



WILD. NATURAL. SUSTAINABLE.

# Beef Skirt Steak and Noodles from Grandma Johnson

• Prep Time: 2 hours • Yields: 6-8 servings

## Ingredients:

- 1 Fossil Farms Angus Beef Inside Skirt Steak 3.5 lbs. avg.
- 1 pkg. store bought egg noodles
- ¼ cup canola oil
- 1 cup Paprika
- ¼ cup Ground fennel seed
- 1/8 cup red chili flakes
- 1/8 cup black pepper
- 4 cups Mushroom stock
- 1 lb. Cremini mushrooms, cleaned
- 1/8 tsp. red chili flakes
- 1/8 tsp. ground nutmeg
- 4 tbsp. butter
- 3 tbsp. all purpose flour
- 1 tsp. kosher salt
- ¼ cup Extra virgin olive oil
- 3-4 sprigs fresh thyme
- 5 Shallots, cleaned and peeled
- 1 cup balsamic vinegar
- 1 cup Sugar
- 1 Bay leaf

## Equipment:

- Oven
- Measuring spoons
- Measuring cups
- Saucepan
- Large bowl
- Wooden spoon
- Cast iron pan

## Method:

1. Preheat oven to 400°F.
2. Over medium heat a saucepan the, add butter to melt.
3. Add flour, chili flake, nutmeg and salt and stir to mix well to make a blonde roux for about 2-3 minutes.
4. Add mushroom stock and stir to combine. Stir occasionally and simmer for 25-30 min.
5. Quarter Cremini mushrooms and coat with olive oil, thyme and season with salt and pepper.
6. Put in oven for 10-12 minutes, or until golden brown and set aside.
7. Once the gravy has reduced down to a thickness that will coat a wooden spoon, strain and place roasted Cremini mushrooms in gravy.
8. Check for seasoning, and add salt and pepper to taste. Set aside for later.
9. To cook the candied shallots: place 5 Shallots, cleaned and peeled, 1 cup Balsamic vinegar, 1 cup Sugar and Bay leaf in a saucepan over medium heat to dissolve sugar.
10. Place pan in oven, next to the mushroom gravy, and let liquid reduce down to a thick syrup like consistency approximate 45 minutes.
11. Once shallots are tender, remove from heat and set aside.
12. Cut the Angus beef skirt steak into five 6-8 oz. portions. Rub steaks with paprika, red chili flakes, ground fennel seed, and black pepper.
13. Allow the rub steaks to sit for 2 hours or overnight. Boil the egg noodles according to package directions.
14. Heat canola oil in a cast iron pan on high heat. Add skirt steak, cooking in batches to avoid overcrowding of pan. Sear on all sides.
15. Place pan in oven and cook to desired temperature of meat. Remove from oven and allow to rest for 3-4 minutes.
16. Toss cooked egg noodles with mushroom gravy. Put cut steak on top and garnish with one candied shallot. Check for seasoning and adjust to taste.

