

Pricing reflects market conditions when originally created. Please re-price for accurate food cost today



Tonight's Special is...

Cajun Coffee Flat Iron Steak

Item	Code	Cost
8oz. Certified Angus Beef® Brand Flat Iron Steak	#SFC08	\$5.58/portion
2 Tbs. Palmer's Cajun Seasoning	#33453	\$0.33
1 Tbs. Coffee, Finely Ground	#14496	\$0.41
1 tsp. Sea Salt	#34277 (New Pourable Pouch)	\$0.05
1 tsp. Ground Black Pepper	#34278 (New Pourable Pouch)	\$0.08
1 tsp. Granulated Garlic	#33506	\$0.11
4 oz. Uncle Ben's Red Beans & Rice	#11205	\$0.37

Hints:

Although it looks similar you do not have to cut this steak like flank (thin and on the bias). Simply grill and serve whole as the center of the plate or with a grilled Icy Bay Halibut Steak #5640 as a profit making Reef & Beef special. Nevertheless it does slice well and is a perfect topper on a bed fresh field greens w/ blanched veggies or on a zesty Caesar salad for the perfect lunch offering.

Procedure:

- 1 Combine all of the spices in a small bowl to create the rub. Rub the spice mix all over the Flat Iron Steaks on both sides and allow to rest in the refrigerator for at least one hour and as much as overnight.
- 2 Preheat the grill for ten minutes until it reaches about 425°. Place the Flat Iron on the hot grill and cook on one side for about 8 minutes. Turn steak over and finish cooking on the second side until you reach the desired doneness. About 4-6 minutes more and it should be medium rare. (Internal temperature should read 145° with a test thermometer).
- 3 Remove from the heat and allow steak to rest for three minutes before serving. Top with sautéed mushrooms or fried onions straws if desired.
- 4 Serve with Red Beans and Rice



Tonight's Savings

Suggested Sell:
\$21.00

Plate Cost:
\$6.93

Food Cost:
33%

Profit Dollars:
\$14.07/Dinner

Not Responsible for Typographical Errors.