Iron Skillet Mediterranean

Makes 8 servings

Ingredients:

* **Tri-Tip Rub**
  2 tablespoons Montreal steak seasoning
  1 tablespoon rosemary sprigs, minced
  1 tablespoon garlic, minced
  1 teaspoons sea salt, smoked

* **Vegetable Confit**
  2 whole eggplants, peeled, sliced 1-inch thick, quartered
  8 Roma tomatoes, cored and halved
  6 garlic cloves
  1 sprig thyme
  ½ cup olive oil
  1 teaspoon sea salt
  2 teaspoons pepper
  3 ounces Vidalia onions, pickled

* **Tri-Tip Beef**
  2 ½ pounds trimmed tri-tip or flank steak
  1 ounce feta cheese
  ½ ounce parsley oil

Preparation:

Mix all ingredients under “Tri-Tip Rub” with a little olive oil and rub on steak. Cover with plastic wrap and place in refrigerator for 1 hour

Vegetable Confit:
Pre-heat oven to 350° F, cut all vegetables, mix in a bowl with olive oil, salt and pepper. Place in a pan large in enough to allow for one layer (do not stack vegetables). Cover with foil and place in oven for 1 hour. Remove foil and let cook for 20 more minutes.

Tri-Tip
In a cast iron skillet over high heat, with a small amount of olive oil sear meat for 4 minutes on each side cooking until medium rare. (If you desire medium or well done place in oven for an additional 8 minutes or 16 minutes respectively)

Stack 3 pieces of eggplant 2 tomatoes halves and 4 Vidalia onion rings in order in the center of the place

Slice meat thinly and place 5 slices over vegetables.

Sprinkle with feta cheese and drizzle parsley oil around outside of plate.