

Perfect Steak Dinner Recipe

BY DYLAN HOLTMEIER

KNOW, IT SEEMS A LITTLE presumptuous of me to claim my own conglomeration of recipes as the “perfect” steak dinner. I mean, who does this guy think he is? He’s been cooking for himself consistently for maybe 5 years and thinks his knowledge and skill base is large enough to make a claim like that? It’s completely reasonable for you to doubt what I say, but please know that you’d be wrong. This isn’t perfect in that the flavors are unmatched or the final product is a thing of beauty; it’s perfect in its accessibility, simplicity, and how humble ingredients go so far to make something delicious. This is a three part meal which can be had in many ways: you could split the stuffed mushrooms, alfredo, and steak into courses in that order, or you could eat them all at once. I will include time estimates for you to plan accordingly.



Photo Credit: Dylan Holtmeier

STUFFED MUSHROOMS - 30 MINUTES

INGREDIENTS:

- 1 package button mushrooms
- 1 cup Panko breadcrumbs
- 1 stick butter
- ½ medium yellow onion, finely chopped
- 1–3 tsp Italian seasoning of choice
- Salt and Pepper to taste

INSTRUCTIONS

1. Destem the mushrooms by twisting the stem and pulling. There should be a 1cm divet in the mushroom cap where the filling can go.
2. Finely chop the mushroom stems and the onion.
3. Mix together the chopped ingredients and the breadcrumbs. Look for a 2:2:1 ratio of mushroom, breadcrumb, and onion. Season with salt, pepper, and Italian herbs of choice.
4. Fry over medium heat until mushroom bits turn soft and the onion is translucent (about 5 minutes).
5. Spoon mixture into mushroom heads until overflowing. Place stuffed mushrooms and butter into ovenproof pan and place in the oven for 15 minutes at 400°F.
6. Broil the mushrooms on low for 2-3 minutes until the breadcrumbs are lightly browned

ALFREDO SAUCE - 15 MINUTES

INGREDIENTS:

- 1 ½ cups heavy whipping cream
- ½ stick butter
- 2 cups Parmesan cheese, shredded
- ½ - ¾ pound pasta (depending on sauciness preference)
- 1 tsp Italian seasoning
- Salt and Pepper to taste

INSTRUCTIONS

1. Bring water to a boil and add the pasta. Cook until al dente (the pasta will finish cooking in the sauce).
2. At the same time, melt butter in a large skillet over medium.
3. Once melted, add the whipping cream and bring to a simmer. Allow it to simmer for about 2 minutes.
4. Reduce the heat to medium low and add the Italian seasoning, salt, pepper, and the Parmesan. Mix until the cheese is fully melted.
5. Drain the noodles and transfer to the sauce, stirring to coat for about two minutes, then serve.

PAN SEARED STEAK - 15 MINUTES

INGREDIENTS:

- 1 lb steak (my favorite is flat iron)
- 2-3 cloves garlic, smashed
- 2 tbsp butter
- 2 tbsp olive oil
- 2 sprigs fresh rosemary and thyme
- Salt and pepper

INSTRUCTIONS

1. Melt butter and heat oil over medium high heat in a large pan.
2. Pat dry steaks and season both sides with salt and pepper, then add to the hot pan. Sear for a few minutes on each side, until a brown crust forms.
3. Once seared, turn the heat down to medium low and add the smashed garlic cloves and herbs, then begin basting with a tablespoon.
4. Basting is a technique to infuse flavor and cook the center of the steak. Tilt the pan to the side so the fat pools on one side, then continually spoon it over the steak, about 3 minutes each side to get a medium steak.
5. Once cooked to desired doneness, let steak rest for 5 minutes before serving.