

Beef Sirloin in Balsamic Sauce
(Lombata di Manzo in Salsa Balsamica)

INGREDIENTS:

Servings: 2 people

Onions	2
Vegetable oil	2 tbs
White pepper	to taste
Sea salt	to taste
Canned plum tomatoes with some juice	2
Traditional aceto balsamico	1 tbs

Garnish:

Carrot slices
Baby lettuce leaves
Polenta diamonds

Vegetable oil	1 tbs
1/2 in thick trimmed beef sirloin steaks	2
Flour	for dredging
Salt and freshly ground pepper	to taste
Meat or vegetable stock	2 tbs

Servings: 4 people

Onions	4
Vegetable oil	1/4 cup
White pepper	to taste
Sea salt	to taste
Canned plum tomatoes with some juice	4
Traditional aceto balsamico	2 tbs

Garnish:

Carrot slices
Baby lettuce leaves
Polenta diamonds

Vegetable oil	2 tbs
1/2 in thick trimmed beef sirloin steaks	4
Flour	for dredging
Salt and freshly ground pepper	to taste
Meat or vegetable stock	1/4 cup

Servings: 6 people

Onions	6
Vegetable oil	1/2 cup
White pepper	to taste
Sea salt	to taste
Canned plum tomatoes with some juice	6
Traditional aceto balsamico	2 tbs

Garnish:

Carrot slices
Baby lettuce leaves
Polenta diamonds

Vegetable oil	3 tbs
1/2 in thick trimmed beef sirloin steaks	6
Flour	for dredging

Salt and freshly ground pepper	to taste
Meat or vegetable stock	1/2 cup

Servings: 8 people

Onions	8
Vegetable oil	1/2 cup
White pepper	to taste
Sea salt	to taste
Canned plum tomatoes with some juice	8
Traditional aceto balsamico	2 tbs

Garnish:

Carrot slices
Baby lettuce leaves
Polenta diamonds

Vegetable oil	1/4 cup
1/2 in thick trimmed beef sirloin steaks	8
Flour	for dredging
Salt and freshly ground pepper	to taste
Meat or vegetable stock	1/2 cup

Servings: 10 people

Onions	10
Vegetable oil	3/4 cup
White pepper	to taste
Sea salt	to taste
Canned plum tomatoes with some juice	10
Traditional aceto balsamico	2 tbs

Garnish:

Carrot slices
Baby lettuce leaves
Polenta diamonds

Vegetable oil	1/2 cup
1/2 in thick trimmed beef sirloin steaks	10
Flour	for dredging
Salt and freshly ground pepper	to taste
Meat or vegetable stock	3/4 cup

Servings: 12 people

Onions	12
Vegetable oil	3/4 cup
White pepper	to taste
Sea salt	to taste
Canned plum tomatoes with some juice	12
Traditional aceto balsamico	2 tbs

Garnish:

Carrot slices
Baby lettuce leaves
Polenta diamonds

Vegetable oil	1/2 cup
1/2 in thick trimmed beef sirloin steaks	12
Flour	for dredging

Salt and freshly ground pepper
Meat or vegetable stock

to taste
3/4 cup

TOOLS:

Cutting board
Chef's knife
Shallow dish
2 Skillets
Vegetable peeler
Wooden spoon
Blender
Spatula

PREPARATION:

Prepare the sauce:

Halve the onions and slice them into thin half-moons. Place them in a skillet. Season with salt and pepper. Add the tomatoes and some of their liquid to the pan. *Cook over medium-high heat until slightly brown* and soft, stirring often. Mix in the aceto balsamico. The quality of the aceto balsamico will determine the amount used: the older the balsamico, the less is used. Transfer to a blender and process into a coarse paste. Set aside.

Prepare the meat:

Pour the vegetable oil into another skillet and heat it over medium-high heat. Dredge the meat with flour and place it in the skillet (oil must be hot). *Quickly brown the meat on both sides*. Season with salt and pepper. It is best if the meat is cooked medium rare. Drain off the excess oil. *Spoon the sauce over the meat* and continue to cook until it is heated through. Pour in the meat stock and cook for an additional minute. Transfer the meat to a serving platter. Spoon the sauce over and serve.

This recipe comes from the *Baia del Re*.