

Recipes and Suggestions..

Beef Sicilian

Yield:2 Servings

Ingredients:

1 T-bone or porterhouse steak -12 oz. [buy], 1 tbs. Lemon juice, 2 tsp. Olive oil, 1 1/2 tsp. chopped fresh mint, 1/4 tsp. Minced fresh garlic, 1 dash Salt, 1/4 tsp. Peppercorns, crushed

Directions:

1. In small bowl combine all ingredients except peppercorns and steak; set aside.
2. Press crushed peppercorns into steak; broil steak, on rack in broiling pan, 2 inches from heat source, turning once, for about 3 minutes on each side or until done to taste.
3. Remove to warmed platter and brush with mint mixture. Serve immediately