

Steak with Pan Fried Red Potatoes and Salad

Pan Fried Red Potatoes

Wash potatoes and quarter them. Put the potatoes in a bowl and drizzle olive oil over them. Sprinkle in a good amount of the spice mixture (labeled B) and toss the potatoes. Add 2 tablespoons of olive oil to a skillet and heat to medium/high. Add the potatoes. Cook them until they are good and brown, then turn the potatoes. Cook on the other side until they are brown then turn them again. It will take a good 15 minutes to fry these potatoes. Taste the potatoes... add more spice mixture if needed. Turn the potatoes down to low so they will stay warm while you cook your steaks.

Spice Mixture Ingredients: Garlic Salt, Pepper, Italian Spices

Steaks

The steaks are grass-fed steaks, so you do NOT want to over cook them. They will toughen up on you. Even if you like your steaks well done... please try not to do that to these. Trust me. Medium is best with these. 😊

Take the steaks out of your refrigerator and rinse them under cold water. Pat them dry and let them rest for about 10 minutes at room temperature.

Season the steaks with salt and pepper (you can use your favorite steak rub if you like that sort of thing).

Make sure your skillet or grill pan is nice and hot and place the steaks in. You want to get a nice sear and then turn them over and get a nice sear on the other side. Typically I sear a steak for 3 to 5 minutes then turn it over and sear the other side for 3 to 5 minutes.

Take the steak out of the pan and let it rest for 5 to 10 minutes. I like to cover it in foil while it is resting. This lets all the juices go back into the steak.

Salad

Wash your greens and add the Balsamic Vinaigrette Salad dressing, toss it.

Plate

Place a steak on a plate, and add a side of potatoes and a side of salad.
Enjoy!!!