

Dinner & Cocktails with Morgan!

Morgan's Quick & Easy Flank Steak & Wasabi Mashed Potatoes

45 minutes

serves 5 to 6

FLANK STEAK INGREDIENTS:

- 1/2 cup soy sauce
- 2 tablespoons fresh grated ginger root
- 2 limes, zested and juiced
- 1/4 cup Canola oil
- 2 tablespoons grill seasoning
- 2-1/2 - 3 pounds flank steak

WASABI MASHED POTATOES INGREDIENTS:

- 3-4 pounds Idaho potatoes, peeled and cut into chunks
- 4 scallions, root end trimmed, chopped finely
- Handful cilantro leaves, chopped finely
- Pinch of salt
- 1/4 cup half 'n half or milk
- 1/2 cup sour cream
- 1 to 2 tablespoons wasabi paste, found in the international aisle

PREPARATION:

- Preheat indoor/outdoor grill to high.
- Combine ginger, soy sauce, lime juice, oil and grill seasoning in a large sealable plastic bag. Add meat to marinade and coat evenly. Let stand 20 minutes to 4 hours. Reserve the lime zest for potatoes topping.
- Grill meat 6 to 7 minutes on each side, medium rare.
- While potatoes and meat cook, finely chop the scallions together with cilantro and lime zest.
- Place potatoes in a pot and cover with water. Bring to a boil, salt the potatoes and cook until tender, 10 to 12 minutes. Drain potatoes and add them back to the hot pot. Smash the potatoes with a masher to desired consistency with the half 'n half (milk), sour cream and wasabi. Adjust salt, to taste.
- Thinly slice on an angle against the grain.
- Serve meat on mash potato mounds with a garnish with a generous sprinkling of the chopped scallion-cilantro-lime zest.

Morgan's Pineapple Cooler

4 minutes

serves 1

INGREDIENTS:

- 2 tablespoons simple syrup, (equal amounts sugar and water heated until sugar dissolves), cooled
- 1 1/2 cups Rum, white or dark
- 1 cup pineapple juice
- 2 tablespoons lemon juice
- 2 cups crushed ice
- 3 pineapple wedges, garnish

PREPARATION:

- Combine rum, pineapple juice, lemon juice and simple syrup in a cocktail shaker and shake vigorously.
- Strain into a cocktail glass over crushed ice.
- Garnish with pineapple wedges.



GOVERNMENT WARNING: (1) ACCORDING TO THE SURGEON GENERAL, WOMEN SHOULD NOT DRINK ALCOHOLIC BEVERAGES DURING PREGNANCY BECAUSE OF THE RISK OF BIRTH DEFECTS. (2) CONSUMPTION OF ALCOHOLIC BEVERAGES IMPAIRS YOUR ABILITY TO DRIVE A CAR OR OPERATE MACHINERY, AND MAY CAUSE HEALTH PROBLEMS.

