



RECIPE

- 2 boneless beef top loin steaks, 3/4 inch thick (10 ounces each), well-trimmed
- 1/8 teaspoon ground red pepper (cayenne)
- 1¹/₄ teaspoons ground cumin
- 3⁄4 teaspoon salt
- 1 teaspoon olive oil
- 2 medium red onions, sliced
- 1 lime
- 2 tablespoons orange-flavor liqueur or orange juice
- 1⁄2 chicken broth
- 1/4 cup packed chopped fresh *cilantro*
- 1 medium avocado, sliced (optional)
- Cilantro sprigs for garnish (optional)

Pat steaks dry with paper towels. In a cup, mix ground red pepper, 1 teaspoon cumin, and ½ teaspoon salt. Rub steaks with spice mixture. Heat nonstick 12-inch skillet over medium-high heat until hot. Add steaks and cook 4 minutes; turn steaks over and cook 4 to 5 minutes longer for medium rare or until desired doneness. Transfer steaks to platter; cover with foil to keep warm. In same skillet, heat olive oil over medium heat until hot. Add onions; sprinkle with remaining ¼ teaspoon ground cumin and ¼ teaspoon salt and cook, stirring occasionally, 8 to 10 minutes, until onions are tender and golden.

From lime, remove 3 strips of peel (2" by 1" each) and squeeze 2 tablespoons juice. Add lime peel to skillet and cook 30 seconds. Stir in orange liqueur or orange juice and cook 30 seconds longer.

Add chicken broth and lime juice. Heat to boiling over medium-high heat; boil 1 minute. To serve, slice steaks and arrange on individual plates; top with sauce. Sprinkle with chopped cilantro. Serve with avocado slices and cilantro sprigs if desired.

Serves 4.