Keep warm.
- Sauté mushrooms. Keep warm.
- Grill steaks until desired temperature. Let rest 10 minutes before serving. While resting re-heat vegetables and serve all together garnished with fresh thyme or rosemary sprig.