

Bear Steak Flamade

1/3	cup	all-purpose flour
1	teaspoon	salt
1/4	teaspoon	pepper
2	pounds	bear round steak, 1 inch thick
1/2	cup	butter or margarine, divided
2	tablespoons	olive oil or vegetable oil
4	medium	onions, thinly sliced
1-1/2	cups	beer
1/4	teaspoon	dried marjoram leaves
1/4	teaspoon	dried thyme leaves
1		bay leaf

Heat oven to 325°. On a sheet of waxed paper, mix flour, salt, and pepper. Dip steak in flour mixture, turning to coat. In large skillet, melt 1/4 cup butter in oil over medium-low heat. Add steak; brown on both sides over medium-high heat. Add steak; brown on both sides over medium-high heat. Transfer meat and drippings to 3-quart casserole; set aside.

In large skillet, melt remaining 1/4 cup butter over medium-low heat. Add onions, stirring to coat with butter. Cover. Cook until tender but not brown, about 10 minutes. Pour onions over steak in casserole. Add remaining ingredients. Cover. Bake until meat is tender, 2 to 2-1/2 hours. Discard bay leaf before serving.

Yield: 6 to 8 servings