

RECIPE OF THE WEEK: PALEO EDITION

Peppered Sirloin with Grilled Onions and Balsamic Syrup

Ingredients:

1.25lb sirloin steak
1 large onion, sliced
1 cup balsamic vinegar
1 tsp finely grated fresh ginger
1 tsp olive oil
1 tsp butter, coconut oil, or Smart Balance butter spread
Salt & Pepper, to taste

Instructions:

To make the balsamic syrup, add one cup of balsamic vinegar to a saucepan, and bring to a boil over medium heat. Boil vinegar until it has reduced to one quarter of the amount you started with (reduce to ¼ cup). It will turn into thick, bubbly syrup. Be sure not to overcook, as it can burn easily near the end. If the reduced vinegar becomes too thick when it cools, heat it slowly with ½ to 1 tbsp of water until it is a desirable consistency.

In a large skillet, melt the butter/spread over medium-high heat and add the onions. Sprinkle with salt and toss to coat, then stir-fry for 8-10 minutes, until the onions are nice and browned. The longer the onions are browned, the sweeter they will become (without burning of course).

Pat the steaks dry with paper towels, and then rub them lightly with the oil. Massage the salt, ginger, and a generous amount of freshly ground black pepper over the steaks.

Sear the steaks in a heavy nonstick skillet over high heat about 4 minutes on each side for medium-rare, or 5-6 minutes for medium-well. You will know it's time to turn the steaks when little droplets of blood form on the surface.

Nestle a mound of onions next to the steaks, and then drizzle the balsamic vinegar syrup over everything.

Prep time: 25 mins

Difficulty Level: Medium

Servings: 2

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

