



Iron Pan Sirloin Steak with Saucy Cilantro Salsa

Flavored with a Chilean twist

Cilantro Salsa

1/4 cup chopped red onion

1/4 cup chopped cilantro

1/4 cup (each color) chopped sweet peppers, red; orange; yellow

1 jalapeno hot pepper, seeded, minced

2 large cloves garlic, minced

2 Tablespoon olive oil

2 Tablespoons white wine vinegar

1/2 teaspoon (each) salt; dried oregano

1/4 teaspoon (each) ground black pepper, ground cumin
1/4 cup beef broth

Prepare Salsa: In a medium sized bowl, combine onion, cilantro, sweet peppers, hot pepper, and garlic. Stir in oil and vinegar; season with salt, oregano, pepper, and cumin. Stir in beef broth to combine ingredients. Set aside to serve with steak.

Sirloin Steak:

2 slices smoked bacon
1 large onion, sliced
1 lb. choice beef sirloin steak, room temperature
1/2 teaspoon (each) salt; garlic powder, oregano
1/4 teaspoon (each) ground cumin; ground black pepper
1 Tablespoon butter
1/2 cup beef broth or stock

Cook Onions: Fry bacon in 10-inch cast iron pan until brown and crisp; remove; set aside; cool; cut into small pieces or bits; set aside to serve with your black beans. Place onions in pan drippings, sauté over medium/low heat until golden brown; remove onions; set aside.

Season Steak: Blot steak with paper towel; combine salt, garlic powder, oregano, cumin, and black pepper; rub on both sides of steak.

Pan Fry Steak: Heat oiled cast iron skillet on high heat. Place steak in center of cast iron skillet; let it sear on one side without moving for about 3 to 4 minutes; flip; cook about 3 minutes or until desired doneness. The cooking time depends upon how thick the steak is cut and your desired doneness. For a medium steak, the juices should run slightly pink and meat should be tender; about 140 degrees F. Remember It continues to cook after it is removed from the pan. Set aside to stay warm and rest about 10 minutes.

Prepare Gravy: While steak is resting, melt butter into cast iron pan drippings; heat over medium heat. Stir 1 Tablespoon flour into beef broth; stir, scraping up any browned bits from the bottom of pan. Note: many times, I add some black bean liquid from my black beans to this sauce. Slice steak against the grain; drizzle with pan sauce.

To Serve: Arrange steak slices on serving platter; spoon some gravy over the steak. Top the steak with prepared saucy cilantro salsa. We like to serve this with Brazilian black beans and rice.

Cook's Note: We usually save the bacon bits and add them to the black beans. If you have any leftovers, chop the steak into small pieces and mix with the remaining black beans, rice, and salsa. Sprinkle with shredded hot pepper cheese. Reheat in the microwave to melt the cheese. It's so delicious!

About the Recipe: A cast iron pan is the perfect cooking skillet since it gets extremely hot and will also retain heat for a long time. The steak has a rich sear and produces brown bits for a delicious gravy. Top it with a fresh cilantro salsa and add some saucy black beans and rice.