

CHEF'S RECIPE OF THE WEEK

Bavette Steak With Beurre Rouge

Meat Recipe Suggestion Serves: 4

Ingredients

4611737 - 1 lb baby yukon gold potatoes, halved if more than 2 inches in diameter
5934302 - 1 oz olive oil
salt and pepper
1039270 - 3 sprigs thyme
4181962 - 1 cup red wine
5568233 - 1/2 cup beef broth
1821529 - 1/4 cup finely chopped shallot
5285275 - 1 bay leaf
6818728 - 1 1/2 lbs bavette steak or flap meat
7475999 - 8 tablespoons cold unsalted butter, cut into 1/4-inch pieces and kept chilled

Directions:

Preheat oven to 425°. Place the potatoes on a heavy-duty baking sheet. Toss with olive oil and season with salt and pepper, then spread out cut-side down on the pan. Drape with the thyme sprigs, then roast for 20 minutes without stirring until crisp and brown.

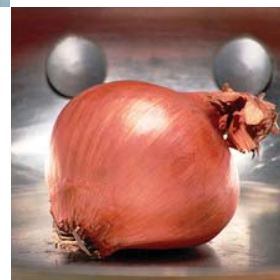
Meanwhile, combine the wine, broth, shallots and bay leaf in a small saucepan. Bring to a boil, then reduce heat to medium. Keep at a low boil until reduced to 1/2 cup. This could take 25-30 minutes. Discard the bay leaf and set aside.

Season the steak well on both sides with salt and pepper. Heat a large skillet over medium-high heat, then add the steak and cook until browned, about 1 1/2-2 minutes per side. Transfer the meat to a baking sheet and roast in the oven until cooked to your liking, about minutes for medium-rare on the thicker part.

Remove from the oven, tent with foil and let rest 10 minutes.

If the wine reduction has cooled, reheat gently. Remove from the heat, and add a little of the cold butter, whisking until it melts. Continue adding the butter a little at a time, reheating gently for a moment if necessary, until the sauce has thickened. Season with salt and pepper.

Slice the steak thinly against the grain. Serve with the beurre rouge and the potatoes.



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Sysco Menu Item Report

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Bavette Steak

Serves 4 for \$39.80

	Plate/Serving	Total	%
	Price:	\$9.95	\$39.80
	Cost:	\$3.37	\$13.48
	Profit:	\$6.58	\$26.32
			33.86
			66.14

SUPC	S	Description	Brand	Qty	Type	Unit Cost	XCost
6818728		BEEF FLAP MEAT CH	NEWPRT	2.00	LB	\$4.85	\$9.69
4611737		POTATO WHL PLD YUKON GOLD A SZ	SYS IMP	1.00	LB	\$3.27	\$3.27
1039270		THYME BUNCH FRESH	PACKER	1.00	TS	\$0.01	\$0.01
4181962	S	WINE COOKING BURGUNDY	SYS CLS	1.00	CP	\$0.09	\$0.09
5568233		BROTH BEEF	SYS CLS	0.50	CP	\$0.06	\$0.03
1821529	S	SHALLOT PEELED FRESH	SYS NAT	0.25	CP	\$0.26	\$0.07
7475999		BUTTER SOLID USDA AA SLTD	WHLFARM	8.00	TB	\$0.01	\$0.06
5934302		OIL OLIVE BLEND 80/20	AREZZIO	1.00	OZ	\$0.08	\$0.08
5285275	S	SPICE BAY LEAVES WH	IMP/MCC	1.00	EA	\$0.19	\$0.19