



## Culinary Practice Recipe

**Prep** 10 mins  
**Cook** 10 mins  
**Yields** 4 servings



# Grilled Beef Steak Sandwich with Melted Onions

### Prepare Ingredients

3 tbsp (45 mL) olive oil  
2 tbsp (30 mL) red wine vinegar

4 cloves garlic, minced  
½ tsp (2 mL) salt and hot pepper flakes

**1 lb (500 g) beef inside round or sirloin tip marinating steak/medallions**

1 sweet onion (e.g. Vidalia), sliced  
1 whole wheat or regular baguette, quartered and halved lengthwise  
½ bunch arugula, trimmed

### Cook

Combine 2 tbsp (30 mL) oil, vinegar, garlic, salt and hot pepper flakes in sealable **freezer bag**. Set aside 2 tbsp (30 mL) of marinade. Using fork, pierce meat all over; add to marinade in bag. Refrigerate for 8 to 12 hours.

Remove steak from bag and pat dry with paper towel. Discard used marinade. **Grill** steak over medium-high heat, about 6 to 8 minutes, turning at least twice, for medium-rare doneness 145°F (63°C). Let steak rest on carving board for 10 minutes.

Meanwhile, pan-fry onion in remaining oil over medium heat in non-stick **skillet** for 10 minutes or until softened and golden. Toss with reserved marinade.

Slice steak thinly on the diagonal. Drape slices of steak on each baguette bottom piece. Top each with warm onions and arugula.



**Beef steak** refers to a cut that has a shape like a hand and are from ¼ to 2 inches thick. Steaks range in tenderness, so they require different cooking methods. All Canadian steaks are sorted into **three basic cooking categories** - grilling, marinating and simmering - so you know how to cook them. **Medallions** are steaks cut to be single portioned. They are thick cut so there's less risk of overcooking.

One type of **mechanical tenderizing** involves **piercing** the meat. This should be done on both sides and the meat can be refrigerated for between 4 and 24 hours before a **marinade** is used. Piercing makes the cut more tender. Marinating can often be used with grilling meats.

**Grilling** is a form of dry heat cooking. It involves dry heat being applied to the surface of the food. The heat for cooking comes from below the meat. Food is placed on a metal grill over medium hot coals. To prevent the meat from sticking to the grill, brush the grill with oil. This is the best method for grilling steaks, hamburgers, and pre-marinated cuts from the hip and flank. Grilling can also be done in the oven.



Watch a video that demonstrates grilling tips and recipes at <https://canadabeef.ca/grilling-steak-know-how/>.



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When grilling, **doneness** is judged with a combination of time and temperature.

Steak Thickness	Total Grilling Time (minutes)		
	Medium-Rare 145°F (63°C)	Medium 160°F (71°C)	Well-Done 170°F (77°C)
1 to 2 cm (1/2 to 3/4 inch)	6-8	8-10	10-12
2.5 cm (1 inch)	10-12	12-14	14-18
4 cm (1-1/2 inches)	18-20	20-28	30-36
5 cm (2 inches)	22-28	28-36	36-44



How will you determine doneness in this recipe?

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How could you adjust the ingredients in this recipe to maximize the yield of the beef cut used? Consider whether you can add or substitute any ingredients.

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Seasoning steaks before grilling will not draw out enough moisture to make the steak dry out. Seasoning prior to grilling enhances the flavour better than if you season the steaks after grilling.

This lean beef sandwich recipe is an excellent source of zinc and iron. Serve the sandwich open-faced if desired.

### Nutrition Facts

per serving

Amount	
<b>Calories</b>	445
<b>Protein</b>	32 g
<b>Fat</b>	14 g
<b>Carbohydrate</b>	49 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/grilled-beef-steak-sandwich-with-melted-onions/>