

# Wining and Dining *the Casa di Vino Way*

## Grilled Pepper Steak w/Bell Pepper Salsa

Yield: 4 Servings

### Ingredients

- 1/3 c Balsamic vinegar
- 2 tb Molasses
- 1 ts Dried thyme
- 1 ts Vegetable oil
- 1/4 ts Salt
- 1/4 ts Black pepper
- 4 Beef tenderloin steaks; 4
- 3 lg Shallots; peeled and halved
- 1 lg Red bell pepper; seeded and diced
- Cooking spray
- 4 ts Coarsely ground pepper
- Thyme sprigs; optional

1. Combine first 10 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes. Remove steaks and vegetables from bag, reserving marinade. Place reserved marinade in a small saucepan; bring to a boil. Cook until reduced to 3 tablespoons (about 2 minutes.). 2. Place grill pan coated with cooking spray over medium-high heat until hot. Add shallots and bell peppers; cook 3 minutes on each side or until crisp-tender. Chop shallots and bell peppers; place in a small bowl. Stir in reduced marinade; set aside. 3. Press 1 teaspoon coarsely ground pepper onto 1 side of each steak. Wipe pan clean with paper towels; re-coat with cooking spray. Place pan over medium-high heat until hot. Add steaks, peppered sides down; cook 3 minutes on each side or until desired degree of doneness. Add bell pepper salsa; cook until thoroughly heated. Garnish with thyme sprigs, if desired.

Recipe by: Cooking Light, Jan/Feb 1998

### **Suggested Wine Pairing: 2007 Yali Cabernet Sauvignon/Carmenere**

Casa di Vino is located in Johnston, Iowa (86<sup>th</sup> Street, adjacent to the Dahl's Grocery Store)