

Grilled Steak Salad with Italian Salsa Verde

By Sarah | strawberryplum

Food52 Editors' Comments: Oh my goodness. We tested this recipe with high hopes: with such vibrant ingredients, what could go wrong? The results exceeded our expectations. This salsa verde is a delightful mouthful of summer. The herbs, garlic, and anchovies create a wonderfully full taste that perfectly complemented the steak salad. In the interest of research, we used the remaining salsa verde on a piece of grilled salmon the next night. It was marvelous as well. As we were eating we couldn't resist enumerating the many different ways we will enjoy it in the future: eggs, flatbread, pasta, spread on sun-ripened tomatoes, and even straight out of the bowl. I wouldn't change a thing about the recipe -- it was perfection.

Salsa verde is a great way to make the most of your summer herbs. Just pulse a combination of fresh herbs with plenty of olive oil, a little garlic, and a couple of anchovies, and you've got a condiment that can be used to top a steak, dress pasta, gussy up scrambled eggs, or smear over grilled flatbread.

Serves 4 (easily doubled or tripled) For the Salsa Verde:

- 1 cup Italian parsley leaves
- 2 tablespoons tarragon leaves
- 2 cloves garlic, roughly chopped
- 1/2 medium shallot, roughly chopped
- 2 anchovy fillets, rinsed and roughly chopped
- 3 tablespoons capers, rinsed
- 1/4 cup walnuts, chopped
- pinches Red pepper flakes
- Zest of 1 lemon
- 1 to 2 teaspoon red wine vinegar
- 1/4 cup extra-virgin olive oil

For the Steak & Salad:

- 2 New York strip steak (10 to 12 ounces)
- Kosher salt and coarsely ground black pepper
- Baby arugula
- Extra-virgin olive oil
- Fresh lemon juice
- Parmesan cheese

1. Light the grill and create a very hot zone so you'll be able to get a good sear on the meat. I use a charcoal Weber.
2. While you wait for the grill to heat up, make the salsa verde. Place all of the salsa verde ingredients except the vinegar and olive oil in the bowl of a food processor. Pulse until a thick paste forms. Stir in the vinegar

to taste and stir in the olive oil to make it a more fluid sauce. Season, as needed, with salt and black pepper.

3. Season the steak with salt and pepper and grill over hot coals, 4 to 5 minutes per side for a medium-rare steak. Remove steak from grill, place on cutting board, and tent for 5 minutes while you dress the salad.
4. Just barely dress the arugula with olive oil, lemon, and a touch of salt and pepper. Divide between plates. Slice the steak against the grain and fan it out over the salad. Spoon the salsa verde over the top of the steaks and use a vegetable peeler to shave parmesan over the plate.