

## Pan-Broiled Steaks with Marsala

Extra virgin olive oil	1½ teaspoon garlic chopped fine
4 sirloin steaks or equivalent boneless cut, ¾" thick, brought to room temperature	1 teaspoon fennel seeds
Salt	1 tablespoon tomato paste, diluted with 2 tablespoons water
Black pepper, freshly ground	Chopped hot red chili pepper, to taste
½ cup dry Marsala wine	2 tablespoons chopped parsley
½ cup dry red wine	

- 1.) Choose a skillet that holds all the steaks in a single layer. Coat the bottom well with olive oil. Heat on high until the oil forms a slight haze, slip in the steaks. Cook to taste; rare is 3 minutes on one side and 2 on the other. Do not overcook. Transfer to a warm platter and sprinkle with salt and a few grindings of pepper.
- 2.) Turn the heat to medium high under the skillet, and put in the Marsala and the red wine. Let the wines bubble for about half a minute, while scraping the pan with a wooden spoon to loosen any cooking residues from the bottom and sides.
- 3.) Add the garlic, stir just 2 or 3 times, add the fennel seeds, stir for a few seconds, then add the diluted tomato paste and chopped chili pepper to taste. Turn the heat down to medium. Stir frequently until a dense, syrupy sauce is formed.
- 4.) Return the steaks to the pan just long enough to turn them 2 or 3 times in the sauce. Transfer to a warm platter, top with parsley and serve.

Makes 4 servings

*Note: Ground beef can be thawed quickly and turned into a delicious meal in less than 30 minutes.*