Broiled Filet with Crab Cream Sauce

Ingredients:
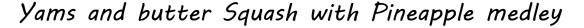2 6oz Painted Hills Natural Beef filets

Directions:
Sprinkle both sides of the filets with 5/C Steak Seasoning twenty minutes before your broil them

Note: let stand at room temp while this is being done. Do not put them back in the fridge.

Place on broiler pan in pre heated oven (450) for 4-5 minutes.
You do this because these filets are thick and it will bring up the internal temp before broiling.

Turn oven on broil and cook each side approx. 6 minutes. Internal Temp should be 140* for medium rare.

Yams and butter Squash with Pineapple medley

Ingredients:
8 oz. of diced or cubed Yams
8oz of diced or cubed butter Squash
1/3 cup salted butter
6-8oz fresh pineapple chunks
Brownulated Sugar
Red Pepper flakes

Melt the butter in a large skillet; add the yams and Squash, Cook on Med high heat 6-8 minutes stirring frequently.
Add 2-3 good pinches of Brownulated sugar and stir
Add fresh Pineapple chunks and continues stirring. At this point the mixture should cook for another 4-5 minutes.
Season with Red Pepper flakes to tastes. Be careful if you have folks who have Lilly lips and are not fond of spicy foods. I recommend two good pinches and be sure and mix well.

Asparagus/Garlic and Fresh Orange Juice

Ingredients:
6 oz. of fresh Asparagus, (I recommend smaller stalks)
3-4 oz. of Olive Oil
2 tables spoons of garlic
½ fresh navel orange
Salt/ Pepper

Directions:
In a large skillet over a medium high heat add the Olive Oil and garlic while the skillet is heating.

Place rinsed and dried Asparagus stalks in the skillet and stir.

Make sure the Olive oil and garlic has coated each stalk. Add salt and pepper to taste. (a pinch or two each)

Cooking time should be about 6-8 minutes

Squeeze the juice from ½ fresh orange over the asparagus during the last two minutes in the pan. Stir, again so the stalks are coated well with the juice.

The trick to cooking asparagus cooking it quick enough to have it hot all the way through, but still crisp. None of that limp nasty stuff here.