

FOOD



CP PHOTO

Mulled steak creates a comfort-food dish that can be prepared a day in advance and warmed up.

Use spices or chili sauce to give steak flavour kick

HERE'S a true comfort-food dish to welcome hungry family members to the table.

Instead of using the spices and the sweet-and-sour ingredients, try substituting your favourite chili sauce.

Steak with mulling spices

5 ml (1 tsp.) vegetable oil
450 g (1 lb.) blade or cross rib simmering steak, cut into 4 equal pieces
Salt and pepper
1 796-ml (28-oz.) can diced tomatoes
1 small white onion, thinly sliced into rings
1 small green pepper, cut into strips
2 stalks celery, chopped
60 ml (1/4 cup) each vinegar and

ketchup

30 ml (2 tbsp.) packed brown sugar
1 ml (1/4 tsp.) ground cinnamon
0.5 ml (1/8 tsp.) ground cloves
10 ml (2 tsp.) cornstarch

In a Dutch oven or stockpot, heat oil over medium-high heat. Season steaks with salt and pepper and brown on both sides.

Combine remaining ingredients, except cornstarch; pour over steak. Simmer, covered on stovetop or in 160° C (325° F) oven for 1 1/4 hours or until fork-tender. Remove steak from pan and set aside.

In small cup, mix cornstarch with 15 ml (1 tbsp.) cold water until smooth. Heat sauce on stovetop over medium heat. Gradually stir in cornstarch mixture; stir and boil for 1 to 2 minutes or until thickened. Season to taste. Return steak to pan.

Serve with rice, couscous or mashed potatoes.

Makes 4 servings.

Nutrition per serving: 273 calories; 26 g protein; 8 g fat; 26 g carbohydrates.

Make ahead tips:

Can be made in a slow cooker; combine all ingredients except cornstarch and cook covered for 5 hours on high or 8 hours on low. Thicken sauce on stovetop as above. Can be made a day in advance, store covered in refrigerator.

Time saver tip:

Substitute 500 ml (2 cups) prepared chili sauce combined with 125 ml (1/2 cup) water for tomatoes, vinegar, ketchup, sugar, cinnamon and cloves.

Source: Beef Information Centre.