

"Beef, It's What You Want"

Crumb-Crusted Dijon Sirloin

- 2 lb. Boneless Sirloin Steak, cut 1 1/2 inches thick
- 1 tsp. Olive Oil
- 2 Tbsp. Dijon-style Mustard
- 1 Clove of Garlic, crushed
- 1/4 tsp. Pepper
- 1/2 Cup Soft Bread Crumbs
- 1/4 Cup Chopped Fresh Parsley

Baked Potato Wedges

- 4 Medium Baking Potatoes cut lengthwise into 8 wedges
- 2 Tbsp. Olive Oil
- 1 Clove of Garlic, crushed
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 2 Tbsp. Chopped Fresh Parsley

Heat oven to 350°F. Place potatoes in a 15 x 10 inch jelly-roll pan. In small bowl, combine 2 tablespoons oil, 1 clove of garlic, salt, and 1/4 teaspoon of pepper. Drizzle over potatoes; toss to coat. Spread potatoes in a single layer. Bake in 350°F oven for 20 minutes.

Meanwhile in a large nonstick skillet, heat 1 teaspoon oil over medium-high heat until hot. Add steak to skillet; brown on both sides. Place steak on rack in shallow roasting pan. In a small bowl, combine mustard, 1 clove of garlic, and 1/4 teaspoon pepper; spread on top of steak. In another bowl, toss bread crumbs with 1/4 cup parsley; pat evenly over mustard mixture.

After potatoes have baked 20 minutes, place steak in same 350°F oven.

Bake 35 to 40 minutes for medium rare to medium doneness. Remove steak when meat thermometer registers 140°F for medium rare; or 155°F for medium. Transfer steak to a carving board. Let stand 5 minutes.

(Temperature will continue to rise 5°F.) Continue baking potatoes 5 minutes or until tender. Carve steak. Sprinkle potatoes with parsley.

Makes 6 Servings.

Boneless Sirloin Steaks and Green Giant Idaho Baking Potatoes are specially priced this week at Shurfine Markets. Prices effective through 5/15/05.

