



STEAK WITH HERBED OR MUSHROOM BUTTER

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Makes 4-6 servings. A serving is 3 oz meat cooked and 1 tbsp butter. This recipe covers your protein and fat at your meal.



INGREDIENTS

Mushroom Garlic Butter:

6 Tbsp Kerry Gold butter (soft), divided
4 oz. mushroom, finely chopped
Pink Himalayan salt & freshly-ground pepper, to taste
2 cloves garlic, finely minced

Garlic Herb Butter:

8 Tbsp. (1/2 cup) Kerry Gold Butter, softened
1 tsp. dried Herbs de Provence or dill weed (or herbs of your choice)
1/4 tsp. garlic powder or 2 cloves freshly-minced garlic (or more to taste)
Pink Himalayan salt, to taste, if butter is unsalted

STEAK:

1-1/2 lbs. beef tenderloins or steaks of your choice
Pink Himalayan salt & freshly-ground pepper, to taste
1 Tbsp avocado oil



DIRECTIONS

Mushroom Garlic Butter:

In a medium saucepan over medium heat, melt 2 Tbsp butter. Add mushrooms and sauté until golden brown (4-6 min).

Add garlic, salt & pepper - cook 1 minute. Remove and let cool. Using a fork, mix with remaining 4 Tbsp of butter. Place butter onto wax paper, wrap and roll into a log. Refrigerate until firm.

Garlic Herb Butter:

Place ingredients into a bowl and mix well with a fork. Place in small bowl or roll into a log (see above) and refrigerate.

STEAK:

Set steaks out until room temperature for at least 30 minutes. Season with salt & pepper on both sides.

Heat a large skillet over medium heat. When hot, add oil and wait 1 minute. Add steaks and sear 3-5 minutes per side, depending on thickness. Turn off heat and let rest in pan for 3 minutes or so, until internal temperature is 125-130 for medium rare or 135-140 for medium.

Serve with a large dollop of mushroom or garlic herb butter.