

Featuring Tennessee Gourmet® Products

© 2006

Black & Blue Salad

1 (1 pound) Flank steak	¼ cup fresh squeezed lemon juice
⅓ cup Tennessee Gourmet® Sensual Salad Dressing Plus	⅔ cup Roquefort (or other blue cheese) crumbled
Beer	6 cups Romaine lettuce, washed, dried and cut into bite size pieces
¼ cup sour cream	½ cup red onion, thinly sliced
½ cup mayonnaise	Cherry tomatoes, cut in half
1-2 Tbsp. prepared horseradish	Salt and freshly ground black pepper to taste

Marinade

Place steak into a bowl, add Salad Dressing Plus and cover with beer. Cover with plastic wrap and refrigerate for 24 hours.

Dressing

Combine sour cream, mayonnaise, horseradish and lemon juice in a bowl and whisk together. Cover and refrigerate for 1 hour to allow the flavors to combine.

Prepare Salad

Remove steak from the marinade bowl and salt and pepper to taste. Grill 3-4 minutes per side for medium rare.

Remove steak from grill and cover with foil. Allow it to sit for about 5 minutes allowing the juices to be reabsorbed. On a cutting board cut on the bias into thin strips.

Plate lettuce, tomatoes, onions and strips of steak. Sprinkle with cheese and dressing.