



For Love's Steak

with raspberry onions and pepper sauce

Steaks 'n'	Preparation Time	Servings	Cooking Time	Oven Temperature
Potatoes	15 minutes	4 People	35-40 minutes	225/435 Celsius/Fahrenheit
Raspberry Onions	5 minutes	"	40-70 minutes	-
Pepper Sauce	8 minutes	"	10 minutes	-

I love steak. And a good steak! That's why I've landed on this recipe for one of my favorite steak recipes. Steak and potatoes, with raspberry onions and a freshly made pepper sauce will give this recipe the high end taste that you should serve that special one you love! A Good steak starts with a high quality and tender piece of meat. A Beef Filet Mignon is what you need. It's a little bit more expensive, but will melt on your tongue. Remember you can't make just "Steak and Taters" the whole recipe comes together with the pepper sauce and the raspberry onions. Raspberry Onions is a must have when I serve the love of my life.

They are sweet and give the steak extra color and taste that blends perfectly with the peppery taste from the sauce. It's very simple and you can freeze whatever you have left, and just heat up next time you make this meal. There's no steak dinner without a strong pepper sauce. Actually you need meat to make a good pepper sauce. The tastes you get from the fried meat in the pan will bring an extra flavor to top this recipe. This sauce goes perfectly along with steak.



Ingredients

European Measurements	US Measurements
2 red onions	2 red onions
400g raspberries	14 oz. raspberries
1 dl. vinegar	½ cup vinegar
2 dl. water	1 cup water
3 dl. sugar	1 ½ sugar
600g almond potatoes	21 oz. almond potatoes
2 tbsp. olive oil (Frying potatoes)	2 tbsp. olive oil (Frying potatoes)
Salt	Salt
Oregano	Oregano
Fresh parsley	Fresh parsley
3 dl. heavy cream	1 ½ cup heavy cream
1 lime	1 lime
2 purple carrots	2 purple carrots
100g shredded cheese	3.5 oz. shredded cheese
180g "Beef Filet Mignon", per person.	6-7 oz. "Beef Filet Mignon", per person.
Sea salt	Sea salt
Cayenne pepper	Cayenne pepper
50g butter	1.75 oz. butter
2 tbsp. olive oil (frying steaks)	2 tbsp. olive oil (frying steaks)
100g butter	3.5 oz. butter
3 tbsp. olive oil	3 tbsp. olive oil
½ white onion	½ white onion
3 cloves of garlic	3 cloves of garlic
2 tbsp. pepper mix (or crushed pepper corn)	2 tbsp. pepper mix (or crushed pepper corn)
2-3 dl. water with two beef bouillons or 5 dl. beef stock.	1 - 1 ½ cup water with two beef bouillons or 2 ½ cups beef stock.
1 ½ - 2 cups heavy cream	1 ½ - 2 cups heavy cream
½ tsp. salt	½ tsp. salt
1 tomato or 4 cherry tomatoes	1 tomato or 4 cherry tomatoes

Pink = Raspberry Onions - Green= Potatoes - Brown = Pepper sauce - Black = Steaks

Directions

- Slice red onions into strips. (I take out the middle of the onion so I only get the longer onion strips)
- Add vinegar to a medium sized casserole pot.
- Next add water
- Then add sugar
- Bring this to a boil while stirring constantly.
- When it comes to a boil, turn down heat and add raspberries.
- Let raspberries simmer for 3-5 minutes before you add the onion strips.
- Stir lightly and let everything simmer for 30-60 minutes
- Then continue by washing and slicing potatoes
- Fry them for a few minutes in a hot pan with some olive oil.
- While frying, add the seasoning for the potatoes
- Add potatoes to a glass pan, and pour over heavy cream.
- Squeeze lime juice from a lime over the potatoes.
- Cook the potatoes in the oven for about 30 minutes.
- While cooking potatoes, you can start preparing the steaks
- First add a good amount of sea salt to both sides of the steaks. I like to add a little bit of cayenne pepper as well.
- Add butter and olive oil to a frying pan. Turn up the heat to as high as possible!
- When butter starts changing color to brown, add in the steak.
- Cook 1 minute on each side for a rare cooked steak. (After you let go of the steak do not touch it until you're going to turn it over.)
- Cook 2 minutes on each side for a medium rare cooked steak.
- Cook 3 minutes + to insure the steak and go order some Chinese food instead.
- Quickly burn off the sides of the steak and place on a clean plate to rest.
- Pour out the butter and olive oil in the pan. DO NOT WASH IT YET!!!
- Add butter and olive oil to a pan.
- Add finely chopped onions and garlic at medium heat
- When it has been frying for 3-4 minutes add pepper mix
- Add the beef stock and cook until it's reduced to half
- Add salt and chopped tomatoes.
- Add heavy cream and reduce it down to half again.
- Add in the steaks.
- Turn off the heat and let the steaks sit in the sauce for a couple of minutes.
- You can strain the sauce before serving if you don't like the chunks of onions in it.
- When potatoes has been in the oven for 25 minutes, take them out and spread a mix of shredded cheese and carrots over the potatoes.
- Get the potatoes into the oven for another 5 minutes to melt the cheese.

Now potatoes, steak, raspberry onions and pepper sauce are done and ready to plate up.

There's lots of delicious recipes at the website with a video showing you how to make every recipe in English. (Click to view)

