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SMOKED FLAT IRON STEAKS, CAULIFLOWER PUREE, RED AND GREEN DOCK



DIFFICULTY

2/5



PREP TIME

25'



COOK TIME

50'



SERVES

6

INGREDIENTS

1 KG flat iron steaks
A bunch of rosemary

FOR THE VINAIGRETTE

5 ML olive oil
2 ML soy sauce

FOR THE CAULIFLOWER PUREE

0.5 KG cauliflower
0.05 KG butter
100 ML milk
1 GR black pepper
A pinch of sea salt

PREPARATION

- 1 - Take an S-shape hook and hang flat iron steaks for about 30 minutes, to get a slightly smoked.
- 2 - Get ready to grill the steaks: lower the grates of your grill.
- 3 - Unhang the steaks and season them with olive oil, sea salt and rosemary.
- 4 - Grill the steaks for about 7 minutes each side, on high heat.
- 5 - For the cauliflower puree: season cauliflower with olive oil and seasalt, and wrap in foil. Cook over the embers of wood for about 30 minutes.
- 6 - Once ready, mix the cauliflower with milk, butter and garlic puree. Mix until puree and season with black pepper, sea salt and olive oil.
- 7 - For the vinaigrette: mix three tablespoons soy sauce, six tbsp olive oil, and sea salt. Mix it and pour over green and red dock.
- 8 - You can serve the flat iron steaks on your tabletop warming brazier, with some rosemary on top.
- 9 - On a plate, serve one steak, cauliflower puree and green and red dock. Enjoy!