

# A Taste of New Orleans: COGA Cook-Along and Networking Event

*Sponsored by: Northeast Beef Promotion Initiative*



Funded by Beef Farmers and Ranchers

## Cajun-Style Steak and Grits

- 1 pound boneless top sirloin or top round steak, about 1-inch thick
- 1 tablespoon unsalted butter
- 1 medium onion
- 2 garlic cloves
- 1 tablespoon Cajun seasoning blend
- 3/4 cup quick-cooking grits
- 3 1/2 cups milk
- 1 cup shredded cheddar cheese
- Hot sauce (optional)



1. Melt butter in medium saucepan over medium-high heat. Add onion, pepper, garlic and 1 teaspoon Cajun seasoning; cook 5 to 8 minutes or until vegetables are tender and begin to brown, stirring occasionally.
2. Stir in milk; bring to a boil. Slowly add grits, stirring constantly. Reduce heat; cover and simmer 4 to 5 minutes or until mixture is thickened and creamy, stirring occasionally. Remove from heat; add cheese. Let stand 1 minute. Stir until cheese is melted. Season with salt, as desired. Keep warm.
3. Meanwhile, press remaining 2 teaspoons Cajun seasoning onto beef Steak. Place steak on broiler pan or rimmed baking sheet and broil 2-3 inches from heat for 10-12 minutes or until desired doneness.
4. Carve steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Season with salt and pepper, as desired. Place grits in shallow bowl; top with beef. Serve with hot sauce, as desired.

*Recipe courtesy of: **Northeast Beef Promotion Initiative***

*<https://www.beefitswhatsfordinner.com/recipes/recipe/5926/cajun-style-steak-and-grits>*

## Items to Prep in Advance

*We strongly encourage you to prep as many of these items as possible in advance to save time during the live cook-along.*

- Finely chop onion and poblano pepper

- Mince garlic
- Place 1 tablespoon butter in medium saucepan
- Measure Cajun seasoning
- Measure grits
- Measure milk

## Classic Bananas Foster

- 1/4 cup unsalted butter
- 1 cup dark brown sugar
- 1/2 teaspoon ground cinnamon
- 4 firm, ripe bananas
- 1/4 cup banana liqueur (optional)
- 1/4 cup amber rum (optional)
- Vanilla bean ice cream



Scott Phillips

1. In a 12-inch skillet, melt the butter over medium heat. Stir in the brown sugar and cinnamon and cook until moist, about 1 minute. Add the banana liqueur and cook, stirring continuously, until the grainy texture disappears, and the mixture rolls off the spoon in a steady stream, 1 to 2 minutes. Put the banana quarters rounded side down in the pan. Cook until the bananas begin to soften, 2 to 3 minutes.
2. Turn the bananas onto their flat sides. Remove the pan from the heat and pour in the rum. Set the pan over high heat and carefully ignite the rum with a long match or grill lighter. Gently shake the pan until the flame subsides. Remove from the heat.
3. Place a generous scoop of ice cream in 6 to 8 individual heatproof dessert bowls. Arrange 2 to 3 pieces of sautéed banana around each scoop of ice cream. Spoon on the sauce and serve immediately.

Recipe courtesy of: **Fine Cooking**

<https://www.finecooking.com/recipe/classic-bananas-foster>

## Items to Prep in Advance

*We strongly encourage you to prep as many of these items as possible in advance to save time during the live cook-along.*

- Quarter bananas
- Place 1/4 cup butter in 12-inch skillet
- Measure brown sugar
- Measure cinnamon
- Measure banana liqueur and rum if using