



*Grilled Flank Steak with Shaved Manchego,
Israeli Couscous, Cherry Tomato, Cucumber,
Roasted Pepper and Red Onion Salad*

Nickel & Nickel Darien Vineyard Syrah, Russian River Valley, Sonoma

by Executive Chef Trevor Eliason

This is a delicious, late-summer salad with grilled meat. Israeli couscous is much larger in size than the traditional couscous most people are accustomed to and is versatile in salads and side dishes and can be served hot or cold. The flank steak is a very flavorful cut of meat that is easy to grill and is best served medium rare. Enjoy with a glass of Nickel & Nickel Darien Vineyard Syrah.

Ingredients

- 2 tablespoons salt
- 1 tablespoon black pepper
- 1 tablespoon smoked paprika
- 1 tablespoon fresh thyme, chopped
- 2 tablespoons extra virgin olive oil
- 2 pounds flank steak

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- ½ cup red onion, medium diced
- ½ cup white wine
- 3-½ cups chicken stock
- 2 cups Israeli couscous
- 1 cup cherry tomatoes, cut in half
- ½ cup cucumber, peeled and medium diced
- ½ cup roasted red pepper, peeled and medium diced
- ½ cup roasted yellow pepper, peeled and medium diced
- 2 tablespoons chopped parsley
- ½ cup lemon juice

- 8 very thin slices manchego cheese, for garnish

METHOD

Flank Steak:

Mix the salt, spices and herbs together in a small bowl. Rub the flank steak with olive and generously season all parts of the steak. Heat a grill with one half on high and one half off. Close the lid for about 4 minutes or until the internal temperature is about 350°F. Place the steak on the heated side and close the lid for 2 minutes. Turn the steak over and repeat this process, then move the steak to the other side of the grill and allow to cook for 4 minutes on each side. Remove from the grill and allow to rest for 3 minutes before slicing against the grain. The grain runs from one side to the other and looks like the grain that runs through a piece of wood. If you cut with the grain, the meat will be much chewier.

Couscous Salad:

Place a 4-quart sauce pot with a heavy bottom on medium heat and add the olive oil. When hot, add the red onion and allow the onion to gain a little color, then deglaze with white wine. Add chicken stock and bring to a simmer. Add couscous, reduce heat to low and cover with a lid. After about 7-10 minutes the couscous should be tender and the liquid absorbed. Spread the couscous out onto a sheet pan, drizzle olive oil over the top and place the fridge to cool.

Once the couscous has cooled, transfer to a mixing bowl and add the tomatoes, cucumber, peppers, parsley and lemon juice. Fold all ingredients together gently and season with salt and pepper.

To serve, place a generous spoonful of the couscous salad in the middle of the plate and fan 4-5 slices of the steak on top. Garnish each steak with two slices of manchego cheese. Enjoy with a glass of Nickel & Nickel Darien Vineyard Syrah.

Serves 4