



Chocolate Spice Flat Iron Steak

Serve with pineapple compote and red wine butter sauce

Spice Rub:

1/4 teaspoon garlic powder; onion powder, ground black pepper
1 teaspoon (each) salt; chili powder
1/2 teaspoon bourbon smoked paprika
1 Tablespoon unsweetened cocoa powder
3 Tablespoons hot prepared mocha coffee
1/8 teaspoon (each) cinnamon; red pepper

Steak:

1-1/4-pound flat iron steak
1 Tablespoon canola oil or as needed

Combine all rub ingredients in medium bowl; stir to form marinating sauce. Coat steak completely with sauce. If the marinade is too thick, add 1 additional tablespoon of coffee. Cover steak with plastic wrap; place in refrigerator for about 2 hours or longer. Turn once during marinating. Bring to room temperature before cooking.

Coat 12-inch cast iron skillet with cooking oil; preheat cast iron pan over medium heat for about 5 minutes, until the pan is very hot. Place steak into pan; grill for 5 minutes on one side; turn over; grill for another 5 minutes. Turn down heat, turn steak over; grill another 2 minutes; turn over again; grill a final 2 minutes. Meat will be medium rare, about 135 degrees F. Remove meat from pan; cover with foil; let rest for 5 to 7 minutes before slicing very thinly slicing at a slant across the grain. Serve steak slices with the Red Wine Butter Sauce and Peppered Pineapple Compote.

Peppered Pineapple Compote

1 (8 ounce) can crushed pineapple with juice
1/4 cup chopped sweet bell red pepper
1 jalapeno pepper, seeded, minced
1/4 cup chopped green onions; root removed

Combine all ingredients in small bowl. After cooking steaks, place ingredients in skillet. Sauté until warm, scraping up the brown bits from the skillet; cook until warm. With slotted spoon, remove peppered pineapple from the skillet to a warm plate; set aside. Leave juice in the skillet.

Red Wine Butter Sauce:

3/4 cup red wine
1/3 cup chopped onion
1/2 cup sliced green onions
1/4 cup butter, cold, cut into small pieces
Salt; black pepper to taste
1/8 to 1/4 cup chopped parsley as desired

In skillet with juice dripping; add red wine, onions, and green onions. Cook over medium heat to reduce the juices in half. Slowly add butter pieces, whisking into wine mixture one at a time, until all butter is fully incorporated, and sauce is lightly thickened. Season to taste; stir in chopped parsley.

Place sauce on serving platter; top with sliced steak; top with peppered pineapple compote.

Cook's Note: If fresh herbs aren't available, use dry herbs as desired.

Recipe can also be prepared vegetarian by using plant based meat and adding more mushrooms. This recipe uses a Blenditarian technique replacing some of the meat with mushrooms for a healthier main dish.

About the Recipe: Have you ever tasted steak that was flavored with rich dark chocolate? This recipe blends fragrant mocha coffee, chocolate, and spirited spices. Top it off with a luxurious red wine butter sauce and peppered pineapple compote for an over-the-top experience. This dish tastes absolutely amazing!