



Grass-fed Flat-Iron Steak with Warm Onion Relish (from *Meat Club Cookbook* by Vanessa Dina, Kristina Fuller and Gemma DePalma Chronicle Books, 2006)

One of my favorite cookbooks is the *Meat Club Cookbook*. The three chefs/authors love meat and their recipes are wonderful for our grass-fed beef. Like a flank steak, flat-iron steaks should be sliced across the grain once cooked. This warm onion relish is lovely with any cut of steak, but, particularly good with Flat-Irons.

BNB Hors D'oeuvres/Pot Luck Adaptation: If you are serving a crowd, buy small dinner rolls and place 2-3 slices of steak on the roll with a dab of relish. Place on a platter and serve.

Ingredients:

Warm Onion Relish:

- 2 tablespoons olive oil
- 1 bunch large spring onions, white parts only, thinly sliced
- 3 garlic cloves
- 2 tablespoons balsamic vinegar
- 2 tablespoons red wine
- 1 tablespoon packed brown sugar

Steaks:

- Four grass-fed flat-iron steaks (6-8 oz each)
- 1 tablespoon olive oil
- Kosher salt
- Fresh ground pepper

1. **Frozen Steaks:** Please thaw your Flat-irons in your refrigerator 24 hours before you need them. If you are in a hurry, drop them (still in their cryovac) in cold water 1-1.5 hours before you are cooking. Once they are thawed, let them rest on the counter for an 30 minutes to 1 hour before cooking.
2. **To make the Onion Relish:** In a large skillet or sauté pan, add olive oil, onions and garlic and cook over medium low heat until tender (about 6-8 minutes). Add more oil if garlic and onions stick to the pan.
3. Add the vinegar, wine, and brown sugar and bring to a simmer. Cook over medium heat for 5 minutes or until the liquid is reduced. This makes about ½ cup. You can make this in advance or store leftover relish in the refrigerator for 3 days and re-heat over low heat when you need it.
4. **To cook the Steaks:** In a cast iron pan, heat olive oil until simmering. Generously season your steaks with salt and pepper. Add steaks to pan and cook over medium high heat for about 3 minutes a side for rare and 4-4 1/2 minutes a side for medium rare. Remember, please don't overcook. Remove steaks from heat, put them on a plate and cover loosely with foil. They should rest for 5 minutes before serving.
5. **To cut Flat-irons:** Cut steaks across grain and serve with warm onion relish.