

FLAT IRON & RED ONION JAM

Makes 2 Servings

INGREDIENTS FOR RED ONION JAM

- 2 tbsp vegetable oil
- 2 cups diced red onion
- $\frac{3}{4}$ cup red wine vinegar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup water
- kosher salt to taste



INGREDIENTS FOR FLAT IRON STEAK

- 28oz flat iron steak
- $\frac{1}{2}$ cup fried shallots
- 2 tbsp chives

METHOD FOR RED ONION JAM

1. Heat vegetable oil in a medium skillet over medium heat until shimmering. Add onions and cook until softened and just translucent, 8 to 10 minutes, stirring occasionally
2. Add in red wine vinegar, brown sugar and water. Bring to a boil, then reduce heat low, and let simmer until the liquid has evaporated, stirring occasionally.
3. Season with additional salt to taste. Transfer to a bowl and let cool.

METHOD FOR FLAT IRON STEAK

1. Preheat your broiler on high (500°F). Set an oven rack 6 inches below the heating element.
2. Place the steak on a broiler pan or rack over a baking sheet and season with salt and pepper.
3. Broil for 5 minutes on each side for medium rare
4. Remove from the oven, cover with foil and let stand for about ten minutes.
5. Slice against the grain and place on top of the onion jam.
Garnish with fried shallots and chives.

