



# Fletcher Artist Management

## Entertainment

### Wyoming Steak and asparagus rice bowl with garlic aioli

Being out west in places like Wyoming or Montana make me feel incredibly romantic. In my mind, I fancy myself a homesteader or a pioneer. In reality, I'm just an unemployed opera singer trying to brave a pandemic in a way that doesn't turn my brain into mush. At the end of a long day of hiking or exploring, I crave hearty rice bowls full of steak and whatever veggies I have on hand. Spring brings us asparagus season, but I love eating it all summer long.

This recipe will require a few steps. The aioli comes first, and gets set aside. The rice will take the longest, and while it rests, you'll fire up the steak and the veggies simultaneously.

### Wyoming Steak and asparagus rice bowl with garlic aioli (serves 2)

Approx. 45 mins

For the aioli:

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

## 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.

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

## Steak:

1. Heat a cast iron pan on high heat, then add oil once it is hot. Let this oil heat up until it smokes slightly.
2. While the pan heats, liberally sprinkle salt on both sides of the steak.
3. When oil is hot, gently place the steak in the pan. You want to hear a deep searing sound. If you don't hear it, the pan is not hot enough.
4. Do nothing to the steak. Do not prod or poke at the steak. This unnecessarily releases juices. When a nice dark sear has been achieved, flip the steak ONCE.
5. I won't presume to tell you what temperature to cook your steak, but anything past medium is just rude to the cow. I judge temperature by gently pressing on the surface of the meat with one finger. If it is somewhat firm, I am done. If it still has a lot of give, it needs more time. Often when medium is achieved, the meat will start to release some juice through the top. I usually pull it at this point.
6. Let steak rest for ~10 minutes on cutting board, while you cook the asparagus. This helps it retain its juices when you slice into it.

# Asparagus

1. Take two or three asparagus at a time and slice them in 1/2 inch sections diagonally.
2. Using a medium thick bottomed pan, heat some oil over medium heat.
3. Once the oil is hot, add the asparagus slices to the pan.
4. Gently salt and pepper the asparagus.
5. Sauté until asparagus is tender, about 8-10 minutes.

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.