

Big Apple Steak Salad



Ingredients:

2 lbs of New York steak
1 lb. of Red Potatoes
1 medium yellow or white onion (sliced)
2 tomatoes 1 yellow 1 red (cut into wedges)
2 Small apples 1 red 1 green
6 oz. of asparagus
 $\frac{3}{4}$ tsp. of Chipotle' pepper (ground)
1 $\frac{1}{2}$ tsp. of Sea Salt
 $\frac{1}{2}$ tsp. of sugar
 $\frac{1}{2}$ tsp. of black pepper
 $\frac{3}{4}$ tsp. of Thyme

Directions:

In a small bowl mix you spices together and coat the steak and refrigerate for at least one hour.
Boil the red potatoes in salt water until done.

Grill the steaks on a medium high heat approximately 6 minutes a side for medium rare. Let the steak stand after grilling for 2-5 minutes. Then cut across the grain into slices $\frac{1}{4}$ inch thick.
Trim the asparagus down to 5-6 inches in length.

Make a bed of wilted lettuce (you can use what you wish here)
Arrange your steak and vegetables in an attractive manner on the plate.
You can use any type of dressing you wish, but I recommend using a red wine vinegar or balsamic vinegar based dressing.

Recommended dressing

$\frac{1}{2}$ cup red wine.
3 cloves of garlic minced
 $\frac{1}{3}$ cup balsamic vinegar
2 tbsp. Olive oil
 $\frac{1}{2}$ tsp cornstarch
1 tsp dried mustard
 $1\frac{1}{2}$ tsp cold water

In a sauce pan bring the wine and garlic to a boil for 3 minutes. Then whisk in $\frac{1}{4}$ cup of the vinegar, oil and mustard and return to a boil. Separately mix the water and corn starch then to the boiling mixture and continue for another 2 minutes.
Whisk in the remaining vinegar and drizzle of the salad.

