

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Smashed Steak Skewers with Cherry BBQ Sauce

From Nom Nom Paleo by Michelle Tam and Henry Fong

Makes 16 Skewers

Cherry BBQ Sauce

2 tsp ghee or fat of choice

½ cup minced shallots

Kosher salt

1 garlic clove, minced

1 (1-inch) piece fresh ginger, peeled and finely grated (about 1 Tbsp)

1 Tbsp tomato paste

¼ cup coconut aminos (a healthier alternative to soy sauce. You can find it at Whole Foods, or online.)

¼ cup balsamic vinegar

¼ cup apple juice

10 ounces pitted fresh or frozen dark sweet cherries, roughly chopped

Freshly ground black pepper

Smashed Steak Skewers

1 (1 ½-pound) flank steak

Kosher salt

Freshly ground black pepper

2 Tbsp melted ghee or fat of choice

¼ cup scallions, thinly sliced (optional)

1. First, make the bbq sauce. Melt the ghee over medium heat in a small saucepan. Add the shallots and a pinch of salt and sauté until translucent, about 5 minutes. Stir in the garlic, ginger, and tomato paste, and sauté for 30 seconds until fragrant. Add the coconut aminos, vinegar, apple juice, and cherries, and bring the ingredients to a boil.
2. Lower the heat and simmer for 10 minutes or until the cherry mixture is thickened. While the sauce is simmering, stir occasionally and smush the cherries against the side of the pot.
3. Season the sauce with salt and pepper to taste. Transfer the sauce to a bowl and set aside.
4. Cut the steak in half lengthwise (along the grain). Then, slice the steak in half across the grain, then in fourths, and finally in eighths. You should end up with 16 rectangular pieces of meat. Carefully stab each chunk of meat through the center with a skewer.
5. Now comes the fun part: grab a hefty meat pounder or small cast-iron skillet, and smash each steak skewer until it's about ½ inch thick. Season the beef with salt and pepper, and brush both sides with melted ghee.
6. Fire up your backyard grill, and cook over high heat for 1 to 2 minutes on each side.
7. Rest the meat skewers for 5 to 10 minutes before brushing on the cherry bbq sauce. A garnish of fresh green scallions is optional, but it can instantly transform this rugged plate of skewers into a more refined dish. Serve immediately.