

Red Wine, Mushroom Steak Sauce with Chuck Eye Steak

Ingredients:

- ~1/4 c. Raisins
- ~1 tbsp. Worcester Sauce
- ~1 tsp. Rosemary
- ~1 c. Full body red wine (like cabernet)
- ~1/4 tsp. Corn Starch
- ~4 tbsp. Butter
- ~1 small Onion or shallot thinly sliced
- ~2 cloves Garlic thinly sliced
- ~10oz Baby belle mushrooms



Instructions:

- ~Remove thawed out steak from refrigerator 1 hour before cooking
- ~ Add raisins, Worcester sauce, rosemary, wine and corn starch in a food processor for about 6 minute until fully liquified
- ~Add the liquid in a sauce pan. Bring to a boil then reduce to simmer until thickened (like gravy) should take around 5 minutes.
- ~In a different pan sauté butter, onion, garlic and mushrooms in a frying pan on medium to high heat. Sear mushrooms on both sides for about 5 minutes on each side.
- ~After cooking the steak add the reduced liquid to the frying pan heat about 2 minutes on medium heat. Then serve warm over the meat.

Steak Prep & Cooking Instructions: (Stove top or grill)

Sprinkle steak with some kosher salt and fresh ground pepper on each side. Coat both sides with olive or avocado oil. Heat a cast iron frying pan on medium heat. Allow the pan to get good and hot. Then place the meat in the pan and cook the first side for 4 minutes. You should just start to see blood starting to show before turning it. Then cook the other side 4 minutes. Remove from heat and let rest for 5 minutes.