



Taste and Savor

## 1 Quick Recipe:

### Grilled Steak Salad

#### Dressing

- ¼ Cup Creamy Natural Peanut Butter
- 2 TB Unseasoned Rice Vinegar
- 1 Large Garlic Clove
- 1 Tsp Sea Salt
- 2 TB Lime Juice
- 3 TB Avocado or Grapeseed oil
- 1 TB Soy Sauce or Tamari
- 2 TB Honey
- 2 TB Raw Sugar
- 1" Ginger, peeled and coarsely chopped
- ½ Tsp Red Pepper Flakes
- 2 TB Chopped Cilantro

#### Salad

- 1 Small Bag Broccoli Slaw
- 1 Cup Shredded Red Cabbage
- 1 Cup Shredded Carrots
- 1 Red Bell Pepper, thinly sliced
- 1 Cucumber, halved lengthwise, and thinly sliced into half moons
- 4 Green Onions, green parts only, thinly sliced
- ½ Cup Chopped Fresh Cilantro
- Sea Salt and Freshly Ground Pepper
- ¼ Cup Sesame Seeds

#### Steak

- About 2 LBs Sirloin or Skirt Steak
- \*Olive Oil Dipped Onion



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4

- 1 - 2 TB Five Spice Powder
- 1 Tsp Sea Salt

**Step One** For the dressing, add the garlic and salt to a blender and puree. Add the remaining ingredients except for the cilantro and process until completely smooth. Remove from the blender and add the cilantro. Set aside while you prepare the steak and salad.

**Step Two** Season the steak with five spice powder and a good sprinkle of sea salt. Set aside for up to 30 minutes. Grill the steak until medium rare, about 125F. Remove, and after 10 minutes slice into 3/4" thick pieces. Toss the salad ingredients except for the sesame seeds on a

large platter and season with salt and pepper. Top with the steak and the sesame seeds.

## 2 Kitchen Scoop

### \*Olive Oil Dipped Onion

Peel an onion and cut it in half, leaving the stem end intact. Spear the onion half with a long fork. Pour a 1 TB of olive oil on a saucer and rub the cut onion half in it. Rub the grill, (or grill pan), with the onion and then using the fork, "paint" the grill with the onion half. This adds oil and flavor to your grill.

## 3 Clever Idea

Have you ever used Five Spice Powder? It's a warm spice blend of star anise, cloves, cinnamon, Sichuan peppercorns and fennel seeds. Great in stir fries and Asian food, you can find it in the regular grocery store spice aisle.

## 4 Cheers!

**Las Rocas Garnacha**  
**Spain**  
Around \$13.00

This yummy 100% old vine Grenache (70-100 years old) will bring bright fruit and medium acidity to the table. You'll enjoy the flavors of cherries and blackberries with a little spice - very typical of a Spanish Garnacha - and a little reminiscent of the fragrant five spice powder we used to season the steak.