# BLACK N BLUE STEAK FRITES

## BY MILLIE FERNANDEZ



## Blackened Seasoning

| | |
|---|---|
| **1 tsp** | kosher salt |
| **1 tsp** | black pepper, fresh cracked |
| **½ tsp** | smoked paprika |
| **½ tsp** | garlic powder |
| **½ tsp** | onion powder |
| **¼ tsp** | dried thyme |
| **⅛ tsp** | cayenne pepper |

Combine all ingredients.

## Garlic Herb Aioli

| | |
|---|---|
| **½ cup** | mayonnaise |
| **2 clove** | roasted garlic, mashed * |
| **1 tsp** | 1fresh lemon juice |
| **1 Tbsp** | 1chives, chopped |
| **1 Tbsp** | parsley, chopped |
| **pinch** | kosher salt |

## Method

Combine mayonnaise, garlic paste, lemon juice, chives, parsley, and a pinch of kosher salt until smooth and creamy. Taste and adjust seasoning as desired. Hold refrigerated.

## Citrus Vinaigrette

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|---|---|
| **2 Tbsp** | fresh orange juice |
| **1 Tbsp** | fresh lemon juice |
| **1 tsp** | honey |
| **1 tsp** | Dijon mustard |
| **2 Tbsp** | olive oil |
| | salt and pepper to taste |

## Method

Whisk orange juice, lemon juice and Dijon mustard together. Still whipping, drizzle olive oil in slowly to emulsify. Season with salt, pepper and honey. Hold refrigerated.

## Mixed Frites

| | |
|---|---|
| **1 Large** | frussett potato |
| **1 Large** | sweet potato |
| **1 Tbsp** | cornstarch |
| **1 Tbsp** | olive oil |
| **½ tsp** | kosher salt |
| **¼ tsp** | smoked paprika |
| **¼ tsp** | garlic powder |

## Method

1.Cut potato and sweet potato into thin, even fries. Place in separate bowls of cold water and soak at least 30 min to remove excess starch and promote a crisp exterior.
2.Heat frying oil to 300°F. Dry one variety of potato and add to oil. Blanch 2 - 3 min, depending on size of fries - just to form a cooked skin. Set on paper towel. Repeat with the second potato. Allow to rest. Hold at this point until ready to plate food.
3.At end of cooking, increase oil to 375°F. Return fries; fry until deep golden and crisp. Toss finished fries with salt, smoked paprika, and garlic powder.

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## Blue Cheese Cream Sauce

| | |
|---|---|
| **1 Tbsp** | unsalted butter |
| **1 small** | shallot, fine minced |
| **½ cup** | heavy cream |
| **2 oz** | blue cheese, crumbled |
| **1 tsp** | Dijon mustard |
| | fresh cracked black pepper |

## Method

1.Sauté shallots in butter on medium until soft and fragrant. Add cream and simmer, stirring in blue cheese and mustard until cheese melts into cream. Allow to reduce slightly until it coats the back of a spoon. Season and keep warm on very low heat.

## Crispy Onion Strings

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|---|---|
| **1 medium** | sweet onion, thin sliced |
| **½ cup** | all-purpose flour |
| **½ cup** | buttermilk |
| **2 Tbsp** | ornstarch |
| **½ Tsp** | kosher salt |
| **¼ Tsp** | black pepper |
| | vegetable oil for frying |

## Method

1.Heat 2" vegetable oil to 350°F. Soak onions in buttermilk for 30 min.
2.Combine flour, cornstarch, salt, and pepper. Toss onions in mix to evenly coat. Working in small batches, fry onions until crisp and golden brown. Transfer to paper towels and season lightly with salt while still warm. Set aside until ready to plate.

## Citrus-Arugula Salad

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|---|---|
| **2 cup** | baby arugula |
| **1 medium** | orange, segmented |
| **¼ 2 Tbsp** | English cucumber, thin sliced |
| **2 Tbsp** | pickled red onion |
| | pecans, toasted |

## Method

1.Toast pecans in a dry skillet on medium, stirring frequently, until fragrant and lightly golden. Remove from pan immediately and allow to cool.
2.At service, combine ingredients. Toss with just enough vinaigrette to lightly coat greens.

## Blackened Beef Filet

| | |
|---|---|
| **2-6/8 oz** | center-cut beef tenderloin |
| **1 Tbsp** | olive oil |
| | blackened seasoning |

## Method

1.Remove steaks from fridge 30 min before cooking. Pat steaks dry and brush lightly with olive oil before coating generously with seasoning mix.
2.Heat cast-iron skillet on high until very hot. Brush with oil. Add steaks and sear to form a dark, flavorful crust. Turn and repeat.
3.Transfer skillet to a 400°F oven and continue cooking to desired temp - medium-rare, 125 - 130°F - medium, 135 - 140°F. Rest steaks at least 5 minutes before slicing.