

STEAK CAESAR SALAD



INGREDIENTS:

- One Pure Angus Beef Sirloin
- Garlic salt and pepper
- 1 head of romaine lettuce
- 1 red onion
- Garlic/parmesan croutons (see recipe below)
- 1 small jar capers
- Crisp fried bacon bits
- Fresh grated parmesan
- 1 lemon
- A nice balsamic reduction (see recipe below)
- ½ cup Caesar dressing (see recipe below)

DIRECTIONS:

1. Season your Sirloin steak with garlic salt and pepper (or your favorite steak seasonings) and grill to medium rare (as always cook your steak to your preference) Or you can Pan fry your steak too. Let it rest for 10-15 minutes
2. While your steak is resting chop your romaine lettuce into bite size pieces and toss into a large bowl. Slice your Red onion and separate out some nice small ringlets. Fry your chopped bacon into crisp bacon bits and remove them to a paper to blot the grease.
3. Add the Caesar dressing to the romaine lettuce and toss to thoroughly cover the lettuce. Arrange your red onion ringlets and crumble some bacon bits over the top. Add some croutons and a sprinkle of capers. Squeeze a little lemon juice over the whole salad. Finish off with some fresh grated parmesan cheese.
4. Slice your sirloin against the grain and arrange on top of your salad topping the steak off with a drizzle of a good balsamic reduction.
5. Serve with a nice glass of wine and a piece of focaccia.

SEE PAGE 2 FOR DRESSING, CROUTON AND BALSAMIC REDUCTION RECIPES.



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CAESAR DRESSING

INGREDIENTS:

- 2 tsp crushed garlic
- 2 tsp capers
- 1 tsp stone ground Dijon mustard
- 2 Tbsp lemon juice
- 1 C good mayonnaise
- 1 tsp Worcestershire sauce
- Salt and pepper to taste
- ½ Cup parmesan cheese

DIRECTIONS:

1. Add all your ingredients into a blender and blend until smooth.

CAESAR SALAD CROUTONS

INGREDIENTS:

- Day old French bread
- Minced garlic
- 3 Tbsp grated Parmesan cheese
- 3 Tbsp Olive oil

DIRECTIONS

1. Slice the French bread into slices and then into bite size chunks. To a large bowl add your minced garlic, parmesan cheese and olive oil. Mix thoroughly and add the bread chunks and gently stir until the bread has absorbed the oil, cheese and garlic. Spread out the bread chunks on a baking sheet in a single layers and bake at 350F for 20 minutes or just lightly toasted brown.

BALSAMIC REDUCTION

INGREDIENTS:

- 1 Cup Balsamic vinegar
- 1 Tbsp honey
- 1 Tbsp Pure maple syrup

DIRECTIONS:

1. Add your balsamic vinegar to a sauce pan with your honey and maple syrup. Stir well. Heat on medium until mixture begins to bubble a bit in the middle and reduce to a low simmer for 40 minutes or more stirring occasionally. The vinegar and sugars will reduce by more than half and should coat the back of a spoon. Drizzle over meats, cheeses, fruits...This is just plain good on most anything.