

Cajun-Rubbed Steak with Maque-Choux and Bacon

From a Phillis Carey cooking class, 8/2014



Servings: 5

Notes: Phillis made this with top sirloin and served thin slices (1/4 inch) but I'd recommend using a ribeye instead. Do not make this with filet mignon.

1. **MACQUE CHOUX:** Cook bacon in medium skillet over medium heat, stirring often, until crisp. Remove bacon to paper towels to drain. Add corn to the skillet and saute for one minute. Add onions and continue cooking for one more minute. Add garlic and season with salt and pepper; cook one minute. Stir in the cream, red peppers and green onions and simmer until the mixture is heated through. (Sauce can be made ahead, even a full day - just reheat before serving.)

2. **STEAKS:** Preheat grill. Sprinkle each steak with the Cajun spice, season with salt and brush or dab on the oil. (Yes, season first, then dab on the oil.) Grill steak 4-7 minutes per side for medium-rare to medium. Let steaks rest 5 minutes, tented with foil. Cut steaks across the grain into 1/2-inch slices and set on a HEATED serving plate. Spoon the corn mixture over the steak slices (down the center or at one end); do not cover the steaks with the corn. Garnish with onions and red bell peppers. Can be served plain or on a bed of mashed potatoes.

MAQUE-CHOUX (Corn):

4 ounces applewood smoked bacon, finely diced

1 1/2 cups white corn, or yellow, freshly cut from about 2 ears

1/4 cup onions, chopped

1 tablespoon shallots, minced

1 tablespoon garlic, minced

Salt and freshly ground black pepper to taste

1 cup heavy cream

1/3 cup red bell peppers, diced

1/4 cup green onions, chopped

STEAKS:

2 pounds steak, preferably ribeye, may also use top sirloin or flank, (cut 1 1/4" thick at minimum)

2 tablespoons grapeseed oil, or canola

2 tablespoons Cajun seasoning, see recipe below, or buy Spice Hunter's

Flaky salt to taste

2 tablespoons green onions, chopped (garnish)

2 tablespoons red bell peppers, chopped (garnish)

CAJUN/CREOLE SPICE MIX:

2 1/2 teaspoons paprika

2 teaspoons garlic powder (not granulated)

1 teaspoon onion powder

1 teaspoon dried oregano

1 teaspoon dried thyme

1/2 teaspoon cayenne pepper

1 teaspoons black pepper

Per Serving (excluding unknown items): 805 Calories; 67g Fat (74.3% calories from fat); 36g Protein; 16g Carbohydrate; 2g Dietary Fiber; 186mg Cholesterol; 719mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 10 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>