

# Spicy Five-Pepper T-Bone Steaks

Total Recipe Time: 60 minutes

2 beef T-bone steaks, cut 1 inch thick (about 16 ounces each)

**Five-Pepper Seasoning:**

3 tablespoons coarsely ground mixed peppercorns (black, white, green and pink)

2 teaspoons kosher or table salt

1/8 teaspoon ground red pepper



**Spicy Peppercorn Steak Sauce:**

2 teaspoons vegetable oil

1/4 cup chopped onion

1 teaspoon minced garlic

1 cup ketchup

1/2 cup beef broth

1/3 cup raisins

3 tablespoons balsamic vinegar

1 tablespoon molasses

1 tablespoon soy sauce

Additional beef broth (optional)

1. Combine Five-Pepper Seasoning ingredients in small bowl; mix well. Reserve 2 teaspoons for Spicy Peppercorn Steak Sauce. Set aside remaining mixture for seasoning beef steaks.
2. To prepare Spicy Peppercorn Steak Sauce, heat oil in small saucepan over medium heat until hot. Add onion and garlic; cook and stir 1 to 2 minutes or until tender but not browned. Stir in ketchup, broth, raisins, vinegar, molasses, soy sauce and reserved 2 teaspoons Five-Pepper Seasoning; bring to a boil. Reduce heat; simmer gently 10 minutes to blend flavors, stirring occasionally. (Sauce will thicken slightly.)
3. Place sauce in blender or food processor container. Cover; pulse on and off for slightly chunky texture. (For a thinner sauce, additional broth may be added 1 tablespoon at a time; pulse on and off after each addition.) Return sauce to saucepan; keep warm until ready to serve.
4. Press remaining Five-Pepper Seasoning evenly onto beef steaks. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
5. Remove bones; carve steaks crosswise into slices. Serve with sauce.

Makes 4 servings

**Cook's Tip:** Spicy Peppercorn Steak Sauce may be prepared ahead and frozen in an airtight container for up to 2 months. To reheat, heat from frozen in a saucepan over medium heat until hot, stirring occasionally.

**Cook's Tip:** Mixed peppercorns are sold in specialty food markets and some supermarkets. If a four-peppercorn mix is not available, a three-peppercorn mix may be substituted. Or make your own mix by combining equal amounts of whole black, white, green and pink peppercorns.

To easily grind whole peppercorns, use a pepper mill or coffee grinder (used only for seasonings). They can also be crushed in a food-safe plastic bag. Place the peppercorns in the bag, squeeze out the air and seal. Use the bottom of a custard cup, rolling pin or side of a heavy pan to crush the peppercorns.

**Cook's Tip:** Serve this classic steak with simple sides such as steamed broccoli and roasted new potatoes.

Nutrition information per serving: 335 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 48 mg cholesterol; 1984 mg sodium; 35 g carbohydrate; 3.1 g fiber; 26 g protein; 5.1 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 1.9 mcg vitamin B<sub>12</sub>; 4.5 mg iron; 9.8 mcg selenium; 4.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and zinc, and a good source of fiber and selenium.