

# Herb Salt Steak & Brussel Sprout Gratin

## Ingredients

- 3 tablespoon unsalted butter, divided
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 1 cup milk, warm
- 1 cup vegetable stock, warm
- 2 oz shredded gruyere cheese
- 4 fl oz freshly grated parmesan cheese, divided
- Salt, to taste
- Olive oil, for greasing
- 1 lb brussel sprout, trimmed, quartered
- 8 oz New York strip steak
- Oil of your choice
- 1 cup fresh rosemary
- 1 cup fresh parsley
- 1 cup fresh thyme
- 1 cup sea salt

## Steps

### Brussel Sprout Gratin

1. Preheat oven to 400 degrees F
2. In medium saucepan cook until softened and translucent:
  - 1.5 tbsp butter
  - 1 small yellow onion, diced
  - 2 cloves garlic, minced
3. Add the following and increase heat to medium and continue cooking for 2 mins:
  - 1.5 tbsp butter
  - 3 tbsp flour
4. Slowly whisk in the following and bring to boil, cook about 3 mins:
  - 1 cup warm milk
  - 1 cup warm vegetable stock
5. Remove sauce from heat
6. Whisk in the following to the sauce:
  - 2 cups gruyere cheese

- 2 oz parmesan cheese
  - Salt and pepper for taste
7. Grease and medium baking dish with olive oil. Add 1 lb brussel sprouts. Pour sauce over sprouts and sprinkle with remaining 2 oz parmesan cheese
  8. Bake for 20 mins

### **Herb Salt Steak**

1. Combine the following into a food processor:
  - 1 cup rosemary
  - 1 cup parsley
  - 1 cup thyme
  - 1 cup sea salt
2. Let steak rest at room temperature for 30 mins prior to cooking
3. Season salt with herb salt liberally on both sides
4. In large cast iron skillet, heat a drizzle of oil over medium-high heat until nearly smoking. Sear steak 4-5 mins on each side. Sear sides for 1 min to crisp up fat cap
5. Let steak rest for 10 mins