

Blueberry Steak Sauce

INGREDIENTS:

- 2-4 cuts of your favorite steak
- 2 Tbsp. oil
- 1 shallot, minced
- 1 cup red wine
- 6 oz. fresh or frozen Triple Delight blueberries
- Juice and zest of ½ lemon
- ½ cup blueberry jam or preserves
- 1 tsp. fresh thyme
- 1 Tbsp. chopped sage
- 3 Tbsp. brown sugar
- 1 tsp. Dijon mustard

DIRECTIONS:

1. Heat 1-2 Tbsp. olive oil in a skillet on high heat.
2. Season steaks with salt and pepper and grill in the hot oil for approx. 2 minutes on each side (or desired cook time).
3. Remove from pan and let rest on a plate.
4. Sauté the shallots in 1 Tbsp. of oil.
5. Add red wine, bring to a boil and cook until reduced by half.
6. Add remaining ingredients and heat on medium heat 5-7 minutes (use the back of your spoon to mash blueberries as they cook).
7. Generously drizzle sauce over steaks. This would also be fantastic over pork!
8. ENJOY!

