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Spinach Salad with Nectarine Vinaigrette and Marinated Flank Steak

By News Canada

Spinach Salad with Nectarine Vinaigrette and Marinated Flank Steak

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1st Prize - Salad Category

Recipe created by Lyn Weingarten, Austin, Texas

Make It Special Chef Recipe Contest

Chef Quote: "I'm fascinated with various fruit and meat combinations. The sweetness and slight acidity of nectarines make an excellent marinade that tenderizes and flavors the meat. The nectarine's flavor and tender, pulpy flesh combines well with the other ingredients to create a creamy, smooth textured vinaigrette." -Lyn Weingarten

(NC)—Tender, nectarine-marinated flank steak "beefs up" this colorful spinach salad. Fresh bite-size spinach greens are tossed with vinaigrette made with a fresh California nectarine, then layered with slices of flank steak. The steak may be placed in the marinade for two hours for just a hint of flavor, or soaked up to 12 hours for a more intense flavor. Fresh nectarine and red bell pepper slices for garnish complete the look and flavor of this simple but exotic salad.

Ingredients:

Flank steak: 1-1/2 lbs. flank steak

1 California nectarine, pitted and coarsely chopped

1 cup chardonnay

1/4 cup low sodium soy sauce

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1 tablespoon sambal oelek paste*

2/3 cup red onion, finely chopped

1 tablespoon finely minced cilantro

Vinaigrette: 1 California nectarine, peeled, pitted and coarsely chopped

1/3 cup rice vinegar

1/2 cup canola oil

1/2 cup olive oil

Salad: 8 cups of pre-washed, pre-cut spinach (About 1-1/2 bags; allow about 2 cups per person, loosely packed.)

1 California nectarine, pitted and neatly sliced (for garnish)

1 red bell pepper, roasted, seeded and sliced (for garnish)

* Sambal oelek is a Vietnamese ground chili paste. It may be found in large supermarkets or Asian markets.

Method:

For Flank Steak: Blend chopped nectarine and chardonnay in food processor until mostly liquefied. Pour into an oblong glass dish that will be used to marinate the flank steak, and add the soy sauce, sambal oelek paste, red onion and cilantro. Add flank steak, cover with plastic and refrigerate for 2 to 12 hours, depending on the intensity of flavor desired. Turn at least once during the marinating process. Discard marinade. Grill over direct heat near time of service, about 10 minutes per side for 1-1/2 inch thick flank steak, until meat reaches an internal temperature of 140° F for medium doneness. Allow to rest for five minutes, then slice very thinly against the grain.

For Nectarine Vinaigrette: Process chopped nectarine and rice vinegar in food processor until totally smooth. With processor running, gradually drizzle in canola oil and olive oil and process until thoroughly mixed. Makes 1-1/2 cups dressing.

Assembly: Toss spinach in bowl with enough salad dressing to coat leaves lightly. Dish salad onto plates. Arrange flank steak slices on top of spinach and garnish with nectarine and red bell pepper slices. Pass additional dressing at the table.

Makes 4 servings.

Nutrition information per serving - PROTEIN: 37 grams; FAT: 40 grams; CARBOHYDRATE: 14 grams;

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FIBER: 10 grams; SODIUM: 405 milligrams; CHOLESTEROL: 85 milligrams; CALORIES: 570 calories.

For more recipes and information on California peaches, plums and nectarines, please visit

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Spinach Salad with Mango and Papaya

By Richard Massey

This is a great summer salad, leaving you refreshed even on the hottest days. For those who like to have a little protein with their salad, both grilled chicken or shrimp go well with this dish. Don't let the number of items scare you, this is a simple recipe and well worth the extra time. Great for the family or summer parties.

Spinach Salad

Makes 1 salad 4 oz. Spinach - cleaned and stem removed 2 oz. Mango - peeled, seeded and diced into ¾" pieces 2 oz. Papaya - peeled, seeded and diced into ¾" pieces 2 oz. Mandarin oranges ½ oz. Red onion - julienne 2 Tbsp. Slivered almonds - toasted 2 oz. Lime vinaigrette (recipe follows) 1 ea. Lime slices

Combine spinach red onion and lime vinaigrette in a bowl and toss. Place on plate and top with mango, papaya, mandarin oranges and slivered almonds. Garnish with lime slice.

Spinach Salad with Nectarine Vinaigrette and Marinated Flank Steak

Lime vinaigrette

Yields 4 cups 4 oz. Lime marmalade 6 oz. Fresh lime juice 4 tsp. Sugar 4 tsp. Orange juice concentrate - undiluted 2 ½ oz. Cider vinegar 2 tsp. Kosher salt 1 tsp. Sambal olek (chili paste) 1 ½ tsp. Dijon mustard ½ tsp. Ground coriander 1 Tbsp. Poppy seeds 2 cups Canola oil 3 oz. Olive oil

Combine and mix all ingredients except the oils in a mixer. Slowly add the oil on medium speed until vinaigrette is emulsified. Store in an air tight container and refrigerate.

Chef Richard has worked in some of the finest restaurants in Washington and is the author of the ebook "Chef's Special". You can find more free recipes and order the ebook at

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