

Amy's Sirloin Steak with Gravy

2 pounds Sirloin steak
Butter
Coconut Oil
Salt

Gravy

6 T butter
5 T flour
 $\frac{3}{4}$ t salt, $\frac{1}{4}$ t pepper, $\frac{1}{2}$ T onion flakes
3 cups whole milk
Pan drippings from cooking steak

Note: This recipe is similar to Beef Stroganoff, but without mushrooms and quicker to cook. The beef is very tender and flavorful.

Steak

Cut steak into very thin slices – about 1/8 inch thick and 2 to 3 inches long. Before cooking, pat with paper towel to remove extra liquid from thawing. Heat 12 inch iron skillet on medium high heat until just barely smoking. Place about a teaspoon of butter in skillet and use spatula to spread around. Place about $\frac{1}{2}$ of steak pieces in skillet, arranging them so that as many pieces as possible lay completely flat on the hot surface. Cook for about 30 seconds. Flip over and cook for about 30 seconds more. Drain juices into a measuring cup and set aside. Remove steak from heat. Do not overcook! Really, just 30 seconds on each side.

Add a little more butter to the skillet and cook the second batch the same as the first. If using smaller than a 12 inch skillet you will likely need to cook the steak in more than 2 batches. A key to the flavor is browning the steak directly on the very hot surface of the skillet.

Add 1 T coconut oil into the empty skillet. Place steak back into skillet and salt to taste. Stir fry for about 1 minute. Again, do not overcook. Remove steak from skillet.

Gravy

Place 6 T butter into iron skillet and turn heat down to medium. Add $\frac{1}{2}$ T onion flakes and cook a few minutes in butter. Stir in flour, salt, pepper and cook for about 1 minute. Add milk and the drippings/juices set aside earlier from cooking the steak. Using a whisk, stir constantly until thickened. Add steak and stir.

Serve over rice, quinoa or egg noodles.