

Seared Steak Salad

Tarla Fallgatter, cooking instructor, from a cooking class.



From a cooking class I attended in 2002.

MEAT:

- 1 pound top sirloin steak
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pinch cayenne, optional
- 1/2 cup barbecue sauce

ONIONS:

- 2 medium red onions, cut in wedges
- 3 cloves garlic, minced
- 3 whole bay leaves, coarsely chopped
- 2 tablespoons fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil

CHIPOTLE MAYONNAISE:

- 1/2 cup mayonnaise
- 1 tablespoon chipotle chile canned in adobo

SALAD:

- 3 cups arugula leaves
- 3 cups greens, salad mix of your choice
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- salt and pepper to taste
- 1/2 cup goat cheese, crumbled
- 12 pieces asparagus spears, steamed
- 1 cup cherry tomatoes, halved

Servings: 4

1. **MAKE AHEAD:** cook asparagus and cool, then chill. Prepare all the salad ingredients and keep in the refrigerator until ready to assemble.
2. **ONIONS:** Preheat oven to 500 (yes, 500). Place the onion wedges in a single layer in a shallow baking pan. Sprinkle with garlic and herbs, then season with salt and pepper. Drizzle olive oil and balsamic vinegar over the onions and toss with your hands so all sides of onions have been mixed up with the oil and vinegar. Roast for about 10 minutes, remove and stir the onions around some, then return to oven and continue cooking until onions are lightly browned and just tender. If pan is crowded, it may take up to 20-30 minutes. remove and allow pan to cool.
3. **CHIPOTLE MAYO:** In a small bowl mince up the chiles with a fork until they are completely mashed. (Alternately, place on a flat board and mince with a chef's knife, then mash with side of knife.) Add the mayo and stir until combined. Cover with plastic wrap and refrigerate until ready to serve.
4. **STEAK:** In a small bowl combine the herbs and mix well. Trim any noticeable fat from the steak, brush with olive oil, then rub with herb mixture on both sides of the steak. Set aside for 30-40 minutes before grilling. When ready to serve, add the barbecue sauce to the meat, then grill steak until medium rare, about 5-6 minutes per side. When steak is cooked to your liking, remove to a wood board and allow to sit (cover with a piece of foil, loosely) while you prepare the salad.
5. **SALAD:** On a large platter combine the salad greens and arugula. Pour on the olive oil and toss with your hands, then add the balsamic vinegar and do the same. Season with salt and pepper to taste. Slice the steak into thin slices and lay across the salad. Around the edges add the cooked asparagus, cherry tomatoes and the cooled, cooked onions. Drizzle the chipotle mayo down the center of the meat so every slice has some of the sauce on it. Sprinkle the entire platter with the goat cheese crumbles. Serve immediately.

Per Serving (excluding unknown items): 651 Calories; 51g Fat (68.5% calories from fat); 33g Protein; 21g Carbohydrate; 6g Dietary Fiber; 90mg Cholesterol; 1104mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 6 Fat; 1/2 Other Carbohydrates.

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