

PORTERHOUSE STEAK WITH SAUTEED ONIONS AND PORTOBELLOS

1/2 t. coarse ground black pepper
1 1/2 oz. sweet vermouth
1 garlic cloves
salt and additional pepper to taste

2 large white onions
2 T. olive oil
1/4 teaspoon salt
1 large or 3 mini Portobello mushrooms
1 cup white wine

Peel and crush the garlic cloves, and add them to a small dish with the coarse ground pepper and vermouth. Mix and spread half the mixture on one side of the steak. Turn the steak and spread the remainder on to the other side. Allow steak to marinate a minimum of 20 minutes before broiling the steak.

Grease hot broiler pan.

Broil first side 7 minutes.

Turn and broil second side 4 minutes.

Meanwhile, peel the onions and slice into 1/2" slices. Add 2 T. olive oil to a hot skillet, and immediately add onions and salt. Saute until the onions are translucent. Add the onions and 1/4 cup vermouth, cover and saute for 4-5 minutes. To serve, top the broiled steak with onions and mushrooms.

To cry or not to cry?

That is the question. If the vapors from a strong onion set tears streaming down your face, you can minimize the tear inducing propanthial S-oxide vapors simply by running the onion under cold water. If on the other hand, you have been harboring feelings of sadness, frustration or fear, you may want to just let them stream. Ayurvedics say that emptying the lacrimal gland by any means provides the same emotional relief a good old-fashioned cry.

