



INSTITUTE FOR PEAK HEALTH

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Black Pepper Steak Salad with Homemade Cesar Dressing

Recipe by Alex Guarnaschelli, adapted by Catheryn Eichman

Ingredients:

- Dressing:
 - 3 small canned anchovy fillets
 - 1 tsp capers, drained
 - 1 large egg yolk
 - 1 tsp Dijon mustard
 - 2 tbsp fresh lemon juice
 - 1 tsp low FODMAP and gluten-free Worcestershire sauce
 - Dash of Tabasco
 - ½ cup extra-virgin olive oil
 - ½ cup avocado oil
 - ½ tsp salt
 - ½ tsp pepper
- Steak and salad
 - 2 tbsp avocado oil
 - 1 2-lb hanger or flank steak
 - Salt and pepper
 - 6 medium romaine hearts, quartered lengthwise

Instructions:

1. To make the dressing, add anchovies, capers, egg yolk, mustard, lemon juice, Worcestershire, and Tabasco. Pulse and blend until smooth. With the machine running slowly, add the olive oil, avocado oil, salt, and pepper through the top. Reserve.
2. Heat a large cast-iron skillet over high heat and add avocado oil. Season steak on all sides with salt and pepper. Carefully add the steak to the hot cast-iron pan. Cook on high for 3-4 minutes of each side. Remove the steak and allow to rest for 8-10 minutes, for medium-rare. Cook longer if desired.
3. Arrange romaine spears on a plate and season with dressing. Slice the steak against the grain and arrange it on a serving platter. Top with the dressed romaine. Serve immediately.

Recipe Note:

- For added flavor, top with shaved parmesan cheese.