

BALSAMIC-CHOCOLATE STOUT MARINADE & SAUCE (FOR BEEF OR PORTOBELLO MUSHROOMS):

For Beef:

1 scallion, chopped

1 clove garlic, crushed & minced

1/8 c. balsamic vinegar

1/8 c. chocolate stout beer, or any variety of stout or porter

1/8 c. extra-virgin organic olive oil

pinch of sea salt, & black pepper to taste

1 - 1.2lbs top round or sirloin beefsteak or any other lean cut of beef , fat trimmed and thinly sliced

1 T. spicy brown mustard

2 tea. grade B dark maple syrup

Combine all ingredients except beef and maple syrup thoroughly to emulsify. Pour over the prepared meat strips and stir to coat the meat completely. Put in covered container and refrigerate 4-8 hours or overnight. (Stir meat or shake container occasionally.)

About half an hour before cooking, remove container from refrigerator, add the mustard and maple syrup to the container and additional salt and pepper if desired. Stir to recombine ingredients and coat meat, then set aside on counter.

Heat a nonstick pan, lightly oiled skillet or wok, or charcoals to about 250-300 degrees, or medium high-heat. (If using oil, do not NOT allow pan to scorch, smoke or brown.) Remove meat strips from container in batches or all at once, shake off excess liquid and drop into hot pan. Quickly sear or grill meat strips in batches or all at once, just long enough to sear but not cook through, a few seconds per side. Strips should still be pink (rare to medium rare) and tender inside.

Just before removing meat, pour in enough of the marinade to coat but not “drown” the meat, stir to thicken slightly for a few seconds; marinade should be bubbling. Spoon meat and marinade quickly into individual bowls over rice (jasmine makes an excellent accompaniment.) Serve

immediately with simple steamed root vegetables or greens such as carrots, brussel sprouts, chard, kale.

For Portobello Mushrooms:

Substitue portobello mushroom caps for the beef, allowing one large cap per person.

Combine marinade ingredients as above, including maple syrup and mustard. Slice caps into thick strips and coat with marinade, including mustard and maple at least one hour before cooking.

Sear strips in hot pan or on grill over medium heat as above, until strips are fork-tender in the thickest part; add marinade in pan to coat and thicken; serve immediately over rice with desired vegetables.

-Janice Janostak-