



chunk



Beef and Broccoli



2 servings



15 minutes

INGREDIENTS

2 Chunk filet
Oil for cooking
2 cups of broccoli
florets
3 cloves garlic, minced
2 tsp sesame seeds
1 tsp fresh ginger,
grated

1/4 cup soy sauce
3 Tbsp brown sugar
1 1/2 Tbsp corn starch
1/4 tsp black pepper
2 Tbsp sesame oil

Optional: 2 Tbsp
oyster sauce

INSTRUCTIONS

1. In a small bowl, whisk together soy sauce, cornstarch, oyster sauce (optional), brown sugar, sesame oil, and black pepper. Stir well to dissolve the sugar, and set aside.
2. Heat a large skillet or wok over medium heat and add 2 Tbsp of oil. Add the Chunk filet for 1 minute per side. Remove it from the skillet and set it aside.
3. Add to the skillet 1 Tbsp of oil, Garlic, ginger, and broccoli florets. Sauté 4-5 minutes. Meanwhile, cut the chunk into cubes.
4. Return the chunk to the skillet and add the sauce. Stir fry for 2 minutes or until the sauce thickens.
5. Stir in 1-2 Tbsp water to thin the sauce if desired. Serve over white rice.
6. Optional: you could add sliced onion, sliced bell pepper, or sliced mushrooms for more veggie options.

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Old fashioned Beef Stew



4 servings



15 minutes

INGREDIENTS

3 Chunk steak, cut into 2-inch cubes
8 oz sliced mushrooms
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons olive oil
1 large onion, chopped
3 cloves of garlic, minced
2 cups beef broth
1 cup red wine
1 cup diced carrots
1 cup diced potatoes
1 cup diced celery
1 teaspoon dried thyme
2 bay leaf
Salt and pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 325°F.
2. In a large bowl, combine flour, salt, and pepper. Add the Chunk cubes and toss to coat.
3. In a large Dutch oven or oven-safe pot, heat the olive oil over medium-high heat. Add the Chunk cubes and brown them for 2-3 minutes. Remove the Chunk from the pot and set it aside.
4. Add the onion, garlic, and mushrooms to the pot and cook until softened, about 4-5 minutes.
5. Add the red wine, carrots, potatoes, celery, thyme, and bay leaf. Stir well to combine.
6. Return the Chunk to the pot and bring the stew to a simmer. Cover the pot and transfer it to the oven.
7. Cook in the oven for 1 hours or until the vegetables are cooked through. (Yes, you go by the vegetables!)
8. Remove the pot from the oven and discard the bay leaf. Season the stew with salt and pepper to taste.
9. Serve the stew over mashed potatoes or with crusty bread.



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Pan seared Fillet



2 servings



15 minutes

INGREDIENTS

2 beef fillets
2 cloves of garlic, sliced
2 stems of fresh thyme
1/2 teaspoon black pepper
2 tablespoons olive oil
up to 1/4 cup butter
1/4 cup flour
1 cup beef broth
1 cup red wine
1 lb Yukon gold potatoes,
peeled and diced
1/4 cup heavy cream
2 tablespoons butter
Salt and pepper, to taste

INSTRUCTIONS

1. In a small skillet, prepare "Roux" - use even parts of butter and all-purpose flour, cook on low flame, and stir constantly creating a blond roux.
2. In a separate skillet, sauté minced shallots and deglaze with red wine. Reduce in half and add the beef stock, reduce in half again and add the Roux and 1/4 teaspoon of pepper. Whisking constantly until the mixture thickens to desired texture.
3. While the sauce is thickening, prepare the whipped potatoes. In a large pot, add the diced potatoes and enough water to cover them. Bring the water to a boil, then reduce the heat and simmer the potatoes until they are tender; about 15-20 minutes. Drain the potatoes and return them to the pot. Add 1/4 cup of heavy cream and 2 tablespoons of butter. Mash the potatoes until smooth and fluffy. Season with salt and pepper to taste.
4. In a small bowl, combine the garlic, thyme, and 1/4 teaspoon of pepper.
5. In a large skillet, heat the olive oil over medium-high heat. Add the fillets and sear them on both sides until they reach your desired level of doneness, about 3-4 minutes per side for medium-rare. Remove the fillets from the skillet and set them aside.
6. To serve, place a bed of whipped potatoes on a plate. Top it with the pan-seared fillet. Ladle the sauce over the fillet.



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Grilled Steak Kabob



2 servings



15 minutes

INGREDIENTS

2 Chunk steak
1/4 cup olive oil
1/2 teaspoon black pepper
1/4 teaspoon salt
4 metal skewers
1/2 cup chimichurri sauce
Chimichurri -
2 table spoon mint
1/2 cup chopped parsley
1/4 cup chopped cilantro
1/4 cup chopped green
onion
2 cloves garlic, minced
1/4 cup olive oil
1/4 cup red wine vinegar
1 tablespoon lemon juice
1 teaspoon dried oregano
1/2 teaspoon black pepper
1/4 teaspoon salt

INSTRUCTIONS

1. Slice steak into 4 pieces approximately 1 oz each
2. Pepper the steaks very well
3. Preheat the grill to medium-high heat.
4. Thread the beef onto the skewers, alternating with vegetables if desired.
5. Grill the skewers for 3-4 minutes per side, or until the beef is cooked to desired doneness.
6. Serve immediately with chimichurri sauce.

Chimichurri:

1. In a small bowl, combine all the ingredients and stir well. Keep refrigerated until consumption.