

Published June 23rd, 2010

Grilled Skirt Steak with Hoisin Barbecue Glaze, served on a bed of Caramelized Onions and Bell Peppers



Springloaf Hoisin Glaze Skirt Steak

Entree for 3-4 people

Ingredients

1 skirt steak (about 1 1/2 pounds) cut into 2-3 equally long pieces

Substitute: flank, butcher or hanger steak (use whole)

Marinade/

barbecue glaze

1 teaspoon salt

1 teaspoon brown sugar, honey or agave syrup

1 tablespoon Hoisin sauce

1 teaspoon of fresh garlic, finely minced (alternatively use prepared minced garlic)

1 teaspoon of apple cider vinegar

1 teaspoon paprika

1/4 teaspoon ground bay leaf (optional)

2 tablespoon canola or vegetable oil

Mix all ingredients together until smooth, rub skirt steak with half the marinade, while reserving the other half for later. (Note: this doesn't make a lot, but you only need to rub the steak with half the marinade, not soak it, and the remainder is used just to drizzle a little bit over the cooked

steak.) Let skirt steak marinate for at least 30 minutes, up to 12 hours.

Caramelized Onion and Bell Peppers

1 red onion

1 red bell pepper

1 yellow bell pepper

1 tablespoon red wine vinegar

1 teaspoon white sugar, honey or agave syrup

2 teaspoons canola or vegetable oil

3-4 sprigs of fresh thyme

1 pinch of salt

Directions

Heat grill to medium-high. While waiting for grill to get hot peel the onion, cut it in half and then each lengthwise half into 1/4" strips (julienne). Wash and cut bell pepper in half, remove the core and seeds and cut the peppers in 1/4" strips, just like the onions.

Heat oil in saute pan at medium heat, add onion and cook until onion turns translucent (about 2-3 minutes). Add vinegar and sugar, stir well and reduce heat to medium-low. Add bell peppers and thyme, continue cooking until moisture has evaporated and onions just start caramelizing. Remove from heat, season with a pinch or two of salt and set aside in a warm oven or close to the grill.

Now that your grill is hot, carefully lay all 3 pieces of skirt steak on the grill. After 3-4 minutes (once you have nice grill marks on the steak) turn the steak over and immediately baste it with some of the reserved marinade. Repeat as necessary until you've reached the desired doneness (or at least 125 degrees Fahrenheit internal temperature).

Remove steak from grill, let it rest for 5 minutes covered with aluminum foil, then slice into 2" pieces using a sharp knife. Serve over onions and peppers and drizzle with remaining barbecue glaze. Garnish with a few pinches freshly chopped cilantro, chives, green onion or parsley, if you have any. Serve with fresh bread or oven-roasted potatoes and leafy green salad.

Reach the reporter at: info@lamorindaweekly.com