

Grilled Steak and Arugula Salad with Mustard Caper Vinaigrette

INGREDIENTS FOR STEAK:

1½ lbs. Sirloin Steak, about 1 inch thick
1 T. of Olive Oil
Salt
Fresh-ground Black Pepper

DIRECTIONS FOR STEAK:

Light the grill or heat the broiler. Coat the steak with a tablespoon of the oil. Sprinkle the steak with ½ teaspoon salt and ¼ teaspoon pepper. Grill or broil the steak for 5 minutes. Turn the meat and cook to your taste, about 5 minutes longer for medium rare. Transfer the steak to a carving board and leave to rest in a warm spot for 5 minutes.

INGREDIENTS FOR SALAD:

1 pound Arugula, leaves washed & torn in half (about 2 ½ quarts)
2 c. halved Cherry Tomatoes (about ¾ pound)

DIRECTIONS FOR SALAD:

Meanwhile, put the arugula on a platter or on individual plates. Top with the cherry tomatoes and sprinkle with 1/8 teaspoon salt.

INGREDIENTS FOR VINAIGRETTE:

1½ t. Dijon Mustard
½ t. Anchovy Paste
1 T. Red Wine Vinegar or White Wine Vinegar
2 T. drained Capers
5 T. of Olive Oil

DIRECTIONS FOR VINAIGRETTE:

In a medium glass or stainless-steel bowl, whisk together the mustard, anchovy paste, vinegar, capers, ¼ teaspoon salt, and 1/8 teaspoon pepper. Add the remaining 5 tablespoons oil slowly, whisking.

TO SERVE:

Slice the steak on the diagonal. Put the slices on top of the arugula and tomatoes and drizzle the vinaigrette over all.

VARIATIONS:

Use two quarts of watercress or spinach leaves instead of the arugula.