



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

GEORGE'S WHISKEY STEAK

Ingredients

Whiskey Marinade

3 cups whiskey
3 cups brown sugar
3 Tbsp. minced garlic
1 cup low sodium Worcestershire sauce
1 tsp. black pepper
 $\frac{1}{2}$ cup shallots, minced
 $\frac{1}{2}$ cup onion, chopped
 $1\frac{1}{4}$ cup pineapple juice
2 cups water

Whiskey Sauce

1 Tbsp. olive oil

$\frac{2}{3}$ cup water
1 cup pineapple juice
1 $\frac{1}{3}$ cup brown sugar
1 Tbsp. lemon juice
2 Tbsp. minced shallots
2 Tbsp. Jack Daniels
 $\frac{1}{2}$ cup crushed pineapple
 $\frac{1}{4}$ tsp. cayenne pepper
1 Tbsp. minced garlic

32- oz. beef fillet

Directions

Combine whiskey marinade ingredients; simmer over medium heat until sugar melts. Cool. Marinate beef for 2 hours. Remove from marinade and discard marinade.

Whiskey Sauce:

Combine ingredients and simmer over medium heat until sugar is melted.

Cut fillet into 8 4-oz. portions and grill for 3 - 4 minutes on each side. At serving time, garnish with whiskey sauce.

Yield: 8 serving

Executive Chef Chuck Vinice, George's Neighborhood Grill, Avalon Crossing, 6935 Lake Plaza • Suite B12-B15, Indianapolis 577-1600

Nutrition Information: 240 Calories, 7 gm fat, 3 gm saturated fat, 0 gm trans fat, 55 mg cholesterol, 20 gm carbohydrate, 0 gm fiber, 20 gm protein, 50 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**