



# STEAK & ASPARAGUS RICE BOWL WITH GARLIC AIOLI

## The Ingredients

- 8 oz flank or skirt steak
- 1 bunch asparagus
- 1 1/2 cup short or medium grain rice (ideally sushi rice, but whatever you have on hand is perfect)
- Grapeseed oil (or other with high smoke point)
- Salt to taste
- Fresh ground black pepper

For the aioli:

- 4 cloves garlic
- 2 egg yolk
- 1 cup olive oil
- 1 lemon juiced
- 1 tsp warm water
- salt



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## Instructions - Aioli

"You are working an emulsion, which is what mayonnaise is, but you are making it instead of buying it. It can be tricky to get it to hold. The power of a food processor helps, but one can use a whisk or a mortar and pestle as well. Slow and steady plus a bit of warm water or lemon helps too."

- Pulse the garlic cloves in the food processor until they are minced.
- Add the yolks and a bit of the lemon juice.
- Slowly add the oil. Watch it come together and hold unto itself. Notice too when it begins to pull away from the sides of the bowl.
- Add just a bit of warm water to ease the tension in the emulsion. It will give you the ability to add in more oil. Lightly salt at this point as well.



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## Instructions - Rice

"I always thought cooking rice was a drag, but when I lived in LA, I became obsessed with making poke bowls, so my need for quality rice around the house on a regular basis became rather pressing. My dad taught me this near failsafe method for cooking rice. He will admit that there's just something about the symmetrical timings of the soak, covered cook, and covered rest that does something magical to the grain. We are using equal parts water and rice. These timings work best for short or medium grain rice. Whatever you have around is perfect."

- Measure 1 1/2 cups of rice into a medium-heavy bottomed pot. Rinse thoroughly to release the starch and drain the water. Repeat this step until water runs clear, usually about three or four times.
- Cover rice with water and let soak uncovered for 10 minutes. Drain the water. Add 1 1/2 cups of water. Cover.
- Set a timer for 10 minutes. Bring to a boil, then reduce to lowest possible setting until timer goes off.
- Let rest covered for 10 minutes.



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## Instructions - Steak/Asparagus

- Heat a cast iron pan on high heat, then add oil once it is hot. Let this oil heat up until it smokes slightly.
- While the pan heats, liberally sprinkle salt on both sides of the steak. When oil is hot, gently place the steak in the pan. You want to hear a deep searing sound. Do not prod or poke at the steak. This unnecessarily releases juices.
- When a nice dark sear has been achieved, flip the steak ONCE. I judge temperature by gently pressing on the surface of the meat with one finger. Often when medium is achieved, the meat will start to release some juice through the top. I usually pull it at this point.
- Let steak rest for ~10 minutes on cutting board, while you cook the asparagus.
- Take two or three asparagus at a time and slice them in 1/2 inch sections diagonally. Using a medium thick bottomed pan, heat some oil over medium heat.
- Once the oil is hot, add the asparagus slices to the pan. Gently salt and pepper the asparagus. Sauté until asparagus is tender, about 8-10 minutes.

To assemble: spoon the rice into a bowl. Add asparagus on top. Cut the steak into 1/2 inch slices, and add them on top. Spoon a generous heap of the garlic aioli on top. Garnish with cilantro if desired. Enjoy immediately.