



Flat Iron Steak with Whiskey Cream Sauce

Ingredients

1 pound flat iron steak (could also use flank steak)
olive oil, kosher salt, pepper
1 14 oz can beef broth
1 cup whiskey (Irish Whiskey or Jack Daniels)
1 Tbsp dijon mustard
1 cup heavy cream
1 tsp garlic powder
1/2 tsp red pepper flakes
1 1/2 Tbsps cornstarch

Instructions

Drizzle both sides of the steak with some olive oil and sprinkle with kosher salt and pepper and set aside.

In a saucepan add the beef broth, 3/4 cup of the whiskey, and dijon mustard. Once it comes to a boil, turn the heat down to medium. Cook 10 minutes, stirring occasionally.

Add the heavy cream, garlic powder, and red pepper flakes. Cook 5-8 more minutes, stirring occasionally. Whisk in the cornstarch with the remaining 1/4 cup whiskey and add that in during the last 2 minutes. Taste for seasoning and add kosher salt and pepper to taste.

Note: If sauce is too thin let it cook a few more minutes to reduce or add a little more cornstarch, it does thicken slightly at room temperature.

In a large skillet (I used cast iron) over medium high heat add 1 Tbsp more of the olive oil and place the steak in the center of the pan. Cook for 3-4 minutes, flip and cook an additional 3-4 minutes for medium-rare to medium doneness. Remove the steak and place on a cutting board to rest.

Slice the steak against the grain and serve with whiskey cream sauce.