

CHANDLERS

PRIME STEAKS • FINE SEAFOOD™



STEAK – GRILL

- step 1: Place salads, seafood and desserts in the refrigerator.
- step 2: Pour yourself a beverage (priorities).
- step 3: Remove the steaks from the butcher paper, plastic bag *and wrap*. Season to taste and place on the counter for 15-20 minutes to reach room temp.
- step 4: Fire the grill to high.
- step 5: Get a sear on both sides of the steak. Continue cooking until internal temp is 5°F under desired temperature. Remove from heat and brush on finishing butter.
- step 5: Let steak rest 5 minutes to reach desired temp.

STEAK – PAN-SEARED

- step 1: Follow steps 1-3 above.
- step 2: Preheat oven to 450°F.
- step 3: Heat 2 teaspoons of oil in a heavy pan (cast iron if you've got it) over medium-high heat. When oil is about to smoke, add the steak.
- step 3: Cook 3-5 minutes, flip and sear 3-5 minutes on the other side. Place pan with steak into the oven and continue cooking until internal temp is 5°F under desired temperature. Remove from the oven and brush on the finishing butter.
- step 4: Let steak rest 5 minutes to reach desired temp.

See video instructions at chandlersboise.com/butcher-block-menu or scan code below with your phone camera



rare 120-125°F
medium rare 130-135°F
medium 140-145°F
medium well 150-155°F
well 160°F+

FISH

Keep refrigerated until ready to prepare.

- step 1: See step 2 above.
- step 2: Preheat oven to 450°F.
- step 3: Bake in the container with the lid on for approximately 25 minutes.
- step 4: Using a spatula, slide fish and goodies onto a serving plate. Drizzle with pan juices.

SIDES

All bake covered in a 450°F preheated oven.

- mac and cheese: 12 minutes
- creamed spinach: 10 minutes, stir, additional 10 minutes
- potato gratin: 25 minutes
- roasted broccolini: remove sauce container, bake 12 minutes, top with sauce, serve