

INGREDIENTS:

4 thin-cut pieces of skirt weighing about 250g each

3 large Spanish onions

1 teaspoon Dijon mustard

1 tablespoon red wine

Sea salt

Freshly-ground black pepper

1 teaspoon brown sugar

35g butter

1 tablespoon olive oil

TIME: 30 mins

SERVING: 4 people



Peel and finely slice the onions. Heat the butter and oil in a heavy-based frying pan and when just sizzling add the onions, turn to coat well and cook over a medium to low flame for six to seven minutes, turning frequently, until softened. Add the sugar, mustard and wine and season well and cook on for a further four to five minutes until the onions start to caramelize. Transfer to a bowl and wipe out the pan with kitchen paper. Place the pan over a medium to high heat and season the meat generously on both sides. Brush with olive oil then cook for two and a half to three minutes each side. Return the onion mix to the pan, heat through and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: