

This Ghost Pepper Steak Packs Heat and Haunts with Bourbon Cream

Ghost Pepper Steak with Haunted Bourbon Cream Sauce



TIME
5 min

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INGREDIENTS

2 ghost pepper steaks (or regular steaks with ghost pepper seasoning)

Salt and pepper to taste

1 tbsp olive oil

... cup bourbon

1 cup heavy cream

2 cloves garlic, minced

... cup grated parmesan cheese

Fresh parsley, chopped, for garnish

Ingredient Notes & Swaps:

Ghost Pepper Steaks: If you can't find pre-seasoned ghost pepper steaks, use sirloin or ribeye and coat with ghost pepper flakes or hot spice rub.

Bourbon: A good mid-shelf bourbon will give depth without overpowering the cream.

Cheese: Parmesan adds nutty sharpness, but pecorino or asiago work too.

Heat Control: Tone down the spice with less ghost pepper or balance with a squeeze of lemon juice in the sauce.

Step-by-Step Instructions:

Season the Steaks Rub both sides with salt, pepper, and your preferred amount of ghost pepper heat.

Sear the Steaks Heat olive oil in a skillet over medium-high. Sear steaks 4-5 minutes per side for medium-rare. Adjust to desired doneness.

Rest the Meat Remove steaks and let them rest on a

plate, tented with foil.

Deglaze with BourbonIn the same skillet, pour in the bourbon. Scrape up the browned bits and simmer for 1-2 minutes.

Make the SauceStir in heavy cream and minced garlic. Bring to a gentle simmer and cook 5-7 minutes until thickened.

Add CheeseStir in parmesan until melted and the sauce is smooth and velvety.

Finish the DishReturn steaks to the skillet and spoon sauce over the top. Let them warm in the sauce for a minute or two.

Garnish & ServeTop with chopped parsley. Serve hot, preferably with something cool and creamy on the side.

Tips for Success:

Resting is Crucial: Letting the steak rest keeps the juices inside and improves texture.

Cook Sauce Gently: High heat can separate cream sauces. Simmer low and slow.

Taste the Heat: Ghost pepper is no joke. Taste test small flakes before seasoning heavily.

Serving Suggestions & Pairings:

Creamy mashed potatoes or cheesy polenta

A fresh green salad with vinaigrette for contrast

Grilled corn or roasted veggies

For dessert, cool things off with The Slippery

Drank - sweet, smooth, and perfect after the spice

Storage & Leftover Tips:

Refrigerate: Store leftovers in an airtight container for up to 3 days.

Reheat Gently: Warm in a skillet over low heat with a splash of cream or milk to refresh the sauce.

Not Freezer-Friendly: Due to the cream sauce, freezing is not recommended.

DIRECTIONS

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2. Sear the : SteaksHeat olive oil in a skillet over medium-high. Sear steaks 4-5 minutes per side for medium-rare. Adjust to desired doneness.
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8. Garnish & : ServeTop with chopped parsley. Serve hot, preferably with something cool and creamy on the side.
9. Tips for Success: Resting is Crucial: Letting the steak rest keeps the juices inside and improves texture.
10. Cook : Sauce Gently: High heat can separate cream sauces. Simmer low and slow.
11. Taste the : Heat: Ghost pepper is no joke. Taste test small flakes before seasoning heavily.
12. Serving Suggestions & Pairings: This bold steak deserves equally bold pairings:
13. Creamy mashed potatoes or cheesy polenta

14. A fresh green salad with vinaigrette for contrast
15. Grilled corn or roasted veggies
16. For dessert, cool things off with : The Slippery Drank - sweet, smooth, and perfect after the spice
17. Or make it a full comfort food spread with : Dorito Casserole and Chicken Enchiladas.
18. Storage & Leftover Tips: Refrigerate: Store leftovers in an airtight container for up to 3 days.
19. Reheat : Gently: Warm in a skillet over low heat with a splash of cream or milk to refresh the sauce.
20. Not : Freezer-Friendly: Due to the cream sauce, freezing is not recommended.
21. More Recipes You'll Love: If bold flavors are your thing, be sure to check out:
22. Cajun : Chicken Sausage Gumbo - spicy, hearty, and Southern-style
23. Dorito : Casserole - easy and packed with flavor
24. Chicken : Enchiladas - always a hit
25. Walking : Taco Bar - spice it up with toppings galore

SWAPS & NOTES

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