

Beer Marinated Steaks with Peppercorn Sauce

Author: adapted from one at *Cooking Light* (2003)

*Carolyn T's
Main Cookbook*

Servings: 6



6 whole steaks, New York or Ribeyes
12 ounces dark beer
1/2 cup dark brown sugar
5 tablespoons fresh lime juice
3 tablespoons onion, minced
6 whole garlic cloves, minced
2 tablespoons Worcestershire sauce
2 tablespoons whole grain mustard
2 tablespoons olive oil
1 tablespoon fresh ginger, peeled, minced
1/2 teaspoon hot pepper sauce

SAUCE:

1/2 cup white wine
1 whole shallot, chopped
2 tablespoons peppercorns, mixed colors, crushed
1 3/4 cups low-sodium chicken broth
1 3/4 cups low-sodium beef broth
1/2 cup whipping cream

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 534 Calories; 35g Fat (58.7% calories from fat); 26g Protein; 30g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 216mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat; 1 1/2 Other Carbohydrates.

Notes: Be SURE to use low-sodium broth for the sauce, because once you reduce that sauce, it will concentrate the sauce. It would be inedible if you used regularly seasoned broth.

1. Place steaks in a single layer in a glass baking dish. Whisk beer, sugar, lime juice, onion, garlic, Worcestershire, mustard, oil, ginger and hot pepper sauce in large bowl to blend. Pour marinade over steaks. Cover tightly with plastic wrap and refrigerate overnight, turning once. (May also be made in a ziploc plastic bag, turning bag at least once during the overnight marinating time.)
2. In a heavy, medium-sized saucepan bring white wine, shallot and the crushed peppercorns to a boil; simmer until mixture is reduced by half, about 10 minutes. Add chicken stock and beef stock and boil until it is reduced to 1 1/2 cups, about 25 minutes. Add the whipping cream and cook until the sauce coats a spoon. Set aside at room temp, then strain out the peppercorns.
3. Prepare barbecue to medium-high heat. Remove steaks from marinade and allow to sit out at room temp for about 30 minutes. Slather grapeseed oil on grill grates to prevent sticking. Blot the steaks with paper towel, then grill to desired doneness, about 4 minutes per side for medium-rare. If using a meat thermometer, remove at about 123 degrees. Meanwhile, bring peppercorn sauce (strained) to a simmer. Drizzle the sauce over the steak and potatoes.