



fume Bistro & Bar
Black Pepper & Fennel Rubbed Flat Iron Steak with
Arugula
paired with
Downing Family Vineyards 2002 Zinfandel - Winemaker
Randy Mason

Atkins Friendly!!!

Ingredients:

Vinaigrette:

1 c extra-virgin olive oil
1T chopped thyme
¼ c balsamic vinegar
1 tsp chopped garlic

Rub:

Freshly ground black pepper
3 tsp. fennel seeds
1 tsp. black peppercorns
Kosher salt
1# baby arugula
3 T lemon juice (fresh squeezed)
6 – 7 8 oz. flat iron steaks

Preparation: (Serves 6)

1. Combine balsamic vinegar, garlic and thyme in a small bowl and slowly whisk in olive oil. Taste, and adjust salt and pepper to taste.
2. Toast fennel seeds and black peppercorns in a sauté pan over medium heat. Grind in coffee grinder until finely ground.
3. Generously salt the steaks and rub both sides with the fennel/black pepper mixture. Grill over high heat 3 – 4 min. per side for medium rare. Let the steaks rest 4 – 5 minutes. Slice each steak into 5 – 6 pieces and transfer onto a platter.
4. Toss the baby arugula with lemon juice and a pinch of salt. Mound arugula in the middle of a plate, place sliced steak on top and spoon vinaigrette over the steak.