



2008
Colorado State Fair
"Dueling Cooks" Challenge



Grilled Steak & Roasted Zucchini with Caramelized Onion Salad

Chef Charles Sinden and Krista Pearman

First Place

- 2 4oz. Steaks
- 1 Large Zucchini
- 1 Yellow Onion
- 1/2 cup Simply Boulder Zesty Pineapple Marinade
- 2 Tbsp. Rice Wine Vinegar
- 2 Tbsp. Red Wine Vinegar
- 2 Tbsp. Olive Oil
- 2 Tbsp. Honey

Slice onions and caramelize in large pan over medium heat with olive oil. Remove from heat, place in bowl and set aside. Take steak and sear on all sides. Place in 400° oven and bake for 5 minutes. Slice zucchini into 1/4" "steaks" and season with salt, pepper, and rice wine vinegar. Place in oven and broil for 20 minutes. Combine marinade, red wine vinegar and honey. To plate, layer zucchini, marinade mixture, steak and top with caramelized onions.

