

- Mediterranean Sauté -

*Recipe: Sous Chef David Olszewski
McKee's Tavern Dinner Special*

2-lb. steak cut into thin strips - lightly floured & seasoned w/ sea salt & course black pepper.
1- large red onion - Julienned
1- 12oz. can of Hearts of Palm or Artichoke bottoms roughly chopped
3 or 4 - Roma tomatoes / seeded & chopped
½ lb. of button mushrooms cut in half (Rinse)
½ cup of pitted Kalamata olives
1-Tbsp. diced garlic
1-Tbsp. chopped fresh Mint
1-Tbsp. chopped fresh Lavender leaves (or Herbs de Provence will do)
1- big pinch of dried oregano
1- Lime - squeezed of juice
½ cup of Sherry
½ cup of heavy cream
2- Tbsp. Extra virgin olive oil
1- Tbsp. Balsamic vinegar (best you can find!)

- ❖ Get pan ripping hot & add olive oil. Be careful adding beef - a little at a time!
- ❖ Sauté beef strips coated in flour on medium heat. Pan will cool down for a minute or so.
- ❖ When beef is medium rare, add onions, mushrooms, hearts of palm, tomatoes, olives & garlic.
- ❖ Sauté until vegetables are soft.
- ❖ Flame with Sherry - watch eyebrows!
- ❖ Add heavy cream, lime juice & mint, lavender, oregano & Balsamic vinegar.
- ❖ Reduce - Turn flame to low for 10-15 minutes.
- ❖ Have a glass of wine or beer!

Top with: Feta Cheese sprinkles & or McCormack's Smoked Paprika.

Serve with: Couscous or Orzo pasta or salad & garlic bread.

