



Grilled Flank Steak with “Chef Gary’s not so Secret Dry Rub” Arugula Salad with Creamy Dijon Dressing and Panisses

Serves: 4

Serve with Joseph Phelps Vineyards Cabernet Sauvignon

For the Flank Steak:

- 1 ea. Flank Steak
- 2 cups Light Brown Sugar
- 1 cup Country Time® Lemonade
- 1 cup Kosher Salt
- ½ cup Coarse Black Pepper
- 1 bulb Garlic, minced
- 1 Tbsp. Lawry's Seasoning
- 1 Tbsp. California Chilies, ground
- 1 Tbsp. Mesquite Seasoning
- 1 Tbsp. Gingerroot, grated
- 1 tsp. Coriander Seed, ground

Combine all ingredients thoroughly, taste for seasoning and reserve. Line the bottom of a glass casserole dish with half of the rub. Place the flank steak in the dish and pack the remaining rub on top. Cover tightly with plastic wrap and marinate in the fridge for at least 24 hours. I prefer marinating for 2-3 days.

For the Creamy Dijon Dressing:

- ¼ cup Mayonnaise
- ¼ cup Dijon Mustard
- 1 tsp. Verjus®, to taste
- Kosher Salt to taste
- Coarse Black Pepper to taste
- 1 Tbsp. Extra Virgin Olive Oil, to taste

Combine the mayonnaise and Dijon mustard, mix thoroughly. A whisk works best. Season to taste with the remaining ingredients. Reserve.

Note: In this recipe, treat the Verjus® and the olive oil as a seasoning agent, so use only enough to add a touch of flavor. If you don't have Verjus® available to you, then substitute lemon juice. However, Verjus® tends to be most wine friendly.



For the Panisses:

- ¼ cup Chick pea Flour
- 1½ cup Cold Water
- Kosher Salt to taste
- Coarse Black Pepper to taste
- 3 tsp. Extra Virgin Olive Oil, to taste
- ½ cup Reggiano-Parmesano, grated

Brush the bottom of an 8” square Pyrex® baking dish with a little oil and set aside. Place the chick pea flour in a mixing bowl and stir in the water, using a wooden spoon. Beat for 1-2 minutes or until a smooth paste forms. Stir in the olive oil and season to taste with the salt and pepper. Cook the chick pea paste in a heavy sauce pan over medium heat. The mixture should thicken, then turn lumpy and then form a mass. Remove from the heat and beat until very smooth. Transfer to the Pyrex® dish, press the warm paste into an even layer in the dish and allow to cool. Cut into ½” by 2” sticks and deep fry to a golden brown. Drain as you would French fries. Toss with the Parmesan cheese in a mixing bowl and reserve for service.

For the Arugula Salad:

- 6 handfuls Arugula, washed and drained

Note: Feel free to include any additional salad greens that you prefer, along with the arugula. I chose arugula exclusively to focus on this product for its particular flavor contributions to the dish.

For Service:

Grill the flank steak, mesquite wood preferred, to medium rare or desired doneness. Just keep in mind that flank steak can become increasingly tougher as you cook it beyond medium. Remove from the fire and allow to rest for a few minutes before slicing. While the meat is resting, toss the arugula with just enough creamy Dijon dressing to coat lightly. Reserve. Slice the flank steak across the grain at a 45° angle into about ½” slices. Loosely shingle about 5 slices of meat on dinner plates. Place about a handful of the arugula over the gathered end of your steak “fans” and garnish with 3-5 panisses per plate.