

Steak Kale & Citrus Salad

By Audrey Plant

Ingredients

Vinaigrette

1 cup EVOO
1 cup freshly squeezed orange juice (navel orange)
zest of 1 orange
1 tablespoon Dijon mustard
1 teaspoon kosher salt
1/2 teaspoon black pepper
1/4 teaspoon red pepper flakes
1 tablespoon honey
3 cloves of garlic, peeled
1 tablespoon water
1 tablespoon champagne vinegar

Steak

1 pound skirt steak
salt and pepper to taste
1 tablespoon extra-virgin olive oil
fleur de sel, for garnish

Salad

2 bunches lacinato kale, stem removed and roughly chopped
1 cup fennel bulb, finely sliced
2 cara cara oranges (sub blood orange), supreme for garnish
fennel fronds, for garnish
1/2 cup Amish blue cheese

Instructions

Vinaigrette

1. In a blender, combine extra-virgin olive oil, orange juice, orange zest, dijon mustard, kosher salt, black pepper, red pepper flakes, honey, garlic cloves, water, and champagne vinegar.
2. Blend until smooth and creamy, vinaigrette should be a light yellow color.

Steak

1. Preheat the skillet over medium-high heat with extra-virgin olive oil.

2. Season to taste the skirt steaks on both sides with kosher salt and black pepper.
3. Sear on both sides for about 2 minutes per side for a medium-plus temperature.
4. Remove and place on a cutting board to rest for 5 minutes.
5. Cut skirt steak into 1-inch strips.

Salad/Assembly

1. Wash kale and dry completely. Remove the stems and roughly chop.
2. Massage kale with ¼ cup of vinaigrette. Add fennel and toss until evenly coated.
3. Plate with supremed citrus as a garnish.
4. Add fennel fronds and blue cheese for a final garnish.
5. Keeping the skirt steak's shape, gently lay it over the salad.
6. Finish with a sprinkle of fleur de sel over the steak. Serve immediately.

Note:

1. Vinaigrette recipe makes about 1 ½ cups of dressing. Extra dressing can be stored for up to 1 week.
2. Vinaigrette can be used as a marinade for steak or chicken, marinating overnight or at least 2 hours.