



Recipes for www.steakitout.com

Beer Barbecue Sauce

- 1 cup Prepared barbecue sauce
- 1 cup Ketchup
- 2/3 cup Beer
- 1/4 cup Honey or Molasses
- 2 tablespoons Lemon juice
- 2 tablespoons Red wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon Worcestershire Sauce
- 1 teaspoon Hot Pepper Sauce
- 1/2 teaspoon Pepper
- 2 Garlic cloves, minced
- 2 Onions, finely chopped

In large bowl, combine barbecue sauce, ketchup, beer, honey, lemon juice, vinegar, mustard, Worcestershire sauce, hot pepper sauce, pepper, garlic and onions. Place food in marinade and let stand at room temperature for up to 2 hours or in refrigerator overnight. When ready to cook, remove food and place marinade in saucepan and cook for 10 minutes or until thickened.

Use as sauce for basting or serving with cooked food.

Honey Spiced BBQ Sauce

- 1 1/4 Cup Ketchup
- 2/3 Cup Salad oil
- 3/4 Cup Vinegar
- 5 Tablespoons Worcestershire sauce
- 1 Cup Honey
- 2 Tablespoon Dry mustard
- 3 Teaspoon Ginger, fresh grated

1 Lemon, sliced thinly
3 Tablespoons Butter
Combine all ingredients in a saucepan and heat to blend together.
Remove lemon peel before basting.

Jack Daniel's Grilling Sauce

1/2 cup pineapple juice
3 tablespoons soy sauce
1-1/2 teaspoon garlic powder
1/4 cup Jack Daniel's Whiskey
Combine all ingredients and mix well. Dip meat in sauce and place on grill over hot coals. When meat is turned, brush with sauce. Grill to desired degree of doneness. Just before meat is removed from grill, brush again with sauce. Makes enough for 8 servings.

Watermelon Barbecue Sauce

1 – 6 Pound Seedless Watermelon chunk
8 Ounces Tomato Paste
1 Tablespoon Onion Powder
1 Tablespoon Garlic Powder
2 Cups firmly packed Brown Sugar
1/2 Cup Sherry
2 Teaspoons Lemon juice
1 Teaspoon Liquid smoke
Cut the melon into pieces and place in a saucepan. Cook it uncovered over medium heat until the melon is the consistency of applesauce (approximately 2-3 hours). Stir it occasionally. Add remaining ingredients. Simmer uncovered over low heat for 2 hours. Allow to cool to room temperature before using.

Tennessee BBQ Sauce

1 Cup Catsup
1/2 Cup Vinegar
1/4 Cup Worcestershire sauce
2 Cup Water
1 Onions, chopped
1/2 Cup Brown sugar

1 Teaspoon Celery seed

1/2 Teaspoon Salt

Combine ingredients in small saucepan and bring to boil. Simmer until reduced to thick sauce, stirring occasionally.

Molasses Orange Barbecue Sauce

1 Can Tomato soup, condensed (10 3/4 Ounce)

1 Can Tomato sauce, 8 Ounce Can

1/2 Cup Molasses, light

1/2 Cup Vinegar

1/2 Cup Brown sugar, packed

1/4 Cup Vegetable oil

1 Tablespoon Minced onion, instant

1 Tablespoon Sea Salt

1 Tablespoon Dry mustard

1 Tablespoon Worcestershire sauce

1 Tablespoon Orange peel, finely shredded

1-1/2 Teaspoon Paprika

1/2 Teaspoon Pepper, black

1/4 Teaspoon Garlic powder

In a saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer uncovered for 20 minutes. Use to baste beef or poultry last 15 minutes of grilling.

Carolina BBQ Rub

2 tablespoons Sea Salt

2 tablespoons Granulated Sugar

2 tablespoons Brown Sugar

2 tablespoons Ground Cumin

2 tablespoons Chili Powder

2 tablespoons freshly ground Black Pepper

1 tablespoon Cayenne Pepper

1/4 cup Paprika

Combine all ingredients in a small bowl and mix well; use as a dry rub on beef, chicken, lamb or pork.

Cajun Blackening Spices

5 teaspoons Sweet Paprika
1 teaspoon ground dried Oregano
1 teaspoon ground dried Thyme
1 teaspoon Cayenne Pepper
1/2 teaspoon course ground Black Pepper
1/2 teaspoon finely ground White Pepper
1/2 teaspoon Garlic Powder

Mix together and store in an air-tight container.

Chili Paste

1 Lemon (and zest)
1 Lime (and zest)
1 orange (and zest)
1/2 green chili, or more to taste (chopped with or without seeds)
5 garlic cloves (finely crushed)
3 tablespoons mild Chili Powder
1 tablespoon Olive Oil
1 tablespoon Sweet Paprika
1 teaspoon ground Cumin
1 teaspoon Sea Salt
1/2 teaspoon dried Oregano
1/4 teaspoon ground Cinnamon

Mix 1/2 teaspoon of each fruit zest and all the juices with other ingredients. Add more spices if desired. Let stand at least 30 minutes before using (should thicken).

Kansas City Rib Rub

1/2 cup brown sugar
1/4 cup paprika
1 tablespoon Black Pepper
1 tablespoon Sea Salt
1 tablespoon Chili Powder
3/4 tablespoon Garlic Powder
3/4 tablespoon Onion Powder
1 teaspoon Cayenne

Mix all ingredients together and store in an air tight container.

BBQ Flank Steak

- 1 1/2 pounds Flank Steak, cut in half
- 1 1/4 teaspoons Chili Powder
- 1 large onion, Sliced
- 1 tablespoon Olive Oil
- 1 Garlic clove thinly sliced
- 1/2 teaspoon Dark Brown Sugar
- 1/3 cup of grated Carrot
- 1/2 teaspoon Sea Salt
- 1/2 cup Red Wine
- 1/8 teaspoon course ground Black Pepper
- 2 tablespoons Rice Wine Vinegar

Sprinkle the flank steak with sea salt. In an iron frying pan, brown the flank steak in olive oil and then transfer it to a crockpot.

In the same skillet, sauté onion for 1 minute and then add sliced garlic. When the garlic starts to turn brown add the red wine, stirring and scraping with a spatula to loosen any and browned bits from pan. Add the remaining ingredients; heat until the liquid begins to boil. Pour over the flank steak. Cover and cook on low for 7 to 8 hours or until the meat is tender. For a great presentation, you may want to spoon out portions of the flank steak and throw them under the broiler for a few minutes to add a crusty BBQ finish.

Serve with sweet potato fries.

Maple Barbecued Chicken

- 4 skinless Chicken Thighs
- 3 tablespoons Maple Syrup
- 3 tablespoons Chili Sauce
- 1 tablespoon Cider Vinegar
- 1 tablespoon Canola Oil
- 2 teaspoon Dijon Mustard
- 1 cup Apple Wood Chips

Soak Apple Chips in water for 30 minutes. Preheat grill. Combine syrup, chili sauce, vinegar and mustard together in a saucepan. Let simmer for 5 minutes. Brush chicken with the oil and season with salt and pepper. Add wood chips to coals. Place chicken on grill and cook for 10–15 minutes or until fork tender. Turn occasionally and brush generously with sauce in the last few minutes before they are done.

Cinnamon Honey Wings

2 1/2 pounds Chicken wings
4 each Garlic cloves, chopped
1/4 cup Olive Oil
2 tablespoons Soy Sauce
1/4 cup Vinegar, rice
1/4 cup Honey, mild
1–1/2 teaspoons Cinnamon, ground
1 teaspoon Thyme
1/2 teaspoon Ginger, ground
1/2 teaspoon Mustard, dry
1 cup Apple Wood Chips

Mix all ingredients (except chips) in a plastic bag then knead occasionally for 2 hours. Soak wood chips in water for 30 minutes. Prepare fire in grill. Add chips to hot coals. Cook wings on the grill for about 10 minutes on one side, then turn and baste with the marinade. Continue cooking 10 minutes or until done. Serve immediately or refrigerate until needed.

Barbecued Orange Chicken

2 1/2 lbs Chicken Parts
BBQ Sauce:
1/4 cup Olive Oil
1/4 cup frozen Orange Juice concentrate
1/2 cup White Wine Vinegar
1/4 cup Tomato Paste
1 orange zest, removed with grater, orange slices reserved for salad

Salad:

1 large, ripe Tomato

1 Orange, sectioned (without rind, see above)
2 Scallions, chopped
1 Tablespoon Olive Oil
1 Tablespoon White Wine Vinegar
1/8 Teaspoon Sea Salt
1/8 Teaspoon Pepper

Prepare grill; heat coals. In medium bowl, mix together all barbecue ingredients until smooth. Place chicken on grill away from center heat, skin-side-down; cook 15 minutes. Turn chicken and grill for 10 additional minutes. Brush chicken pieces with sauce and turn occasionally; cooking for additional 10 minutes. Cut tomato into wedges and place in medium bowl. Use sharp paring knife to cut out white pith off orange. Remove orange sections and add them to tomato. Sprinkle with oil, vinegar and scallions; toss. Season with salt and pepper and toss again. Serve chicken with salad on the side.

Grilled Key Lime Chicken

3 pounds Chicken breasts; boneless, skinless
1 cup Key lime juice
1 tablespoon Honey
3/4 cup Water
1/2 teaspoon Fresh ground black pepper
1/2 teaspoon Ground thyme
2 tablespoons Vegetable oil
1 tablespoon Fresh ginger; peel, grated

Combine all ingredients except chicken in blender or food processor. Process until combined well. Pour over chicken. Cover and let marinate in the refrigerator overnight. Grill over hot coals, turning once, until done. Garnish with cilantro and lime slices.

Apple Smoked Barbecue Ribs

2 slabs baby back ribs, or spareribs
1/2 teaspoon cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon pepper
1 cup Apple Wood Chips

Preheat oven to 400F. Rub cinnamon, cloves and pepper into both sides of ribs. Place ribs on wire rack on baking pan.

Bake for 3 hours until tender.

Soak wood chips in water for 30 minutes. Prepare grill.

Place apple wood chips directly in the center of hot barbecue coals. Baste ribs and place on grill above wood chips. Cover, grill and cook for 10 minutes. Turn ribs, baste again and cook another 10 minutes or until ribs are browned but still moist.

Barbecue Sauce:

2–15 oz. cans tomato sauce

1/2 cup molasses

10 cloves garlic

2 tablespoons ground cumin

2 tablespoons dry mustard

fresh ground pepper

1/2 teaspoon cinnamon

1/4 teaspoon hot pepper flakes

1/2 cup red wine vinegar

Combine all ingredients except vinegar in saucepan. Simmer, covered, on low heat for 1 hour, stirring occasionally. Add vinegar to taste and simmer for another 15 minutes. Chill at least 24 hours, or until ready to use.

Memphis–Style Barbecued Ribs

3 Pound Racks baby back ribs

2 Teaspoon Salt

2 Teaspoon Coarse ground black pepper

Apple Juice for Basting

1 Cup Red wine vinegar

2 Cup Onion, chopped

2 Garlic, cloves, minced

1/4 Cup Mustard, yellow prepared

1/2 Cup Brown sugar, packed

2 Cup Ketchup

2 Lemons, thinly sliced

1 Teaspoon Louisiana hot sauce

Trim as much fat as possible from ribs. On bone side, work knife tip beneath membrane that covers bone until finger tips can be worked beneath rack membrane, loosening enough to get firm grip. Then peel membrane off rack.

With paring knife, scrape any fat away from bone.

Sprinkle ribs on both sides with even, light coating of salt and pepper. Place ribs, bone-side-down on grill. Grill over low fire 1 1/2 hours, turning every 15 to 20 minutes, replenishing fire as necessary. Baste with apple juice at every turn during first half of cooking period either by brushing on, or simply spraying apple juice from spray bottle. If smoking with indirect heat, turn at 1 hour intervals, cooking 4 to 6 hours.

Combine vinegar, onion, garlic, mustard, sugar and hot sauce in blender. Blend until smooth. Place in saucepan and add ketchup. Simmer 20 minutes.

Add lemon slices. Stir occasionally to keep from sticking. Use sauce as frequent baste for last half of cooking period, whether grilling or smoking, being careful not to burn ribs. Serve remaining sauce on side.

Baby Back Ribs With Mustard Sauce

1/3 cup Brown sugar

1/4 cup Onion, finely chopped

1/4 cup Vinegar

1/4 cup Mustard

1/2 teaspoon Celery seed

1/4 teaspoon Garlic powder

4 pounds Pork spareribs, or pork loin ribs, cut into pieces

For sauce, in a saucepan combine brown sugar, onion, vinegar, mustard, celery seed and garlic powder. Bring to boiling, stirring till sugar dissolves. Preheat grill. Adjust heat for indirect cooking. Place ribs on grill rack over medium heat. Cover and grill for 1 1/4 to 1 1/2 hours or till ribs are tender and no pink remains. Brush occasionally with sauce the last 15 minutes of grilling.

Grilled Leek And Sweet Pepper

2 medium leeks, green tops trimmed, split up to the root ends, cleaned

1 Tablespoon olive oil
1 large red bell pepper
1 large yellow bell pepper
4 Tablespoon unsalted butter
1 large clove, garlic, minced fine
1/3 cup dry vermouth
salt and freshly ground pepper to taste
12 oz. fresh fettuccine
1 Tablespoon fresh thyme leaves
1 cup Apple Wood chips

Prepare a medium-hot fire in the grill. Coat the leeks with olive oil. When the coals are covered in gray ash add the presoaked chips to the fire.

When the chips start to smoke place the leeks and peppers on the cooking grid directly over the fire.

Grill, turning as needed, until leeks are tender and golden brown, about 10–12 minutes, and skin of peppers is charred, about 15 minutes. Remove the leeks from grill and let cool. Remove the peppers from the grill and place in a paper or plastic bag and seal; set aside and allow to steam. When cool, trim root ends from leeks, then cut into thin strips. Peel and seed bell peppers and cut into thin strips.

Meanwhile, heat a large pot of water to boiling.

Heat butter in a large skillet over medium heat. Add garlic and cook, stirring frequently, until pale golden. Add vermouth, and reduce to syrupy consistency. Stir in leeks and peppers and season with salt and pepper. Salt boiling water, add pasta, and cook until tender but still firm to the bite. Drain thoroughly, add to skillet and toss well. Sprinkle with thyme and serve hot.

Mediterranean Grilled Vegetables

1 pound Large onion
1 pound Red bell pepper
1 pound Green bell pepper
1 pound Yellow squash
1 pound Zucchini squash

1 cup Olive oil
1/3 cup Italian seasoning

Peel onions and cut top-to-bottom in large wedges. Cut tops from bell peppers, remove core, and cut in large top-to-bottom pieces. Trim ends from squash and cut in diagonal rounds, about 1/2" thick. Toss all vegetables in a large bowl with olive oil and seasoning, breaking up the onion wedges somewhat. Place in a single layer on a very hot grill (watch out for the flare-ups!) and grill, turning occasionally, until peppers are slightly charred and veggies are tender (about 5 minutes).

Serve immediately. These are also good refrigerated, then microwaved to reheat.

Shrimp On The Barbie

12 Giant Prawns, shelled and heads and tails intact
1/4 cup Butter
1 cup Orange juice (freshly, squeezed)
2 tablespoons Sherry
1 teaspoon Orange Zest (grated)
2 each Green onions, tops and white
1 teaspoon Ginger root, (freshly grated)

Soak a dozen long wooden skewers in water for 30 minutes. Then push skewers through prawns, lengthwise, from head to tail with only 1 to a skewer. Combine all ingredients in saucepan and cook over medium to low heat, stirring, until butter is completely melted. Dip skewered prawns in the orange sauce and position on oiled grill rack about 4 inches above the coals. Baste liberally with sauce and grill for 2 minutes. Turn the prawn over and baste again, cooking for another 2 minutes. Smaller prawn will be done at this point, but continue basting and turning larger prawn until they are pink and cooked through. Remove from heat immediately when done, as they will get tough if overcooked. Use any remaining sauce for a dip for the prawns.

Grilled Halibut With Oriental Sauce

1/4 cup orange juice
2 Tablespoons soy sauce

- 2 Tablespoons ketchup
- 2 Tablespoons vegetable oil
- 2 Tablespoons fresh parsley or 1 Tbsp dried parsley, chopped
- 1 Tablespoon fresh lemon juice
- 1/2 Teaspoon oregano
- 1/2 Teaspoon pepper
- 1 clove garlic, minced
- 4 6-oz. halibut steaks, cleaned
- 1 cup Apple Wood chips

Combine orange juice, soy sauce, ketchup, oil, parsley, lemon juice, oregano, pepper and garlic in a small bowl. Brush the mixture evenly on the steaks, refrigerate.

Brush the grill lightly with oil. Light the coals or gas grill. Soak the apple wood chips in water for about 45 minutes. When the coals turn white add the wood chips. When the chips start to smoke place the steaks on the grill rack and cook turning once, about 5 to 6 minutes per side, or until the steaks flake when tested with a fork.

Barbecued Chuck Roast

- 4 pounds Round (7-bone chuck roast), Cut 2" thick
- 2 teaspoons Meat tenderizer
- 3 each Green onions, chopped
- 1 each Garlic clove
- 1/4 each Green Pepper (diced)
- 2 each Stalks Celery, diced
- 1/2 teaspoon Oregano
- 1/2 teaspoon Rosemary
- 1 dash Cayenne
- 1 tablespoon Worcestershire sauce
- 3/4 cup Burgundy wine
- 3 tablespoons Peanut oil

Slash fat edges. Sprinkle both sides of roast evenly with meat tenderizer. Pierce meat deeply all over with fork.

Place in shallow dish and top with green onions, garlic, green pepper, celery, oregano, rosemary and cayenne.

Combine worcestershire, burgundy and oil and pour over meat. Refrigerate overnight, turning meat several times, each time spooning the chopped ingredients over top again.

Sear both sides over glowing coals. Raise grill and continue cooking, having meat about six inches from heat, until done as desired. Allow from 50 to 60 minutes for total cooking time. Brush frequently during cooking with any remaining marinade.

Bourbon Steak

1-1/2 pounds steak
1 teaspoon. sugar
1/4 cup bourbon
2 tablespoons soy sauce
2 tablespoons water
1 garlic clove, crushed
1 cup Apple Wood Chips

Mix all ingredients (except chips) together, place in ziplock bag and marinate steak 4 hours or over night. Soak wood chips in water for 30 minutes, and add to hot coals just before commencing to grill. Grill steak to desired doneness. This recipe is good with any cut of steak you like.

Marinated Steak Kabobs

1 cup Onion, chopped
1/2 cup Olive oil
1/2 cup Lemon juice
1/4 cup Soy sauce
1 tablespoon Worcestershire Sauce
1 teaspoon Mustard, prepared
1 pound Sirloin Steak, cut in 2" cubes
1 large Green Pepper, cut in 1" pieces
2 medium Onions, quartered
2 medium Tomatoes, quartered
1 cup Apple Wood Chips

Saute onion in oil; remove from heat. Stir in lemon juice, soy sauce,

Worcestershire Sauce, and mustard; pour over meat and vegetables. Cover and marinate overnight in refrigerator. Remove meat and vegetables from marinade, reserving marinade. Alternate meat and vegetables on skewers.

Soak Apple Wood Chips in water for 30 minutes. Prepare fire in grill. When the grill is up to temperature, add wood chips; let them start smoking. Grill kabobs 5 minutes on each side over coals or until desired degree of doneness, brushing frequently with marinade.

Filet Mignon with Danish Herb and Bleu Cheese Sauce

2 tbsp. Danish cream cheese with herbs and spices
1 tbsp. plus additional Danish Bleu cheese, crumbled
2 tbsp. butter
2 sm. filet mignon steaks, cut 1 1/4-inch thick and trimmed
2 tbsp. dry White wine
2 tbsp. water
Freshly ground pepper to taste
2 slices bacon, crisply cooked and drained

On a small plate mash herbed and spiced cheese with 1 tablespoon Bleu cheese and set aside. Warm serving plates in a slow oven. In small skillet over moderate heat, melt butter. Add steaks. Brown on both sides then cook to desired doneness. Transfer to heated plates and keep warm. Add wine to drippings in skillet. Increase heat until mixture boils. Boil for 1 minute and reduce heat to low. Stir in cheeses, mixing well with a fork. Blend in water and pepper. Simmer gently one minute, stirring several times. Thin to desired consistency with additional water if necessary. Pour sauce over steaks and top each with bacon strip. Serve with additional Bleu cheese. Serves 2.

Garlic Sirloin Steak Donato

4 garlic cloves, minced
1/2 c. grated Parmesan cheese
3 tbsp. butter
1 tbsp. Marsala wine (or any red wine we might have around)
1 tbsp. brandy
1 tsp. tomato paste

1/2 tsp. salt
1/2 tsp. pepper
1 sirloin steak or 4 sirloin strips or filet mignons

Combine all ingredients except steak in a food processor. Blend to a paste. Grill steaks over medium hot coals, almost to desired degree of doneness, turning once. Spread paste evenly over steak or steaks and return to grill, paste side up, until mixture begins to bubble, about 1-2 minutes longer.

Charcoal Broiled Steaks

Steak, any kind, sirloins, tenderloins or filets
1/2 lb. butter
1 lemon
Hot sauce
Salt and pepper to taste
3 cans mushrooms, chopped or sliced
White onions
Bell peppers
Tomatoes

Prepare ahead of time lemon sauce by melting butter, juice of 1 lemon and the peel of 1/2 lemon and a dash of hot sauce. Just before ready to put on the meat, add mushrooms. Prepare to cook over fire at the same time that the steaks are cooking sliced large white onions, sliced bell peppers and sliced tomatoes arranged in a wire grill that closes to hold them securely.

Texas Pepper Steak

For the grill - Serves 4.
1 lb. lean chuck or round, thin slices 2 inches long
1 clove garlic, chopped
2 onions, chopped
2 green peppers, cut in strips
2 red peppers, not hot, cut in 1/2 inch strips
1 tsp. A-1 sauce
2 tbsp. oil
10 3/4 oz. can beef gravy
6 oz. can mushrooms

Place beef strips on a large doubled square of foil. Add remaining ingredients. Double seal foil, place on grill 4 inches above coals and cook, turning frequently. Cook 1 hour.

Steak On Grill

T-bone or rib eye steak
Worcestershire Sauce
Garlic
Salt
Pepper
Hot grill

Season your steak with the sauce, garlic, salt and pepper. Grill outside on grill to your liking.

Broiled Steak With Garlic

1 Sirloin, Porterhouse, Delmonico, or T-bone steak
4 cloves chopped garlic
1/4 c. red wine vinegar
1/2 c. olive oil
Garlic powder
Chili powder

Place steak in deep pan or bowl. Add fresh garlic, vinegar, and oil. Generously sprinkle each side with garlic powder and chili powder. Marinate 2 hours turning over once. Place under boiler and cook to desired doneness. Pour juices and garlic pieces over the top of steak when serving.

Grilled Rib-Eye Steaks

Rib-eye steaks (3-4 inch to 1-inch in thickness)
Celery salt
Onion salt
Garlic salt
Kitchen bouquet
Butter (use 1 stick or 1/2 cup for 6 steaks)

Sprinkle generous amounts of the three salt-mixes on the steaks. Use each in amounts to suit individual tastes. Pour some kitchen bouquet over the steaks, each side, and rub salt and liquid well into the meat. Wrap in foil together until ready to grill.

Grill steaks until of desired doneness, basting with the butter as needed. Remove from grill when ready to wrap back in the foil to take to table. The juices which come from the steaks are very good to pour over the steak

Marinated Chateau Steak

4 sirloin steaks
1 c. soy sauce
1/2 c. sugar
1 tbsp. ginger

Mix soy sauce, sugar and ginger. Pour over sirloin steak and marinate 24 hours, turning several times. Grill or broil steak to desired doneness.

Delmonico Steak Marinade

4 rib eyes
1/2 c. soy sauce
1/4 c. firmly packed brown sugar
1/4 c. pineapple juice
1/4 c. vinegar
1/2 tsp. garlic salt

Place steaks in shallow dish or bag. Combine ingredients and pour over steaks. Cover and marinate 4 hours in refrigerator

Marinated Flank Steak

2 (1-1/2 pound) flank steak
1/4 c. soy sauce
3 tbs. honey
2 tbs. red wine vinegar
1-1/2 tsp. garlic powder
1-1/2 tsp. ground ginger
3/4 c. vegetable oil
1 green onion, finely chopped

Trim steaks and score diagonally. Combine soy sauce, honey, vinegar, garlic powder and ginger in a bottle and shake well. add oil and green onion. Shake to mix well. Place steaks in a shallow dish, add marinade and refrigerate, covered, for 4 hours or longer. Preheat gas grill or gas broiler using medium flame.

Drain steaks. Place on grill or broiler pan. Grill for 6 minutes per side for medium-rare. Slice thinly on the diagonal.

Marinated Flat Iron Steak

3 tablespoons honey
3 tablespoons balsamic vinegar
3 tablespoons olive oil
1 tablespoon fresh lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon dried tarragon
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon garlic powder
1/2 teaspoon white pepper
1 pinch salt
1 1/2 pounds flat iron steak

Whisk together the honey, vinegar, olive oil, lemon juice, Worcestershire sauce, tarragon, rosemary, garlic powder, white pepper, and salt. Pour into a resalable plastic bag and add the flat iron steak. Squeeze out excess air, seal, and marinate in the refrigerator at least 6 hours.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Remove the steak from the marinade, shake off excess, and discard the remaining marinade. Cook on preheated grill to desired degree of doneness, about 4 minutes per side for medium-rare.

Marinade for London Broil (Top Sirloin)

Mix in a bowl:

1 1/2 c. beer (1 can)
1/2 tsp. salt
1 tbsp. dry mustard
1 tsp. ground ginger
3 tbsp. soy sauce
2 tbsp. sugar
1/8 tsp. hot pepper sauce

4 tbsp. marmalade
2 cloves minced garlic

Mix together all ingredients. Take 3 plastic bags (i.e., vegetable bags from supermarket). Blow air in each to check for holes. Put one inside the other. Put steak in inside bag. Pour marinade over. Press out air from each bag, sealing individually. Put in a 9 x 13 inch Pyrex dish in refrigerator. This is best done 4 days before cooking. Each day turn meat over to marinate each side.

TO COOK: Remove meat from bag and cook on preheated grill or on broiler pan in preheated broiler until desired of doneness. NOTE: Marinade may be saved for future use.

Charcoal Gilled Cowboy Steak with Broiled Onions Cowboy Style

4 lg. red onions, peeled and sliced 1/4 inch thick
1/2 c. clarified butter
4 Porter house steaks, cut 2 inches thick or more, rubbed with salt, freshly ground pepper and olive oil
Barbecue sauce
2 lg. ripe tomatoes, peeled, halved, seeded, chopped and drained
Vinaigrette
Deep-fried okra

Spread onion slices on baking sheet. Drizzle with some of the butter, turning slices to coat both sides. Place onions under broiler and cook until golden, basting with additional butter. Turn onions to cook both sides. Onions should be tender, but crisp and golden.

Grill steaks over lump charcoal (not briquettes). Drizzle onions with barbecue sauce of your choice. Toss tomatoes in a vinaigrette and put on top of the onions.

Serve with grilled steaks and deep fried okra. Makes 4 servings.

Lightly Fried Skirt Steak

2 lb. skirt steak, cut in 3" strips
1 med. onion, cut in half & sliced
1 clove garlic, crushed
1/2 sm. bell pepper, sliced (optional)

1 (8 oz.) can tomato sauce
1 tsp. oil
1/2-1 c. water
Salt & pepper to taste

Fry skirt steak in oil until browned on both sides. Remove from skillet and let cool long enough to be able to pound on both sides. Then shred meat into narrow pieces.

In same skillet add onion, garlic and bell pepper; brown until limp. Add shredded meat. Mix well. Add tomato sauce and water. Stir and let simmer for 10 minutes. Add salt and pepper to taste, then simmer 20 minutes more. Serve with corn tortillas, Spanish rice and refried beans. Hot peppers go well with this dish. Serves 6 generously.

T-Bone Steak

1 T - bone steak
1/2 onion
1/2 bell pepper
Season to desired taste

Season steak to desired taste. Place steak in heated frying pan. Cook to one's desire: well done or medium rare. Cut bell pepper and onion over steak and let saute.

Bake Sirloin Steak

4-5 lb. sirloin steak, about 2 1/2" thick
Salt & pepper
1/4 c. butter
2 tbsp. flour
1/2 tsp. hot pepper sauce
4 onions, sliced thin
2 carrots, shredded
1 c. ketchup or tomato sauce
1/2 c. water

Heat large iron skillet to sizzling. Sear steak quickly until brown on both sides. Remove steak to platter and season with salt and pepper. Add remaining ingredients to skillet. Mix well. Cook for 5 minutes and pour off

into small bowl. Return steak to pan; top with sauce. Bake in preheated oven at 450 degrees for 20-30 minutes. Makes 6.

Bachelor's Steak

2 single serving Bone in Strip Steak
1 garlic clove, halved
1 (2 to 2 1/2 oz.) can sliced mushrooms
1/4 to 1/3 c. beer
1 tbsp. flour
1/4 tsp. salt
Dash of pepper

Rub meat with cut surface of garlic. Broil 2-3 inches from heat until as done as desired. Meanwhile, drain mushroom liquid into measuring cup. Add enough beer to measure 2/3 cup total liquid.

Pour 2 tablespoons steak drippings into a saucepan; stir in flour, salt, and pepper until smooth. Stir in beer mixture. Cook, stirring constantly, until thickened and smooth. Add drained mushrooms; heat through.
Pour beer-mushroom sauce over steak and potatoes.