



Grilled Steak and Guinness

INGREDIENTS:

1 Bottle Guinness® Stout Or
Other Dark Beer
1/3 Cup Brown Sugar
1 Medium Onion Diced
1/4 Cup Olive Oil
1/4 Cup Red Wine Vinegar
3 Tablespoons Chopped Garlic
2 Tablespoons Hot Sauce
1 Sirloin Steak (Or More)

DIRECTIONS:

1. Combine all ingredients in large plastic resealable bag. Turn to coat, and place in refrigerator to marinate for 1 hour.
2. Heat your gas or charcoal grill to high.
3. Oil the grill grate, using an oiled rag.
4. Remove steak from marinade and place on the grill. Use these cooking times to cook your steak to medium:
 - 2 to 3 minutes per side for a 1/2 inch thick steak
 - 4 to 6 minutes per side for a 1 inch thick steak
 - 6 to 9 minutes per side for a 1 1/2 to 2 inch thick steak
5. Take the steak off the grill. Let it rest 2 to 3 minutes to allow the juices to reabsorb into the steak. Serve.

COOKING
SKILLS
ACADEMY