

# CHEF'S RECIPE OF THE MONTH

## Marinated Wagyu Flat Iron Steak Salad with Gorgonzola and Red Pear

Meat Recipe Suggestion Serves: 10

### Flat Iron Marinade

- 1 lb flat iron steak
- 2 tablespoons minced garlic
- 1 tablespoon minced thyme
- 2 tablespoons achiote
- ½ bunch cilantro tops
- ¼ cup white wine vinegar
- ½ cup salad oil
- 1 tablespoon fresh crack pepper
- Salt to taste

Place the garlic, thyme, achiote, cilantro, vinegar and pepper in a blender and start. After one minute, drizzle in the oil. Pour in a pan and marinate the steak for 24 hours. Just before grilling, season with salt. After grilling let rest for 15 minutes but keep warm.

### Roasted Shallot Dressing

- 3 shallots roasted chilled then cut in half
- ¼ cup rice wine vinegar
- Pinch of salt
- ½ cup olive oil
- ¼ cup salad oil
- Salt & pepper to taste

Place the shallots, rice wine vinegar, salt and pepper in a blender and blend until smooth. Slowly add both oils mixed together in the blender. The dressing should emulsify. Season to taste



### Salad

- 1 pound mix greens
- 4 boiled new potatoes chilled, sliced and grilled
- 4 red radishes sliced thin
- ½ English cucumber peeled cut in half lengthwise and sliced
- 1 red pear with skin on, seeds and stem removed then sliced
- 4 ounces gorgonzola cheese crumbled
- Salt & pepper to taste

In a bowl mix all the ingredients together adding just enough dressing to coat. Season with S&P to taste. When plating reserve some of the pear and potato to garnish with, making sure they have dressing on them. Design the plate as you wish and finish with the grilled steak sliced on one side of the salad.

# Sysco Menu Item Report

050 - SYSCO San Francisco Inc  
510 226-3000

Menu Type Name: **beef**

Menu Item Name: **flat iron steak**

Last Updated: 6/2/2011 3:15:27PM

Serves - 10 for \$165.00

	Plate/Serving	Total	%
Price:	\$16.50	\$165.00	
Cost:	\$4.21	\$42.10	25.51
Profit:	\$12.29	\$122.90	74.49

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
6197529		STEAK CHUCK FLAT IRON CH	NEWPRT	1	40.00	OZ	\$0.67	\$26.91	0.64
1821537	S	GARLIC PEELED FRESH JAR	SYS NAT	2	6.00	TB	\$0.01	\$0.08	0.00
2005262		THYME FRESH HERB	SYS NAT	3	4.00	TB	\$0.15	\$0.62	0.01
8650178	S	PASTE ACHIOTE	MIRANCH	4	6.00	TB	\$0.02	\$0.11	0.00
2004612		CILANTRO FRESH HERB	SYS NAT	5	0.25	CP	\$2.59	\$0.65	0.02
4113072	S	VINEGAR WHITE WINE 50 GRAIN	SYS CLS	6	4.00	EA	\$0.01	\$0.05	0.00
5094883		OIL SALAD CANOLA	CHEFPRD	7	0.50	CP	\$0.13	\$0.07	0.00
5229273	S	SPICE PEPPER BLACK COARSE GRND	IMP/MCC	8	3.00	TB	\$0.05	\$0.16	0.00
6040760	S	SALT KOSHER	SYS CLS	11	3.00	TB	\$0.00	\$0.01	0.00
1008580		SHALLOT DRY FRESH	PACKER	12	1.00	OZ	\$0.21	\$0.21	0.00
5385398	S	VINEGAR RICE NATURAL	NAKANO	13	4.00	EA	\$0.02	\$0.09	0.00
5934302		OIL OLIVE BLEND 80/20	AREZZIO	14	4.00	OZ	\$0.09	\$0.36	0.01
2013209		LETTUCE SPRING MIX FRESH	PACKER	15	1.00	LB	\$2.87	\$2.87	0.07
8551525		POTATO RED FRSH	SYS IMP	16	1.00	LB	\$1.78	\$1.78	0.04
6894232		RADISH RED FRSH	SYS IMP	17	6.00	OZ	\$0.24	\$1.44	0.03
8676959		CUCUMBER ENGLISH FRSH	SYS IMP	18	8.00	OZ	\$0.25	\$2.02	0.05
8176372		PEAR RED FRESH	PACKER	19	20.00	OZ	\$0.10	\$1.99	0.05
1505312		CHEESE GORGONZOLA WHEEL	STELLA	20	10.00	OZ	\$0.27	\$2.68	0.06