

### Steaks

6 steaks, tenderloin or rib-eye (beef, bison or elk)  
½ tsp cumin seeds  
3 bay leaves  
1-½ tsp paprika (smoked or sweet)  
1 - 2 tsp chipotle powder\*  
½ tsp salt  
½ tsp sugar or evaporated cane juice

1. Rinse the steaks and dry well with paper towel. Rub them with the oil and set aside on a tray. Let them come to room temperature about 30 minutes before cooking. Turn the barbecue on to high.
2. While the steaks are resting, toast the cumin seeds in a small, dry fry pan over medium heat until they're fragrant and just beginning to brown. Remove from heat and tip them onto a cold plate and allow them to cool completely.
3. In a spice grinder, clean coffee grinder or mortar and pestle, grind the bay leaves to a powder, then add the cooled cumin seeds and continue to grind. Add remaining ingredients and combine well.
4. Sprinkle the rub on the steaks, rubbing into the meat on all sides.
5. Grill to your desired doneness, about 3 minutes per side for rare, 4 to 5 minutes per side for medium-rare. Time will vary depending on the thickness of the steak.
6. Served topped with the mango salsa - excellent with rice pilaf, roast potatoes and a salad.

### Tips:

- Chipotle powder is ground chipotle chili (a smoked jalapeño) and is available at many grocery stores, organic markets, & Latin markets - Paraiso Tropical in Edmonton ([www.AlliumFoodworks.com/resources.html](http://www.AlliumFoodworks.com/resources.html) for the address)
- For local meat sources, try Farmers Markets, Care-It Deli in Crestwood, Smokin' Iron Farms in Beverly, or Buffalo Valley Variety in Whitemud Crossing.
- Delicious cold on a salad or in a sandwich or wrap.
- The spice mixture will last up to 3 months in a sealed jar, so make a large batch.

### Salsa

2 tsp agave nectar or honey  
½ tsp lime zest + 3 tbsp fresh lime juice  
½ large red bell pepper, diced small  
1 large mangos, diced small  
¼ medium red onion, diced small  
2 tbsp cilantro, minced (measure after mincing)  
½ jalapeno peppers, minced

1. Whisk together the agave nectar or honey, lime juice and zest in a medium bowl.
2. Dice the mango, onion and red bell pepper into small pieces - you can also pulse in a food processor until they are finely chopped. Tip them into a large bowl.
3. Add the cilantro, jalapeño and lime vinaigrette, tossing to coat. Let it sit 30 minutes if possible before serving.. Leftovers can last in the fridge up to two days.

### Tips:

- Agave nectar is the sap from the agave cactus. Sweeter than sugar with no definable taste, it has a lower glycemic load and metabolizes more slowly. Available in organic markets and the organic section of supermarkets.
- I like using Key Lime from Verry Berry Honey, a producer from Tofield who makes fruit flavoured honeys, glazes and vinaigrettes ([www.VerryBerryHoney.com](http://www.VerryBerryHoney.com))
- Get locally produced bell peppers at Farmers Markets throughout the city; fresh herbs from West Country Herbs or Imagine Herbs; and chili peppers from Gull Valley Greenhouses.
- Delicious on chicken and fish as well.
- Can't find ripe mango? Frozen works just fine.