

Marinated Steak and Eggs Breakfast for Two

Following the breakfast theme, how does steak and eggs sound?

I found a great little chuck steak for sale and thought, hmmm, I can do something with that. So off I went to create an intimate breakfast for hubby and me.



Here is the recipe for both the steak and the potatoes – Add some fruit and a mimosa, and it's a date!

Steak and Eggs for Two

What you need:

Steak Marinade:

- 1 teaspoon liquid smoke
- 1 Tablespoon olive oil
- 1 Tablespoon Dijon mustard
- 1 teaspoon lemon pepper
- $\frac{1}{2}$ cup sparkling water
- $\frac{1}{2}$ to $\frac{3}{4}$ pound chuck steak

Potatoes:

- 2 Yukon gold potatoes
- 1 small onion
- 2 cloves of garlic
- 1 Tablespoon olive oil

How to Do it:

Place all the marinate ingredients in a quart sized Ziploc bag. Seal and mix. Open the bag, put in the steak, and then push out as much air as possible. Reseal. The carbonated water will help to tenderize the meat while it sits at least overnight. I like to marinate for 12 hours or more.



Cook the potatoes in the microwave for about 5 minutes. You want them to be only slightly cooked. Allow them to cool, then grate them. Chop the onion finely,



then sauté on low in 1 Tablespoon of olive oil. Add the garlic, crushed and stir. Add the potatoes and cook until golden brown and slightly crispy. Set aside, but keep warm.



Using a grill pan (or a cast iron skillet), cook the beef on high, searing it on both sides. Turn down the heat and

continue to cook until desired doneness. I like medium-rare so this one just cooked about 5 minutes more.



Fry or poach the eggs – however many each person wants.

Serve together with some fresh fruit and you have a great meal to sit out on the deck (or anywhere you like) together and enjoy an at home brunch date! (Don't forget the flowers on the table and the cloth napkins!)

Serves 2



And there's a really good reason to have this satisfying breakfast. Because steak is good for you!! Yes it is! According to Helen Nichols, there are 31 Science-Backed Health Benefits of Steak! Check it out – it's an interesting read (while your steak is marinating).

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