

STEAK SANDWICH

Serves 2.

By Dennis W. Viau; from a Rhode Island restaurant.

What can you do with leftover steaks? Many years ago I occasionally ate lunch in a restaurant near Westerly, RI. They had *the best* steak sandwiches. When I had leftover steaks from a video/TV show I thought of these sandwiches.



Ingredients:

½ large onion (about 6 ounces/170g)

2 tablespoons oil for frying and/or clarified butter

1 or 2 steaks, depending on size, preferably medium-rare, sliced very thin.

3 to 4 small to medium cremini (white button) mushrooms (or other mushrooms you might prefer)

2 tablespoons whole butter

2 baguette lengths, each large enough for a sandwich serving

1 cup beef broth for *au jus* (or make a cheater stock—see below)

4 slices of Swiss or provolone cheese

Optional: Butter for the toasted bread.

Directions:

Cut the onion half in half again (effectively quartering the onion) and then slice it into short julienne. Heat oil/butter in a skillet over medium-high heat and sauté the onion until lightly caramelized, reducing the heat as the moisture in the onions cooks off. This could take 15 to 20 minutes and toward the end of the cooking the heat could be reduced all the way to low. The onions should be a golden color.

While the onion is cooking, slice the steak very thinly. A good sharp knife is essential. Also slice the mushrooms. Heat the oven broiler. Cut a baguette loaf in half, separating the top from the bottom, and place on a baking sheet. You can trim the top of the baguette a little if necessary to prevent it from rolling. Toast the baguette under the broiler until golden.

When the onion is done, transfer to a bowl and set aside. Melt the whole butter in skillet and add the sliced mushrooms. Sauté over medium heat until tender, 2 to 3 minutes. Add the sautéed onion, sliced beef, and 1 or 2 tablespoons of broth to the pan. Heat only until the beef is warm enough to heat. Don't overheat, as this would cook the steak further and make the meat tough.

Arrange 2 slices of cheese on each toasted baguette. (You can butter the toast if you prefer.) Spoon the beef mixture onto the sandwich. Heat the remaining broth and pour into individual dipping bowls, such as ramekins. Serve the sandwich with the *au jus* dipping sauce on the side.

My Cheater Stock: Combine 1 cup (237ml) heated chicken stock with 1 to 2 teaspoons beef bouillon.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



I was fortunate to have a piece of prime rib-eye steak leftover from a video I did with a friend. I am using thinly sliced provolone cheese here, but Swiss cheese would also be good.

2



For my sandwich I prefer the onions to be sliced into julienne, not chopped. They will stay in the sandwich better. Chopped onions might be more likely to fall out while I am eating my sandwich.

3

Heat the oil in a skillet over medium-high heat and sauté the onions until golden brown, reducing the heat periodically as the moisture cooks away. Total cooking time could be 15 to 20 minutes and toward the end of the cooking time the heat will be at low.

4

While the onions are cooking, slice the mushrooms.

5



Also slice the steak very thinly. (A good sharp knife is essential here.) You can see from the pink color of this steak that I prefer it medium-rare. This meat will be very tender. It is therefore important not to overheat the meat for this sandwich.

6



I am also going to prepare some of my cheater beef stock. I use homemade chicken stock (this is 1 cup), which I keep frozen, and some beef base. Melt the stock and heat until hot, then dissolve about a teaspoon of bouillon in it. For this sandwich I will use this as an *au jus* dipping sauce.

7



Also slice the baguette and toast it under the broiler. I chose to butter this toast.

8



When the onions are done, transfer to a bowl and set aside. Add butter to the pan and gently sauté the mushrooms over medium heat until tender, 2 to 3 minutes.

9



Add the sautéed onions and sliced steak to the pan, along with a tablespoon or two of the beef broth, and heat only until the meat is warm enough to eat.

10



Arrange some of the beef mixture on the toasted baguette and serve with a dipping bowl of the heated *au jus* broth on the side.

Conclusion

This is an easy and delicious way to use up leftover steak. Most of the preparation can be done while the onions are sautéing.