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1900 Hidden Valley Lane
Camino, CA 95709
(888) WAV-Wine (888) 928-9463
(530) 626-6858
(530) 642-2386 (fax)

Summer Steak Salad for 2002 Wofford Acres Vineyards Syrah

This is a really flexible recipe. I usually marinate the steak (flank steak works really well for this) in about ½ a cup of Syrah, with juice from half a lime or lemon, as much crushed garlic as I feel like crushing, red pepper flakes and a really generous grinding of black pepper, for a few hours. (I start the marinating process before I open the sales room, and then the steak is ready for dinner.) You could also make a double batch of the salad dressing and use half of that for the marinade (just make sure you discard any dressing that has had raw meat in it- don't use that to dress the salad.) The measurements for the salad dressing are just guidelines- if you like another kind of mustard, or vinegar instead of the citrus juice, or an herb other than thyme substitute what YOU like (just taste as you go so you know where to make the adjustments.)

Fire up the grill and cook the steak to your preferred “doneness”. Have a glass of Syrah while the steak cooks.

I make this into a salad platter, layering a bed of greens (whatever you like- I like romaine or baby spinach), couscous (I use the Near East brand in the box- it takes about 5 minutes to cook), thin sliced white onion rings, grape tomatoes, diced cucumbers and peppers (but use whatever veggies sound good to you!) and then laying the grilled sliced steak on top with the dressing poured over the platter. Depending on how “wet” you like your salad there may be too much dressing so watch as you pour (but the couscous soaks up a lot.) Black olives are good scattered over the top.

Drink Syrah and watch the sun set as you eat!

Dressing for Steak Salad

$\frac{3}{4}$ cup olive oil

$\frac{1}{4}$ cup fresh squeezed lemon or lime juice

2 tablespoons honey mustard

$\frac{1}{4}$ cup fresh thyme leaves

salt and pepper to taste

Combine all the ingredients in the blender, whirl until the mustard emulsifies with the olive oil and pour over the salad platter. Cheers!

Ann