



NUTRITION per serving 15g carbohydrates 27g fat 50g protein 1020mg sodium | calorie-conscious, carb-conscious



Calories
568



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Expert



Spice Level
Not Spicy



Sunday Supper English Roast Steak with Yorkshire puddings

IN YOUR BOX

3 fl. oz. Liquid Egg
4 fl. oz. 2% Milk
1 ½ oz. Flour
1 Tbsp. Cornstarch
1 oz. Butter
3 Thyme Sprigs
5 oz. Green Beans
2 Sirloin Steaks
4 tsp. Beef Demi-Glace

CONTAINS: milk, eggs, wheat
*Packaged in a facility that also packages
peanut, tree nut, wheat, egg, soy, milk,
fish, and shellfish ingredients*

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Muffin Tin
Mixing Bowl
2 Medium Pans

www.homechef.com/4069

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Place muffin tin in oven
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Heads Up!** **Butter** is used twice. $\frac{3}{4}$ coats muffin tin and remaining is added to **sauce**.

FROM THE CHEF

Curiosity killed the Yorkshire pudding: Don't open the oven while the puddings are cooking.

Did you know...

So why is it called Yorkshire pudding? In 1737, a recipe appeared in the book *The Whole Duty of a Woman for a pudding* called "a dripping pudding." Ten years later, a similar recipe appeared in another cooking book *The Art of Cookery made Plain and Easy* by Hannah Glasse, renamed by her Yorkshire pudding. (We're not even going to start on the complicated British "pudding" definitions.)



1

Make the Batter

Make sure muffin tin is very hot before proceeding. Combine **liquid egg** and **milk** in a mixing bowl. Whisk in **flour** and **cornstarch** until incorporated and a watery batter with small clumps forms.



2

Bake the Puddings

Carefully, remove muffin tin from oven. Divide $\frac{3}{4}$ the **butter** into six equal portions and place in six muffin cups. Return to oven until butter is melted and lightly browned, 2-3 minutes. Carefully, remove from oven and immediately fill each cup halfway with **batter**. Bake 15 minutes. *Do not open oven while baking.* Keeping oven closed, reduce oven temperature to 425 degrees and continue baking until puddings are puffed and well-browned, 8-10 minutes. While puddings bake, prepare ingredients.



3

Prepare the Ingredients

Stem and coarsely chop **thyme**. Trim ends off **green beans**. Pat **steaks** dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.



4

Cook the Steaks and Sauce

Place a medium pan over medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan. Cook until steaks are browned and reach a minimum internal temperature of 145 degrees, 4-6 minutes per side. Remove steaks to a plate and rest 5 minutes. Return pan to medium-high heat. Add $\frac{1}{4}$ cup **water** and **beef demi-glace** and bring to a boil. Reduce by half, 1-3 minutes. Remove from burner, swirl in remaining **butter**, and add **thyme**. Add any **accumulated juices from resting steaks**.



5

Cook the Green Beans

Place another medium pan over medium-high heat. Add 1 tsp. **olive oil** and **green beans** to hot pan and cook 1 minute. Add $\frac{1}{4}$ cup **water**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until green beans are bright green and tender, 3-5 minutes. Remove pan from burner.



6

Finish the Dish

Carefully remove **Yorkshire puddings** from tin. *If puddings stick to muffin tin, use a knife to loosen.* Plate dish as pictured on front of card. Bon appétit!