



CUMIN CRUSTED BEEF STEAKS with ORANGE-OLIVE RELISH

4 Kinderhook Farm grass-fed beef boneless
chuck eye steaks
2 to 3 medium oranges
1 1/2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon pepper
1 jar (7 ounces) roasted red peppers, diced
1/3 cup coarsely chopped kalamata olives
1/3 cup diced red onion
orange slices and kalamata olives

Grate 2 teaspoons orange peel from oranges; reserve oranges. Combine orange peel, cumin and salt in small bowl; remove and reserve 2 teaspoons seasoning for relish.

Heat ridged grill pan or large nonstick skillet over medium heat until hot. Add pepper to remaining seasoning; press evenly onto beef steaks. Place steaks in grill pan; cook chuck eye steaks 8 to 10 minutes for medium rare to medium doneness, turning once. Be careful not to overcook, grass-fed beef will cook quickly.

Meanwhile peel and dice enough reserved oranges to measure 1 1/2 cups. Combine diced oranges, red peppers, olives, onion and reserved 2 teaspoons seasoning in medium bowl; mix well. Serve steaks with relish. Garnish with orange slices and olives.

from www.beefitswhatsfordinner.com