

TRADITIONAL BALSAMIC VINEGAR

FLANK STEAK

MAIN

Ingredients:

1 1/2 lbs. Flank Steak
1 tsp Sea Salt
1/2 tsp Freshly Ground Black Pepper
1 tbsp. Twisted Trunk Extra Virgin Olive Oil, your choice
3 tbsp. Twisted Trunk Traditional Balsamic Vinegar

Instructions:

Pat steak dry; salt and pepper both sides of steak.
Heat 1 tbsp. olive oil in a heavy skillet over moderately high heat until hot but not smoking.
Cook meat for five minutes each side for medium rare (depending on thickness of steak).
Transfer steak to a cutting board and let rest for 10 minutes.
Holding knife at a 45° angle, cut steak across the grain into thin slices.
Transfer to plate and drizzle with balsamic vinegar and olive oil.

ASPARAGUS SALAD

SALAD

Ingredients:

1/3 cup Twisted Trunk Traditional Balsamic Vinegar
3 tbsp. Twisted Trunk Extra Virgin Olive Oil, your choice
1 tbsp. Dijon Mustard
1 tbsp. Fresh Marjoram, chopped or 1 tsp dried
1 tsp Garlic, minced
2 lb. Asparagus, ends trimmed/cut 2-inch pieces
1 small Red Bell Pepper, diced
1/3 cup Pecans, toasted and chopped

Instructions:

Boil vinegar in heavy small saucepan over medium heat until reduced by half, about 3 minutes.
Pour vinegar into large bowl.
Whisk in oil, mustard, marjoram and garlic.
Season dressing to taste with salt and pepper
Cook asparagus in large pot of boiling salted water until crisp-tender, about 4 minutes.
Drain; rinse with cold water and drain again.
Add asparagus and bell pepper to dressing; toss to blend well.
Sprinkle with pecans and serve.
Makes 4 servings

POTATO SALAD

SIDE

Ingredients:

10 med Red Potatoes, diced
1 small Onion, chopped
1/2 cup Roasted Red Peppers, diced
1 (4 oz.) can Sliced Black Olives, drained
1 (10 oz.) Quartered Artichoke Hearts, drained
1/2 cup Twisted Trunk Traditional Balsamic Vinegar
3 tsp Twisted Trunk Extra Virgin Olive Oil, your choice
1 tsp Dried Oregano
1 tsp Dried Basil
1/2 tsp Mustard Powder
2 tbsp. Fresh Parsley, chopped

Instructions:

Place potatoes in a saucepan with enough water to cover
Bring to a boil, cook for 5 to 10 minutes, until tender
Drain, and transfer to a large bowl
Add the onion, red peppers, olives, and artichokes to the bowl with the potatoes
In a separate bowl, whisk together the balsamic vinegar, olive oil, oregano, basil, mustard powder and parsley
Pour over the vegetables, and stir to coat.
Chill for at least 4 hours or overnight before serving