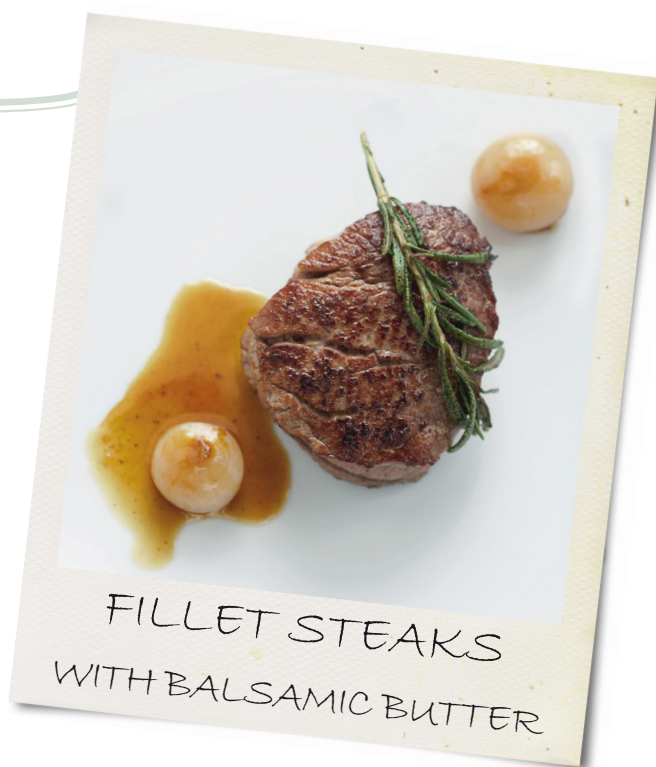




# RECIPE

## WHAT YOU NEED

- 4 FILLET STEAKS, ABOUT 200 G (7 OZ) EACH
- BLACK PEPPER
- CLARIFIED BUTTER
- BUTTER
- 1/16 LITRE (1/4 CUP) APPLE BALSAMIC VINEGAR
- ABOUT 20 BOILING ONIONS
- SUGAR | SALT
- 1/2 LITRE DRY RED WINE (E.G. AUSTRIAN ZWIGELT)
- 1/16 LITRE ZWIGELT RED WINE VINEGAR
- ROSEMARY | THYME | PEPPER



## PREPARATION

- 1 Peel onions. Heat 2 TB sugar in a generously sized pot or pan until it caramelizes. Add the wine and vinegar, a sprig each of rosemary and thyme, and the onions. Simmer the onions in this stock, with the pot or pan half covered, until soft.
- 2 Remove onions and herbs from the stock. Boil down stock until syrupy, season to taste with salt and coarsely ground pepper, and glaze the onions in it.
- 3 Season the meat on all sides with crushed or coarsely ground pepper. Heat 2 TB clarified butter in an oven-proof dish. Brown steaks briefly on all sides, place in a 220°C/430°F/ Gas Mark 7 oven, and roast until done to your

preference (to check if they are done, press a steak between thumb and index finger: if the meat feels like a relaxed muscle, it still rather rare; if the meat yields slightly to the touch, it is medium; if it feels like a tense muscle, it is well done). Wrap steaks in foil and let rest in a switched-off and open oven for another 10 minutes or so.

- 4 Pour off the fat from the frying pan. Place 4 TB butter in the pan and heat until foamy. Add the Apple Balsamic Vinegar, pour in the juices from the meat, and reduce to a syrupy consistency. Turn the steaks in the balsamic butter and arrange on the plate with the onions. Salt the meat only when it is on the plate. Suitable accompaniments are mashed potatoes or puréed celeriac.