

## **STEAK DIANE for 1**

### **Ingredients**

1 12 to 16 ounce steak (filet, rib eye or New York strip works well here)

Favorite steak rub, traditional or hickory flavored

1 tablespoon olive oil

3 tablespoons butter

1 small to medium shallot, finely minced

¼ cup Marsala wine

2 teaspoons full Dijon mustard

1 level tablespoon Worcestershire sauce

¾ cup heavy cream

Salt and pepper

Bring the steak to room temperature. Preheat the oven to 400 degrees. Rub the steak with steak rub, and heat olive oil over high heat in a cast iron or heavy bottom, oven safe skillet. Sear the steak thoroughly on all sides. Take time to sear deeply. Remove steak to a plate, and wipe out the pan.

Over medium heat, melt the butter and saute the shallots until they are soft. Deglaze the pan with the Marsala and cook it down for a minute. Add the mustard, Worcestershire sauce and heavy cream. Whisk well and taste for salt and pepper. Place the steak back in, and place the preheated pan in the oven.

Check the steak in 10 minutes, stirring the sauce a bit and testing the temperature of the meat. It should be taken out at 135 to 140. Let the meat rest for 30 minutes before slicing and serving with the sauce over top. You can cook the steak ahead and make the sauce, then reheat or warm the sliced steak in the hot finished sauce.

## Mini Spanish Tortilla with Zucchini

Serves 1

1 medium russet potato

2 tablespoons extra-virgin olive oil

1 onion, thinly sliced

½ zucchini, thinly sliced

Kosher salt and freshly ground black pepper

3 large eggs at room temperature

2 tablespoons grated Manchego cheese (Parmesan can be substituted)

Preheat the oven to 400°F.

In a medium pot, cover the potato with at least 1 inch of water and bring to a boil over medium-high heat. Boil until the potato is fork-tender, 22 to 25 minutes.

Drain the potato, slice it into thin rounds and set aside.

Heat the olive oil in a small, oven-safe skillet over medium heat. Add the onion and zucchini; season with salt and pepper. Sauté until tender, about 4 minutes.

Add the potato slices and sauté until all the veggies are lightly browned, 5 to 7 minutes. Spread the vegetables into an even layer in the base of the pan. Remove the skillet from the heat.

Whisk the eggs together in a medium bowl and pour them over the vegetables. Top the eggs with the cheese.

Transfer the skillet to the oven and bake until the eggs are set and the potato and zucchini slices on the top are golden brown, 12 to 15 minutes.

Serve the tortilla warm or at room temperature with the side salad.

## **Pomegranate and Pear Salad**

Serves 1

1 Anjou or Red pear  
1 ½ cups baby spinach  
½ cup pomegranate seeds  
¼ cup chopped pecans  
2 oz crumbled blue cheese

### **Dressing:**

2 ½ Tbs sherry vinegar  
3 Tbsp olive oil  
Salt and pepper to taste

In a small bowl add the vinegar and slowly drizzle in the olive oil. Taste for seasoning.

In a separate bowl add all of the salad ingredients and gently toss to combine. Add 1 Tbsp of the dressing to the salad and toss to coat the spinach leaves. Serve on a salad plate and add the remaining dressing to taste.

## **Dark Chocolate Mug Cake with Berries**

Serves 1

2 tablespoons unsalted butter  
3 tablespoons all-purpose flour  
2 tablespoons sugar  
1 tablespoon dark unsweetened baking cocoa  
1 tablespoon dark chocolate baking chips  
½ teaspoon baking powder  
1 large egg yolk (only)  
1 tablespoon water  
1 teaspoon vanilla extract

### **Topping**

Whipped cream  
Fresh raspberries and/or Chambord liqueur

Place butter into a large 12 oz coffee mug; microwave 30-45 seconds or until melted. Add all remaining cake ingredients; mix well with fork. Microwave 60-90 seconds or until the cake pulls away from the sides and top is dry. (Do not overcook.) Cool slightly. Top with whipped cream and fresh raspberries

## Lemon & Garlic Shrimp Foil Packet

- ½ lb large raw shrimp, peeled and deveined
- 2 Tbsp extra virgin olive oil
- 1 clove garlic, sliced
- ½ small lemon, juice and zest
- 1 tsp tablespoon dijon mustard
- 1 tsp honey
- 1 tablespoon chopped fresh cilantro
- 2 grape tomatoes, halved
- Crushed chili pepper flakes (optional)
- 1 tablespoon unsalted butter cut into cubes
- Salt and fresh cracked pepper

**1.** Preheat your oven to 400°F. Place shrimp in a large bowl; add oil, garlic, lemon, honey, chili pepper flakes, mustard and cilantro. Add tomatoes and toss to coat well and let rest for about 15 to 30 minutes.

**2.** Tear off a 16-inch sheet of foil and place over a rimmed baking sheet. Using a spoon, arrange the shrimp mixture in the middle of the foil. Top with a tablespoon of the marinade in the bottom of the bowl and place a pat of butter.

**3.** Seal the foil packet by folding over one end to meet the corners of the other; continue to tightly fold the open edge to form a seal. Arrange on the baking sheet and bake for 15-20 minutes.

**4.** Remove from the oven and let rest 5 minutes before opening the packets. Be careful of the hot steam!