



Valentines Day Dinner Menu

To Set the Mood:

Champagne garnished with fresh raspberries (with a splash or rose syrup if you're in the mood) and move to red wine once dinner is served

Entrée:

Rose-Marinated Flank Steak with Roasted Shallots
Brown Basmati Rice with Toasted Almonds and Medjool Dates

Dessert:

Pistachio Ice Cream and Raspberry Sorbet with Rose Syrup Drizzle and Shaved Bittersweet Chocolate

[Valentine's Day recipes for singletons and couples alike. Singletons, depending on how many friends you invite over, triple (6 friends) or quadruple (8 guests) the below recipes.]

Rose Marinated Flank Steak with Roasted Shallots

Serves 2

(Nutritional Benefits: Antioxidants)

For Shallots:

8 shallots, peeled

Salt and pepper to taste

1 sprig fresh thyme

2 teaspoons balsamic vinegar

Non-stick cooking spray

1. Preheat oven to 400.
2. Put the shallots, salt, pepper, thyme and vinegar on a piece of foil. Spray with cooking spray and toss together. Wrap tightly and roast in the oven for 30-45 minutes, or until the shallots are very tender.

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For Steak:

2 tablespoons honey

¼ cup soy sauce

3 tablespoons rose water

1 clove garlic, peeled and smashed with the side of a knife

6-12 ounces flank steak, center cut, fat trimmed

Salt and pepper to taste

Non-stick cooking spray

1. In a zip-top bag combine honey, soy sauce, rose water, garlic and steak. Make sure the meat is fully coated. Seal the bag and let sit in the fridge at least an hour, up to overnight.
2. Heat a grill or grill pan over medium-high heat. Spray the grill with non-stick cooking spray to prevent the meat from sticking.
3. Remove the meat from the marinade, shaking off any excess. Season each side with salt and pepper (remember to go a bit light with the salt because the soy sauce in the marinade is salty).
4. Place the meat on the hot grill. Let it sit, undisturbed, for about 4 minutes. Flip it with tongs and continue cooking another 3 to 5 minutes, depending on desired doneness.
Rare: 125-130 degrees
Medium Rare: 130-135
Medium: 135-140
5. Remove meat from the grill and let sit for 5-10 minutes (this allows the juices to redistribute and makes for a juicier final product). Slice the meat into ½ inch slices, making sure to cut *against* the grain. To do this, look at the meat and you will see the fibers running in one direction. Simple make slices perpendicular to these fibers.
6. Top sliced steak with roasted shallots.



Brown Basmati Rice with Toasted Almonds and Medjool Dates

Serves 2

(Nutritional Benefits: Whole grain, fiber, antioxidants, omega-3)

2/3 cup brown basmati rice
Salt and pepper to taste
2 teaspoons butter
2 tablespoons almonds, toasted and roughly chopped
2 Medjool dates, pitted and roughly chopped
1 tablespoon fresh Italian parsley, chopped

1. Cook the rice according to package instructions.
2. Fluff the rice with a fork, then stir in salt, pepper, butter, almonds, dates and parsley. Combine well.

Pistachio Ice Cream and Raspberry Sorbet with Rose Syrup Drizzle and Shaved Bittersweet Chocolate

Serves 2

(Nutritional Benefits: Calcium, antioxidants)

2 scoops pistachio ice cream
2 scoops fat-free raspberry sorbet
Rose syrup
Bittersweet chocolate bar

1. Put one scoop of each flavor into a bowl.
2. Drizzle with rose syrup.
3. Using a vegetable peeler, sprinkle chocolate shavings over each bowl.