



Grilled Steak with Black Bean Shrimp, Roasted Eggplant and Broccoli Dust

Recipe courtesy Roger Mooking

Total Time: 1 hr 20 min

Prep: 20 min | Inactive Prep: 10 min | Cook: 50 min

Level: Intermediate

Yield: 4 servings

INGREDIENTS

Black Bean Sauce:

1 teaspoon vegetable oil

1 tablespoon minced fresh ginger

2 cloves garlic, minced

1 shallot, minced

1/4 cup plus 1 tablespoon fermented black beans, roughly chopped

1 red finger chile, minced

1/2 cup soy sauce

1/4 cup seasoned rice wine vinegar

1 tablespoon sugar

1 1/2 teaspoons cornstarch mixed with 1 tablespoon water

2 fresh cilantro stems, finely chopped

Black Bean Shrimp:

1 tablespoon vegetable oil

1 shallot, minced

Twelve 21/25 shrimp, shells removed, deveined and roughly chopped

Grilled Steak with Black Bean Shrimp, Roasted Eggplant and Broccoli Dust (cont.)

1/2 cup fresh cilantro leaves, roughly chopped

2 green onions, sliced

Roasted Eggplant:

1 eggplant, cut into 1-inch circles

3 tablespoons vegetable oil

Salt and freshly ground black pepper

Grilled Steak:

1 tablespoon vegetable oil

Four 6 to 8-ounce pieces beef tenderloin
(trussed, optional)

Freshly ground black pepper

Broccoli Dust:

1/2 tablespoon butter

1/2 teaspoon vegetable oil

1 clove garlic, minced

1 shallot, minced

2 heads broccoli, florets shaved, stalks finely
diced

Salt and freshly ground black pepper

DIRECTIONS

For the black bean sauce: Heat the oil in a large saute pan over medium to high heat. Add the ginger, garlic and shallots and saute until golden and tender. Add the fermented black beans and chile and stir to incorporate. Add 1 cup water, the soy sauce, seasoned rice wine vinegar and sugar, stir. Stir the cornstarch and water mixture into the pan and allow to thicken for 1 minute, then remove from the heat. Add the cilantro, stir and set aside.

For the black bean shrimp: Heat the oil in a small saute pan. Once the oil is hot, add the shallots and saute until tender. Add the shrimp and stir. Once the shrimp is cooked, add 1 1/2 cups black bean sauce. Stir, remove from the heat, add the cilantro and green onions and set aside until assembly.

For the roasted eggplant: Preheat the oven to 400 degrees F and line a baking tray with parchment paper. Place the eggplant pieces on the baking tray and pierce with a fork. Drizzle the oil over the eggplant and season with salt and pepper. Roast in the oven until the eggplant is slightly caramelized and tender, approximately 20 minutes.

For the grilled steak: Preheat the grill to medium-high and lightly oil the grill grates. Sprinkle the steaks with pepper and place on the grill, flipping halfway through cooking. Cook until desired doneness. Remove from the grill and allow to rest for 10 minutes before serving.

Grilled Steak with Black Bean Shrimp, Roasted Eggplant and Broccoli Dust (cont.)

For the broccoli dust: Heat the butter and oil in a saute pan over medium heat. Add the garlic and shallots and saute until caramelized and tender. Add the diced broccoli stems and stir to incorporate the ingredients. Once the broccoli is tender, add the shaved florets, season with salt and pepper, stir, remove from the heat and set aside.

To assemble: Place three pieces of roasted eggplant on each plate. Place the rested grilled steak on top of the eggplant. Spoon the black bean shrimp over the grilled steak, then garnish with spoonfuls of broccoli dust around the outside of the plate.

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