

# CAJUN BLACKENED STEAK, POTATO GUMBO AND SUGAR SNAP PEAS



## INGREDIENTS

### Potato Gumbo

- ¼ cup plus 1 tbsp vegetable oil
- 1 medium white onion, diced
- 2 cloves garlic, finely chopped
- 6 slices smoked bacon, large dice
- 2 stalks celery, diced
- 1 bunch swiss chard, roughly chopped, leaves and stems separated
- 1 large green bell pepper, diced
- ¼ cup flour
- 2 bay leaves
- 2 cups water
- 2 cups chicken stock
- pinch of cayenne
- 2 lb white potatoes, peeled and quartered
- salt
- pepper

### Cajun Spice Mix

- 1 tbsp hot paprika
- 1 tbsp sweet paprika
- 1 tsp cayenne
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp ground thyme
- 1 tbsp file powder
- 1 tbsp mustard powder
- 2 tbsp freshly ground pepper

### Cajun Blackened Steak

- 4 cups root beer
- Cajun Spice Mix
- 4, 2 lb T-bone steaks

### Sugar Snap Peas

- 1 cup sugar snap peas cleaned and blanched in salted boiling water
- 1 tsp flaked salt

## DIRECTIONS

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### **Potato Gumbo**

1. Heat 1 tablespoon of vegetable oil in a large high-sided sauté pan over medium heat.
2. Add onions, sauté until golden brown.
3. Add garlic and smoked bacon, continue to sauté.
4. Once bacon has cooked and becomes crisp, add celery, stems of swiss chard and green pepper, sauté until tender.
5. Remove bacon mixture from pan, place in a bowl and set aside.
6. Heat remaining vegetable oil in the same sauté pan, add flour and bay leaves.
7. Stir with a wooden spoon incorporating flour and oil to form a paste. Cook until flour becomes brown and nutty in colour.
8. Add water, chicken stock and cayenne, stir.
9. Add potatoes and reserved bacon mixture to liquid, cook over medium heat until potatoes are tender and liquid reduces achieving a thick consistency, approximately 30 minutes.
10. Add leaves of swiss chard, season with salt and pepper, allow to cook until leaves are wilted, serve.

### **Cajun Blackened Steak with Sugar Snap Peas**

1. Marinate steaks in root beer for 24 hours.
2. Remove from root beer and pat dry.
3. Place Cajun Spice Mix on a tray and heat a cast iron pan over medium heat.
4. Season steaks with salt and press steaks into the Cajun Spice Mix on both sides.
5. Place steaks, one at a time, in the cast iron pan, sear for approximately 2-3 minutes on each side for a medium rare steak, allow to rest before serving.
6. Spoon Sugar Snap Peas over steak, garnish with flaked salt and serve with Gumbo Potatoes.