

Steak Salad

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 8-10 minutes

Serves: 4

CChints: You want to seal in the flavors of your meat and the way to do this is by cooking them on a flat hot surface like a cast iron skillet or griddle.



1 to 1-1/4 pound top sirloin fillets or Filet Mignon, 3/4 to 1 inch thick
Adolph's® Tenderizer, 1 teaspoon per pound
2 teaspoons unsalted butter, spreadable
1 bag prewashed salad greens
1 can sliced water chestnuts
1/4 cup thinly sliced yellow or red onion
1 large tomato cut in half and then into slices

Dressing:

4 tablespoons extra-virgin olive oil
1-1/2 tablespoons balsamic or red wine vinegar
1 glove garlic, minced fresh or from a jar
Serve with warm rolls or crackers

Thirty minutes before grilling, rinse the meat and do not pat them dry. Lay them out on a cutting board or other plate surface. Use a fork to poke several holes in the meat about 1/2 inch apart. Shake tenderizer evenly over the meat and let it work on the meat for 30 minutes at room temperature. The meat needs to come to room temperature before you put it on the grill.

Start your grill. Heat it to medium high heat and if you are using a gas grill that would be about 500 degrees F. with the lid closed. Also put the pan on the grill so the cast iron can get hot. The grill can be heating up while the meat is tenderizing.

During this time you can get the rest of the items ready for your salads. Leave your salad greens in the refrigerator until you are ready to build your salads.

When the meat and the grill are ready put 1 teaspoon of the butter in the pan and then lay the steaks in the butter. Close the lid and let the meat sear for 3 minutes. Open the lid and spread the other teaspoon of butter on the meat and turn them over. Cook for another 3 -5 minutes depending on how you like your steaks from rare to well done.

When they are done to your liking, take them off the grill and lay them on cutting surface to rest for 3 minutes. This will give the juices in the meat time to redistribute in the meat. During this time, divide your salad greens onto your dinner plates. Top with the other ingredients and whisk together the olive oil through garlic. Slice the meat in thin strips on a diagonal, across the grain of the meat and lay pieces on top of each salad. Sprinkle with the dressing and serve with warm rolls or crackers.