



## Flat Iron Steak Salad

This hardy summer salad features the Flat Iron cut of beef- similar to flank in fat and calorie content- but remarkably tender and flavorful without the need for a marinade. Golden Isle Dust is a house made blend of seasonings that can be purchased in our gift shop or ordered through Guest Services. Any goat cheese can be used if you don't have access to Georgia Sweet Grass Dairy products.

### INGREDIENTS: For one salad

½ tsp *Montreal Steak Spice*  
2 oz. thinly sliced medium-rare, grilled flat iron steak  
¼ head romaine heart, trimmed to a wedge  
2 thick slices Roma tomato  
2 thick slices English cucumber  
2 Cippolini or large pearl onions, caramelized  
1 Tbsp caramelized balsamic vinaigrette (see Dressings)  
1 thin slice of 6-grain baguette, toasted with *Golden Isle Dust*  
½ oz. (1 Tbsp) *Georgia Sweet Grass Dairy* goat cheese

### PREPERATION:

- Cut, wash and chill romaine
- Slice tomatoes and cucumbers and reserve separately
- Blanch, peel and caramelize onions
- Make caramelized Balsamic dressing
- Cut bread (thinly), lightly olive oil, dust with seasonings and bake
- Season Flat Iron with Steak Spice, let rest 10 minutes at room temperature
- Heat grill and cook steak to medium rare, remove from heat, cover and let rest until ready to cut
- Top toasts with goat cheese

### TO SERVE:

- Place a wedge of Romaine on a chilled plate
- Place one slice of tomato on either side of lettuce
- Top tomatoes with cucumber and onion
- Drizzle plate with vinaigrette
- Lay sliced beef attractively over a small section of the lettuce
- Rest toast against the lettuce wedge

**Calories:** 380  
**Fat Grams:** 10

