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# Steak with Onion Date Sauce

Prep Time 15 mins  
Cook Time 25 mins

4 **dates**, *pitted, chopped*  
1 **small yellow onion**, *cut into wedges*  
5 TB **olive oil**, *divided*  
2 cloves **garlic**, *chopped*  
2 TB **tomato paste**  
½ tsp **cayenne**  
3 TB **soy sauce**  
1 (1 lb) **top loin steak**  
Salt & freshly ground pepper, to taste

## CHEF TIPS

### Technique:

- Char the onion without oil, skin side down, to caramelize the sugars & deepen the flavor without inadvertently frying it.
- Consistency of the sauce should be loose, just enough to coat the back of a spoon.
- Medium rare steak has the internal temp of 120°F to 125°F.

1. In a small bowl, cover dates with warm water & soak for 10 mins. Strain & reserve both water & dates.
2. In a medium pan over high heat, add onion & char to a dark brown color on all sides, 6-7 mins.
3. Reduce heat to low & add 3 TB oil. Add dates & garlic; sauté until fragrant, 2-3 mins.
4. Add tomato paste & **cayenne**; cook until caramelized, 3-4 mins.
5. Mix in soy sauce & reserved date water. Transfer the mixture to a high speed blender & blend smooth. Adjust the sauce with 1-2 TB water if it's too thick; season with salt & pepper.
6. Heat a large pan over high heat for 5-7 mins. While the pan is heating, heavily season the steak with salt & pepper. Add remaining 2 TB oil & sear to a dark brown color, 3-4 minutes on each side for medium rare doneness. Rest for 5 mins & slice. Serve the steak with the sauce on the side.

Serves 2-4