



Steak with Cider Glazed Onions

Adapted from The Fresh Market

BAH Note: You could use apple cider for the cider glazed onions but if you can find the spiced apple cider beer, use it. It's quite refreshing to sip on a big glass of it while the onion jam cooks. And don't worry, it is completely non alcoholic....although I could see hard cider working beautifully both in the recipe and as a refreshing beverage.

- 1 1/2 pounds flank steak
- 1 tablespoon olive oil
- 4 slices of bacon, chopped
- 2 onions, sliced thinly
- 12 ounces spiced apple cider beer
- 1/4 cup prepared barbeque sauce

Pat your flank steak dry with paper towels and season both sides with a generous pinch of kosher salt. Allow to sit at room temperature while you work on the onion jam.

Heat the olive oil in a medium skillet set over medium high heat. Add the bacon and cook until the bacon is crisp and the fat has rendered. Add the sliced onions to the pan and cook until the onions soften.

Off the heat, stir in the apple cider beer. Return the skillet to the stove and cook until the liquid reduces by about half. Stir in the barbeque sauce. Taste for seasoning and add kosher salt, black pepper, and more barbeque sauce to taste. Cover and keep warm while you cook the steak on a preheated grill with the lid closed, 6 minutes per side for medium rare.

Allow the steak to rest for about 10 minutes before you slice it thinly on the diagonal and serve it with the onion jam. If you tuck some lettuce on your plate, you can call it steak salad.

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