Outside skirt steak and shrimp tossed together in a thick whiskey pan sauce with fresh basil, creamy parmesan cornmeal mush, cauliflower cut into steaks and grilled, plus a bright lime cucumber salad to cut the richness.



Whiskey Skirt Steak & Shrimp with Parmesan Cornmeal Mush

The game plan

Get the cauliflower steaks on the grill first — they take the longest. Start the cornmeal mush early; it holds warm happily. Sear the steak, add the shrimp at the very end so they don’t overcook, then build the whiskey pan sauce while everything rests. The cucumbers can be salted and dressed ahead.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Outside skirt steak: about ¾ lb
- Shrimp: ½ lb, peeled
- Cauliflower: 1 small head, cut into thick “steaks”
- Cornmeal: ¾ cup
- Chicken stock: 1 cup (with the coconut milk, 2 parts liquid to 1 part cornmeal)
- Coconut milk: ½ cup
- Parmesan, for grating
- Cucumbers: about 2 cups sliced into rounds (1–2 cucumbers)
- Fresh basil: a handful of leaves
- Olive oil: 2–3 Tbsp
- Whiskey: about ½ cup
- Coconut aminos: 1–2 Tbsp
- Fish sauce: 1–2 tsp
- Cornstarch: 1–2 tsp
- Brown sugar: 1–2 tsp
- Lime: 1, for zest and juice
- Red wine vinegar & rice vinegar: a splash of each
- Paprika, salt and black pepper

COOK THE PLATE

Four parts, one dinner · Serves 2



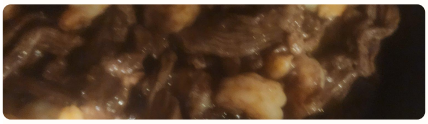
1. Grill the cauliflower steaks

1. Cut the cauliflower into thick steaks.
2. Brush both sides with olive oil and season with salt, pepper, paprika, and a little brown sugar.
3. Grill about 5 minutes per side, then cover completely with aluminum foil and keep over heat about 20 minutes total, until tender.



2. Start the cornmeal mush

1. Two parts liquid to one part cornmeal: bring the chicken stock to a simmer.
2. Whisk in the cornmeal, then stir in the coconut milk and grated parmesan.
3. Keep warm — it holds fine.



3. Sear the steak, then the shrimp

1. Hot pan with olive oil.
2. Season the skirt steak with coconut aminos, fish sauce, a little brown sugar, lime juice and lime zest, and a splash of red wine vinegar.
3. Cook the steak through — about 3–4 minutes per side — then add the shrimp and toss until just done.
4. Pull the steak and shrimp out; leave all the juices in the pan.



4. Build the whiskey pan sauce

1. Pour about ½ cup whiskey into the pan and reduce for a few minutes.
2. For body: spoon some of the simmering juice into a small bowl, whisk in cornstarch to make a smooth slurry (no lumps), pour it back in and stir until thickened.
3. Return the steak and shrimp to the pan, toss everything together in the thick glaze, and scatter fresh basil over the top.



5. Cucumber salad

1. Slice the cucumbers into rounds, salt them, and rest 10 minutes; drain off the liquid.
2. Dress with 2 parts olive oil to 1 part rice vinegar, plus lime zest and lime juice.
3. Let sit a few minutes.



6. Plate

1. Cornmeal mush down first.
2. Pile the steak and shrimp — tossed together in the whiskey glaze with the basil — alongside.
3. Cauliflower steaks and cucumber salad on the side.

Serve

Slice the skirt against the grain — that’s the whole ballgame for tenderness. Everything tossed in the glaze, cucumber salad bright on the side. Eat hot.

