



THE ingles TABLE

with Wesley Wright
Perfectly Cooked Steak

Shopping List

Steak

- 1 Hickory Nut Gap Ribeye
- Salt and Pepper To Taste

Potatoes

- 1/2 Tbsp Organic Coconut Oil
- 3 lbs Yukon Gold Potatoes
- 3/4 cup garlic cloves
- 3/4 cup Extra Virgin Olive oil
- 1 Tbsp butter
- Salt and Pepper To Taste

French Green Beans

- 1 lbs Local Green Beans, prepped or French Green Beans in Produce Dept
- Extra Virgin Olive Oil (As Needed)
- Salt and Pepper To Taste



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Cooking Instructions

STEAK

1) Place seasoned steak on a sheet pan with a little coconut oil in a preheated 200* oven. Use a meat thermometer to check the temperature. Remove the steak when it reaches an internal temperature of 120°F.

2) Set aside. Preheat non-stick pan to med-high heat and add 1/2 Tbsp coconut oil. Sear steak until well browned on both sides until desired doneness. No need for resting since the entire steak will be at the same doneness throughout. For thinner steaks, use higher heat for searing and be quick!

POTATOES

3) Roast garlic in olive oil in a 1 qt or larger saucepan on medium heat until lightly browned, about 12-15 minutes.

4) Boil potatoes on medium heat (less water absorption) until done. Add roasted garlic, oil & butter.

5) Mash well, for best results, use a food mill before adding remaining ingredients then stir together.

GREEN BEANS

6) Roast seasoned green beans with oil at 375°F for 25 minutes.