



## **Steak Oscar**

4 (8 oz.) filet minion  
1 cup cooked crabmeat  
12 asparagus spears

Salt – to taste  
Pepper – to taste

**Cooking instructions:** Blanch the asparagus in salted boiling water for two minutes until vibrantly green. Once the asparagus is vibrant in color shock in ice water and set aside. For the meat season in a raw state with salt and pepper, cook on a hot grill for 5 minutes on each side once you have flipped the meat to the second side place asparagus on the grill and cook for color until meat is done. Once the meat is cooked let it rest for one minute, top it with 2 oz crabmeat and three pieces of asparagus and two ounces of cream sauce.

White Sauce:  
2 Tbsp. butter  
2 Tbsp. flour  
1 c. scalded milk or cream  
salt to taste  
pepper to taste

**Directions:** Melt butter in saucepan; gradually stir in flour. Stir roux over low heat for about 5 minutes. It should not take color. Stir in milk slowly and continue to cook, stirring until smooth and thick. Season to taste. Makes 1 cup. Place small amount of crabmeat and 3 spears of asparagus on each filet. Put white sauce over all and sprinkle with paprika.

Serves 4 or 5 people.

