

Steaks with Onion Marmalade

Ingredients;

Thick Rib eye Steaks (Black Creek Ranch)
Maple Leaf Spice Steak Rub

Onion Marmalade (Serves 4)
2 tablespoons butter
2 red onions (or other sweet onion) thinly sliced
2 tablespoons soft brown sugar
1 tablespoon balsamic vinegar

The following local ingredients
are available from
HEARTLAND QUALITY FOODS;

- Steaks
- Butter
- Onions
- Maple Leaf
Spice Steak
Rub



Sprinkle steaks with rub and refrigerate, covered until ready to cook.

Onion Marmalade

Heat the butter in a heavy sauce pan. Add the onions and cook, stirring occasionally, for about 10 minutes over low heat, until they are soft but not brown. Stir in the brown sugar and balsamic vinegar and cook for about 30 minutes, stirring frequently. The mixture will become thick and glossy.

Place the steaks on a lightly oiled grill (preheated) and cook for:

Rare: 3 minutes each side, turning only once
Medium: 4 minutes
Well Done: 5 minutes

Let steak set for about 2 minutes before serving to allow the juices to redistribute through the steak.

Serve with Onion Marmalade and a green salad.