



Grilled Steak with Pepper Relish

Barbi provided this recipe at our Peppers workshop at Missouri Botanical Garden on May 14, 2016.

3 small red, yellow, or orange bell peppers, sliced	1 t dried, divided
1 small onion, halved and sliced	½ t salt, divided
2 T balsamic vinegar	½ t freshly ground pepper, divided
1 T extra-virgin olive oil	1 lb sirloin steak or strip steak
1 T capers, rinsed	(1-1¼ inches thick), trimmed, cut into 4 portions
1 T finely chopped fresh thyme or	1 t garlic powder

Preheat grill to medium.

Combine bell peppers, onion, vinegar, oil, capers, 2 teaspoons fresh thyme (or ¾ teaspoon dried) and ¼ teaspoon each salt and pepper in a large bowl.

Stack two 30-inch-long pieces of foil.

Arrange the pepper mixture on one half and fold the foil.

Tightly seal the packet by crimping and folding the edges together.

Sprinkle both sides of steak with garlic powder, the remaining thyme and ¼ teaspoon each salt and pepper.

Oil the grill rack (see Tip).

Place the steak and foil packet on the grill.

Grill the steak about 4 minutes per side for medium-rare, 5 minutes per side for medium.

Grill the packet until the vegetables are tender, 10 to 12 minutes.

Let the steak rest for 5 minutes.

Serve the steak with the peppers.

Serves 4.

Tip: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. Do not use cooking spray on a hot grill.