

THE BLACKSMITH *restaurant bar lounge*

Executive Chef & Owner, Gavin McMichael

www.bendblacksmith.com



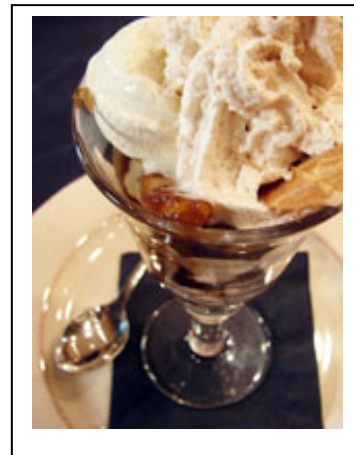
Bananas Foster Sundaes

Serves

2-4

INGREDIENTS

2 tablespoons unsalted butter
¼ cup brown sugar
¼ teaspoon ground allspice
½ teaspoon ground nutmeg
1 tablespoon banana liqueur
2 under ripe bananas, sliced in half lengthwise
¼ cup dark rum
½ teaspoon finely grated orange zest
1/3 cup cubed banana bread
Vanilla bean ice cream
Whipped cream



METHOD

Place cubed banana bread in bottom of serving dish. Melt butter in skillet over medium high heat. Add brown sugar, allspice, and nutmeg and stir until sugar dissolves. Add banana liqueur and bring sauce to a simmer. Add bananas and cook for 1 minute on each side, spooning sauce over bananas as you go. Remove bananas to serving dish with banana bread. Bring sauce to a simmer, remove pan from heat and add rum. Light the rum with match or by dipping into flame. Cook and stir for about two more minutes until flame dies out. Add orange zest, and pour over bananas and banana bread. Top with vanilla bean ice cream, and cinnamon whip cream.

Blacksmith's Flaming Mushroom Steak Ingredients

SERVES

2

INGREDIENTS

6 three oz tenderloin medallions
1/2 teaspoon salt
¼ teaspoon ground pepper
2 oz clarified butter
4 teaspoons finely chopped shallots
1 teaspoon finely chopped garlic
1 cup sliced mushrooms
1/3 cup brandy
2 teaspoons Dijon Mustard
¼ cup heavy cream
1 Table spoon chopped herbs
¼ cup reduced beef stock
2 teaspoons Worstershire sauce
1 tablespoon adobo (or a dash of your favorite hot sauce)
Fried chives for garnish



METHOD

In medium hot pan add clarified butter, then add steaks and cook for about 1 minute and turn to cook on the other side to cook for about 45 seconds. Add garlic and shallots to side of pan and cook until translucent stirring constantly, add mushrooms, and sautee for about two minutes, or until just soft. Remove pan from heat and add brandy. Light brandy in flame or with a match. Stir until flame goes out. Remove steaks to plate. Add Dijon and cream stirring constantly, cooking for one minute. Add stock, then Worstershire and adobo sauce, stir and cook for about 30 seconds. Return meat to baste, then serve and garnish with chives.