

Buttermilk Gravy Steak

- extra virgin olive oil
- steak tips, cut into cubes and patted dry
- salt
- black pepper
- crushed garlic
- minced jalapenos
- sliced onions
- butter
- flour
- buttermilk
- red wine
- fish sauce

Heat extra virgin olive oil in a pan, until hot but not smoking. Meanwhile, season steak tips with salt and pepper. Quickly brown the tips, and remove from heat.

Remove the excess oil, leaving just a bit in the pan, and heat the pan over a medium heat.

Add in the garlic, jalapenos and onion. Slowly brown.

While the onions are browning, make the buttermilk gravy. Melt butter in the bottom of a saucepan, over a medium heat. Once butter is melted, add about the same amount of flour.

Whisk

until the flour starts to toast. Add buttermilk, starting with about twice as much as there is butter-flour mixture, and keep whisking. Keep whisking, slowly adding buttermilk until it looks about perfect. Add salt and pepper to taste, and reduce heat to very low (stirring occasionally).

By now, your onions are probably brown. Add your meat back, so you can cook it through to taste. Add just a bit of red wine for flavor, salt and pepper to taste, and just a little fish sauce.

Don't overcook the steak tips! Remove from heat and let rest a few minutes before serving. Pour the gravy over.

Serve with [rice](#) [1] or [home fries](#) [2], and some sort of green vegetable.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.225>

[2] <http://kitchen.unseelie.org/.218>