



PINK POP UP PARTY 19th Annual Pink Ribbon October 1, 2020

Grilled Flat Iron Steak with Pink Lady Agrodolce and Creamy Polenta

Serves 4

Flat Iron Steak (about 2 pounds or 1/4 - 1/2 pound per person)

1/4 cup olive oil
1/4 cup apple cider vinegar
1 tbsp garlic powder or 3 cloves garlic minced
1 tsp salt
1/2 tsp black pepper

Agrodolce:

2 medium red onions - diced
2 pink lady apples - diced
3 cloves garlic - sliced thin
1 tbsp dijon mustard
1 tbsp sugar or honey
2 tbsp apple cider vinegar
1/4 cup water

Polenta:

4 cups water or stock
1 1/2 teaspoons salt
1 cup polenta
2 tablespoons butter
1/4 cup cream cheese
1/4 cup parmesan cheese

In a large dish or plastic bag combine the steak marinade ingredients and marinate steak for at least 1 hour to overnight. Remove the steak from the refrigerator at least half an hour before cooking to allow it to get to room temperature. Remove from marinade and pat dry.

Polenta:

Bring the water to a boil. Add salt and slowly whisk in the polenta. Lower the heat to a simmer and stir every few minutes for approximately 20-25 minutes or until the polenta has a tender texture upon taste; feel free to cook for another 5 minutes if needed. Add the butter, cream cheese and parmesan and stir to combine. Taste and adjust salt and pepper as needed. Cover and put to the side. To reheat, you may need to add a splash of water or stock to reconstitute.

Agrodolce:

In a large pan, heat a few tablespoons of olive oil over medium heat. Add the diced onions and cook, stirring often, for 5 minutes. Add the apples and garlic, stirring frequently, and cook for 2 minutes. Add the remaining ingredients and bring up to a simmer. Cook until the apples are tender and taste for seasoning. Add salt and pepper if needed. You are looking to have a sweet and sour flavor. Set aside while the steak cooks.

Heat a grill or grill pan over medium high heat. Grill the steak for about 4 minutes per side for medium rare, adjusting up to preference. Let the steak rest for at least 5 minutes, loosely covered in foil, after cooking. Slice against the grain.

Serve the polenta on the plate topped with the sliced steak. Drizzle the agrodolce sauce over the top and enjoy!