

MUSTARD BASTED STEAK WITH SAGE ONION COMPOTE



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Atlantic Beef Products Mustard Basted Steak with Sage Onion Compote

Ingredients

1 tbsp	lemon juice
1 tbsp	EACH Dijon mustard and canola oil
1 clove garlic	minced
1 tsp	dried thyme
500g (1 lb)	Beef Grilling or Marinating Steak/Medallions
	Sage Onion Compote (<i>recipe follows</i>)



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Instructions

Combine lemon juice, mustard, oil, garlic and thyme in large sealable bag. Pierce steak all over with fork; add to bag, seal and refrigerate for 1 to 2 hours for Grilling Steak or 8 to 12 hours for Marinating Steak.

Discard marinade. Pat steak dry with paper towel; season lightly with salt and pepper.

Grill, broil or pan-fry using medium-high heat, turning twice or more with tongs. Cook until digital instant-read thermometer inserted sideways into steak reads 145°F (63°C) for medium-rare, or 160°F (71°C) for medium. Let rest for 5 minutes. Serve with Sage Onion Compote.

Sage Onion Compote

In heavy saucepan, heat 1 tbsp EACH butter and canola oil over medium heat; add 3 cups sliced red onion, stirring often for 10 to 12 minutes or until just starting to brown. Stir in 1/4 cup toasted almonds (coarsely chopped) and 1 tbsp EACH brown sugar, balsamic vinegar and chopped fresh sage; heat through. Season with salt and pepper to taste.



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