

## Seared Steak Salad

Source: Tarla Fallgatter, cooking instructor, from a cooking class.

Carolyn T's  
Cookbook

Servings: 4



### 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 salad greens
- 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

### Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 641 Calories; 51g Fat (69.8% calories from fat); 31g Protein; 19g Carbohydrate; 4g Dietary Fiber; 90mg Cholesterol; 1093mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 6 Fat; 1/2 Other Carbohydrates.*

Description: From a cooking class I attended in 2002.

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 ever slice has some of the sauce on it. Sprinkle the entire platter with the goat cheese crumbles. Serve immediately.