

# Grilled Sirloin Steak Caesar Salad

From a Phillis Carey cooking class, 6/2011



*All the components of steak and salad, but using Caesar as the star.*

## STEAK:

- 1/4 cup red wine vinegar
- 1/4 cup red wine
- 1/2 cup olive oil
- 2 tablespoons Worcestershire sauce
- 1 tablespoon minced garlic
- 1 tablespoon shallots, minced
- 1 tablespoon soy sauce
- 2 teaspoons Dijon mustard
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme
- 1 1/2 pounds top sirloin steak

## CROUTONS:

- 1/2 cup olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes
- 12 baguette slices

## DRESSING:

- 2 cloves garlic, peeled
- 1/2 cup mayonnaise
- 1/4 cup Parmigiano-Reggiano cheese, finely grated
- 2 tablespoons olive oil
- 1 tablespoon capers, rinsed, drained, mashed (or use anchovies, if desired)
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon salt and pepper

## SALAD:

- 12 ounces Romaine lettuce
- 1 cup Parmigiano-Reggiano cheese, coarsley

## Servings: 4

*You don't consume the marinade, and you won't use all of the salad dressing, most probably, so the nutrition values are off.*

1. **STEAK:** Combine marinade ingredients in a Ziploc bag. Add steak, seal well and let sit at room temp for an hour, turning bag every 15 minutes. Or, refrigerate the steak for up to 24 hours, turning the bag several times. Remove steak from marinade, pat dry and grill 6-7 minutes per side for medium rare. Let steak rest for 10 minutes, lightly tented in foil, then thinly slice it across the grain.
2. **CROUTONS:** Preheat oven to 375°. Whisk oil and garlic, thyme and red pepper flakes together in a small bowl; let stand at room temp for about an hour. Arrange baguette slices on a baking sheet and brush liberally with the oil and sprinkle lightly with salt. Bake for 8-10 minutes, or until crisp and brown.
3. **DRESSING:** Drop garlic into a running food processor. Stop and add mayo, grated Parmesan, olive oil, capers, lemon juice, Worcestershire, mustard, hot sauce, salt and pepper. Puree until smooth. Chill until serving time. (Dressing will keep for 4-6 days.)
4. **SALAD:** Toss Romaine, shredded Parmesan and enough dressing to coat lettuce well. Divide among 4 plates, top with steak slices, tomatoes and set 3 croutons on edge of each plate, and serve.

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Per Serving (excluding unknown items): 1508 Calories; 113g Fat (67.2% calories from fat); 70g Protein; 54g Carbohydrate; 5g Dietary Fiber; 159mg Cholesterol; 1335mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 14 1/2 Fat; 0 Other Carbohydrates.

grated

20 small cherry tomatoes, halved (try to find heirloom in multiple colors)

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>