



# Fillet Balsamico

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## Essentials of Life Chiropractic

### Steak

Two, 8oz fillets

Salt - to taste

Pepper - to taste

Olive oil - 2T

Gorgonzola cheese - to taste

Add 2 Tbsp. olive oil in a large skillet on high heat. Sear steaks 2 mins on each side until they are nice golden brown. Transfer steaks to a baking sheet and top with gorgonzola cheese (as much or as little as you like) and put in oven for approx. 20 mins depending on size of steak and how you like it cooked. Internal temp should be 135 degrees for med rare.

### Balsamic Reduction

Balsamic vinegar 1/2 cup

Add 1/2 cup balsamic vinegar to a small saucepan on high heat, bring to a simmer on low until sauce thickens.

### Mashed Parsnips with garlic and thyme

Parsnips - 1#

Thyme - 1/8t

Bay leaf - 1 whole

Butter - 1T

Milk - 1 cup

Salt - to taste

Pepper - to taste

Prep veggies, wash and peel parsnips and chop. In a Med saucepan add 1 cup milk (for 1 lb. parsnips), 1 bay leaf, 1/8 tsp. thyme, 1/8 tsp. garlic powder, 1 Tbsp. butter and chopped parsnips. Cover and simmer over medium heat for 25 minutes.

### Asparagus

Asparagus - 1#

Salt - to taste

Pepper - to taste

Wash, dry and cut or snap ends off. Mix in small amount of olive oil with some salt and pepper, place on a baking pan and bake 350 deg for 10-12 min.

## Dark Chocolate Lava Cake

2 of the 3 oz. dark chocolate bars with 75% cacao

Eggs - 2

Sugar - 2t

Butter - 2T

2 individual sized ramekins (or cupcake sized baking dish)

Raspberries or strawberries (optional garnish)

Take med saucepan and boil water (about 3 inches high) In this pot lay another small saucepan in it and melt butter and chocolate leaving 2 (1 1/2 x 1 1/2 inch) pieces aside. Once everything is melted add sugar and stir. Remove from heat and add eggs, whisk until thoroughly combined. Grease ramekin and pour mixture equally in to both. Insert left over chocolate pieces (one in each) into center and let cool about 15 mins.

Put lava cake in to the oven and bake 10-12 minutes (it will rise a little). Plate your dish with parsnips, steak and asparagus. Drizzle balsamic reduction over the top of everything and enjoy!