


Melt-in-Your-Mouth Garlic Minute Steak with Caramelized Onions

Recipe By Esti Steinmetz



Cooking and Prep: 
3.5 h

Serves:  6

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Low Carb

Source: Whisk by Ami

Magazine

Ingredients (16)

Main ingredients

- 1 tablespoon oil
- 3 onions, sliced into rings
- 10 cloves garlic, 8 sliced and 2 minced, divided
- 1 and 1/2 pounds minute steak
- 1 teaspoon **Haddar Kosher Salt**

- 1 sweet potato, thinly sliced into rounds
- 1/4 teaspoon paprika
- black pepper, to taste
- pinch cayenne pepper
- 1/4 cup apple juice
- 1/4 cup beer
- 1/4 cup **Alfasi Cabernet Sauvignon** or other dry red wine
- 1 tablespoon brown sugar
- 1 tablespoon **Gefen Honey**
- 2 tablespoons ketchup or tomato paste

Sommelier Suggests

- Capcanes Peraj Petita**
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Start Cooking

Prepare the Steak

1. Heat oil in a wide sauté pan over medium heat. Add onions and sliced garlic. Cover pot and cook until golden, about 15-20 minutes.
2. Rub minute steak with salt and place on top of sautéed onions. Season with paprika, black pepper, and cayenne pepper.
3. In a small bowl, combine apple juice, beer, wine, brown sugar, honey, and ketchup. Pour over steak.
4. Place sweet potato slices over meat. (This is a great method to ensure the meat stays moist.)

Cook

1. Cover pan and raise heat, bringing the pan to a boil. Lower heat.
2. Simmer, covered, for two and a half hours.
- 3.

Uncover and cook an additional 45 minutes. Remove from heat.

4. Add minced garlic and stir into the sauce. Let meat rest for five minutes before slicing or serving.