

***BLACK PEPPER AND FENNEL RUBBED FLAT
IRON STEAK WITH ARUGULA***

~

2007 RED MARE CABERNET SAUVIGNON

INGREDIENTS:

Rub

Freshly ground black pepper
3 teaspoons fennel seeds
1 teaspoon black peppercorns
Kosher salt
1 lb baby arugula
3 tablespoons lemon juice
6 7 or 8 oz. flat iron steaks

Vinaigrette

1 cup extra-virgin olive oil
1 tablespoon chopped thyme
¼ cup balsamic vinegar
1 teaspoon chopped garlic

METHOD:

Combine balsamic vinegar, garlic and thyme in a small bowl & slowly whisk in olive oil. Taste, and adjust salt and pepper to taste.

Toast fennel seeds & black peppercorns in a sauté pan over medium heat. Grind in coffee grinder until finely ground.

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.

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.