

RECIPE CORNER

SUBMITTED BY: PENNY SHAW

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Caramelized Onion Steak

- 1 lb Sirloin (can use round steak too, just expect to simmer longer)
 - 1 large onion thinly sliced
 - 1 tbsp sugar
 - 2 tbsp Worcestershire sauce
 - 1 tsp olive oil
1. Trim fat from steak.
 2. Heat oil in saucepan and brown steak on both sides using a medium heat setting.
 3. Place onion slices on top of meat.
 4. Sprinkle sugar and Worcestershire sauce over onion and meat.
 5. Simmer for 2 mins on medium heat with lid on.
 6. Add 1 cup water and once boiling, reduce heat to low.
 7. Simmer for approx 1 hour (if using round steak simmer for 2 hrs with 2 cups of water). Be sure there is always liquid to keep things from burning. Add more water if necessary.