

Cedar River Farms® Grilled Skirt Steak with Sautéed Vegetables and Crispy Noodle Cake

Ingredients:

- 4 each 8 oz. portion Cedar River Farms skirt steak
- 2 oz. soy sauce
- 2 oz. molasses
- 6 cups assorted vegetables such as bok choy, Napa cabbage, snow peas, snap peas, carrot, bell pepper, broccoli, etc. washed and cut into bite-size pieces
- 3 oz. peanut oil

Noodle Cakes:

- 1 8 oz. pkg. dry Lo mein noodles, cooked very briefly in boiling water according to pkg., drained, refreshed
- 2 eggs, beaten
- 3 scallions, sliced across stalks
- 4 oz. canola, peanut oil

Soy-Peanut Dipping Sauce:

- 4 oz. soy sauce
- 4 oz. toasted peanut oil (available in some specialty markets)
- 2 oz. chopped, roasted peanuts
- 1 tbsp. sun-dried tomato paste
- *a toasted peanut oil can be made in advance by adding 1 cup chopped, roasted peanuts to 1 cup peanut oil and warming gently. Then set aside for 1 hour to steep.



Directions:

Preheat grill to medium-hot. Remove skirt steaks from refrigerator. Combine soy and molasses, and coat steaks with the mixture. Season with fresh milled pepper and a little salt.

After the noodles are cooked, combine with egg and scallions. Form into patties about 3½" in diameter and 1-1½" thick. Allow to rest for 20 minutes and then pan fry in the oil in a non-stick pan until browned on both sides. Keep warm in the oven on low. Sauté the vegetables in a large casserole for 2-4 minutes, keeping them crisp-tender and seasoning to taste with salt and pepper. Reserve warm.

Grill the steaks approximately 2-3 minutes per side for medium-rare doneness or longer for more well done. Allow the steaks to rest for a minute or two before slicing. Arrange steaks on plates over a bed of the vegetables with the noodle cakes alongside. Serves four. No sauce is necessary, but one could serve a soy-peanut dipping sauce on the side if desired.



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