



**NICHOLS  
LIVERPOOL**

## *Pan-Seared Steak Salad*

Serves 4

To Prepare Steak:

2 cloves garlic  
2 T fresh thyme leaves  
2 tsp extra virgin olive oil  
1 tsp balsamic vinegar  
salt and pepper to taste

1 large New York Strip Steak (about 1 pound)

With mortar and pestle, crush garlic and thyme together until they form a paste. Add oil, a few drops at a time, until the paste is the consistency of a thick sauce. Add balsamic vinegar; the amount of oil and vinegar can be adjusted according to taste. Rub steak with mixture and sear in a heavy skillet to medium rare. Allow to cool to room temperature. Slice thinly on the bias.

Note: Ask for a steak that's 2-inches thick.

For Salad:

1 large red onion, sliced 1/4 to 1/2 thick  
balsamic vinegar and oil to taste  
1 pound mixed salad greens  
2 medium tomatoes, diced in 1/2 inch cubes  
1 red bell pepper, diced in 1/4 to 1/2 inch cubes  
1 recipe black-eyed peas, below  
1 recipe Walter's Vinaigrette, below

Dress onion slices with a bit of oil and vinegar and sear along with the steak. Combine the salad greens, onions, tomatoes and red bell pepper in a large bowl. Toss with vinaigrette. To plate salad: rim each with the black-eyed peas. Mound the salad green mixture in the middle of each plate. Add slices of strip steak around the side. Garnish with sprigs of fresh thyme.