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Steak and Blue Cheese Salad w/ Champagne Vinaigrette

Ingredients:

24 oz. Flank Steak	1/4 cup champagne vinegar
salt and pepper	1/2- 3/4 cup of Olive Oil
2 tablespoon crumbled Blue Cheese	1 garlic clove smashed and pasted
2 Plum tomatoes- cut into spears	2 Tablespoons of Dijon mustard
1 shallot, thinly sliced	1 Teaspoon fresh chopped parsley
1 10 oz. container of mesclun greens	

Meat Marinade Ingredients:

2 cups Gravy Master	3 garlic cloves
1 cup soy	1 tablespoon Herbs de Provence
1 medium onion	

Feel free to use your favorite meat marinade, but for this recipe, we're going with an old favorite. Just simply put all the ingredients in the blender and blend it till the onions and garlic have pureed. Marinate the beef for 3 hours, no longer.

Make sure your grill pan or your grill is very hot and clean. Cook the flank steak for 3 minutes and then turn it 45 degree and cook for another 3 minutes then flip it and do the same on the other side. Let the beef rest for 10 minutes before you slice into it. This allows the juices to come back to the center of the meat, which allows for a juicier and tenderer piece of meat.

For the dressing, add the pasted garlic to a bowl with salt, pepper, parsley, Dijon mustard and the champagne vinegar. Now, start pouring in the olive oil as you whisk to break open the fat molecules in the oil. This allows for the flavors to combine. The mustard will help the dressing emulsify, giving a wonderful creamy appearance. If it's too tart, add more oil and if it's not tart enough, add more vinegar.

Dress the greens, shallots and tomatoes a little at a time. You can always add more dressing. I like to plate the salads and then add the cheese so as to not damage the crumbles.

Last but not least, slice the beef and place just off to the side of your salad pile.