

# Cajun Butter Steak



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

My version of this steak is done by searing and roasting the meat. You can also choose to do this on the grill. Choose your favorite steak cut. It was a special occasion at our place, so I used beef tenderloin.

**Servings:** Serves 2 – 4 depending on how much sauce each person will receive

## **Ingredients:**

- 1/2 cup of tamari, coconut aminos or Bragg's aminos
- 1/3 cup of olive oil
- 1/4 cup of Swerve brown sugar substitute. You can order this online.
- 1/4 cup of bourbon
- 2 Tbl of good mustard. I used Grey Poupon.
- 2 tsp of Cajun seasoning
- 2 tsp of minced garlic (jar garlic will work)
- 2 Tbl of butter cut into bits
- 8 – 16 oz of your steak choice. 4 small filets will work, or you can use a larger steak like tri-tip or sirloin and serve slices

## **Instructions:**

Preheat your oven to 375 degrees.

In a bowl whisk together the tamari (or other) along with the olive oil, brown sugar substitute, bourbon, mustard, Cajun seasoning, and garlic.

Pour out about half of the sauce into another container to save it to make the sauce later.

Add your steak to the bowl and let it marinate for at least 20 minutes or up to 4 hours. If you are marinating it for more than 30 minutes, cover it and refrigerate.

Remove the steak from the marinade and season it with grated sea salt and pepper to your liking. Spray an oven-proof pan (like cast iron) with olive oil spray. Heat on medium-high and sear the steak on one side for a full three minutes. Don't mess with it. Let it get a nice crusty surface. Turn it over.

Then transfer it to your oven to roast. Most steak cuts will take about 12 minutes to get to 130 degrees or just past medium-rare. Keep an eye on it because I don't know what steak choice you made. Remove from the oven and let it rest on the cutting board for 5 – 8 minutes before serving.

While the steak is resting you can finish your sauce. All you need to do is heat the sauce in a small saucepan. Bring it to a boil and then turn it down and let it reduce a bit. Stir in the butter and let it melt. You are ready to serve. Drizzle the sauce over the steak.

Enjoy!

Cheers,