

Wine Marinated Beef and Onion on Rosemary Sprigs

Recipe By *Draizy Werberger*



Cooking and Prep:  3
h 45 m

Serves:  10

Contains:   

Preference: Meat

Difficulty: Medium

Diet: Low Carb

Source: Whisk by Ami

Magazine

Ingredients (6)

Main ingredients

- 1 and 1/2 - 2 pounds chuck steak
- 3 tablespoons **Alfasi Cabernet Sauvignon** or other red wine
- 3 tablespoons **Gefen Soy Sauce**
- 1 and 1/2 teaspoons sugar
- 1 bag of pearl onions
- rosemary sprigs

Start Cooking

For the Beef

1. Cut the chuck steak into small, even-sized squares and place in a bowl
2. Combine red wine, soy sauce, and sugar in a small bowl and pour over steak. Let marinate for at least 3 hours or overnight.
3. Preheat oven to 400° F.
4. Meanwhile, place pearl onions in a bowl and pour boiling water over the onions. Let stand for a few minutes and then drain the water. When the onions have cooled, peel them.
5. Place peeled onions onto a cookie sheet and spray with cooking spray. Bake for 30 minutes. Remove from the oven and let come to room temperature.
6. When ready to assemble, strip the leaves off the bottom part of the rosemary sprigs. Thread onions and steak onto rosemary sprigs and bake for 10-12 minutes. Turn sprigs over and bake for another 10-12 minutes.