

GUASTELLO'S VILLAGE MARKET

Poppa Rue's Mango Steak

Ingredients:

¼ cup butter
1 green mango (not fully ripe), peeled, pitted and cubed
1 Spanish onion, finely chopped
3 green onions, finely chopped
1 tbl. jalapeno pepper, finely chopped (or more to taste)
1 green pepper, seeded and finely chopped
2 cloves garlic, minced
1 large tomato, finely chopped
½ cup Worcestershire sauce
1 tbl. yellow mustard
1 8-oz. jar mango chutney, chopped
Juice of 1 lime
6 tbl. mango nectar
1 tsp. salt
1 tsp. black pepper
4 rib eye or sirloin steaks

Preheat an outdoor grill. In a large heavy skillet, melt the butter and sauté the mango, onion, green onions, jalapeno pepper, green pepper, garlic and tomato until the vegetables are limp. Add the Worcestershire sauce, mustard, chutney, lime juice, and mango nectar and stir well to combine. Bring the sauce to a boil, lower the heat, and simmer 15 to 20 minutes.

Remove the sauce from the stove and place it in a serving bowl. Salt and pepper the steaks and grill for 4 minutes on one side. Turn and tip the cooked side with a large spoonful of the mango sauce. Grill for another 4 minutes or until the steaks are as you like them. Serve hot with the remaining sauce.

Credit: Caribbean Cooking