

ILSLEY

VINEYARDS

Roasted Portabella and Green Bean Salad with Marinated Flank Steak

(Serves 4 - Pair with Ilsley Vineyards Cabernet Sauvignon)

3 Portabella mushrooms, roasted and cut into thick slices
1 lb. Green beans, blanched
2 Red peppers, roasted, peeled and seeded
6 Large sweet basil leaves, cut in very thin strips
1 lb. Flank steak, marinated (see recipe), prepared and sliced thin
1/2 cup Balsamic vinegar
1-1/2 cup Extra virgin olive oil
Kosher salt and fresh cracked black pepper to taste

1. To roast portabella mushrooms, take off the stem and place gill side up on a cookie sheet. Sprinkle lightly with kosher salt and drizzle a small amount of extra virgin olive oil. Place in a 450° oven for 7-10 min. or until liquid appears on the mushroom center. The center should give a little when pressed with a finger. Allow to cool, gill side up then cut into strips about the same width of green beans.
2. Wash beans. Place beans into rapidly boiling water for about 1 minute. Remove and place into an ice bath to stop the cooking process. Once cool, dry the beans and cut them in half.
3. Roast peppers over open flame or in a very hot oven until blackened. Place blackened peppers in a paper bag to cool. Once cool, peel off burnt skin, remove seeds and cut the into strips.

4. Combine 1/2 cup balsamic vinegar with 1 cup extra virgin olive oil in a small bowl and whisk to incorporate. Reserve.
5. In a large bowl, combine mushrooms, asparagus, peppers, basil and steak, toss together. Season well with salt and pepper., then slowly drizzle balsamic vinaigrette over salad while tossing. Check and adjust seasonings. Serve.

Hot Tips: Prepare all your ingredients a day or two before. Combine the day of use. • Conserve the juices from the mushrooms and peppers to use in the vinaigrette. Make sure to taste and strain them so that there are no off flavors and no seeds or skins.

Tomato-Herb Marinade for Flank Steak

1 cup Tomato juice	1 T Fresh rosemary, chopped
(V8 is fine, Spicy V8 is even better)	3 Garlic cloves, crushed
1/2 cup Red wine vinegar	1/2 cup Extra virgin olive oil
2 T Dijon mustard	1.5 lbs. Flank steak
1/2 tsp Dry oregano	

1. Combine first five ingredients, whisk to incorporate, slowly add the oil. Add garlic. This can be made 3 days in advance.
2. Place the steak in the marinade overnight. Be sure the marinade coats the meat well.
3. Before cooking the meat, shake off excess marinade and season well with salt and pepper. Grill or sear the steak over high heat for 4-5 min. per side, until you have 125° internal temp. for medium rare. Allow to rest on the cutting board for 5-10 min. before slicing.

Hot Tip: When slicing a flank steak, cut against the grain and if possible, cut on a bias or diagonal for a shingling effect.

**Enjoy this terrific salad with a glass of
Ilsley Vineyards Cabernet Sauvignon.**

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These recipes were prepared for Ilsley Vineyards by Chef Ron Stainer.