

## **Steak with Pan Fried Red Potatoes and Artichokes**

### **Artichokes**

In a large pot, bring several inches of water to a boil. Put artichoke in a steamer basket and suspend over the boiling water. Cover and reduce heat to a simmer. Steam for about 25 minutes

If you do not have a steamer basket, you can boil the artichokes for 25 minutes.

To Eat: Pull off the leaves and dip the end in the sauce (container A). When you get to the heart, you need to cut off all the fuzzy parts on the heart. Dip the heart into the sauce.

Artichokes are a family favorite!! My kids go nuts over them!!

### **Pan Fried Potatoes**

Wash potatoes and quarter them. Put the potatoes in a bowl and drizzle olive oil over them. Sprinkle in a good amount salt and pepper 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 more salt and pepper if needed. Turn the potatoes down to low so they will stay warm while you cook your steaks.

### **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.

### **Plate**

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