



# Salad of Olsthoorn Farm Beef, La Ferme Les Fruits du Poirier Asparagus, Spring Greens & Vinaigrette of Lambros Olive Oil, Beau's Lugtread, and Feta Cheese

Recipe by Chef Bruce Wood

This is a great spring recipe. I use a mixture of salad greens & often add asparagus and small steamed potatoes to make it a more substantial salad.

Serves 4 as a Main Course

### To marinate the steaks:

4 x 6 ounce **Olsthoorn Farm** round steaks  
1 tbsp Marmite (really)  
1 tsp fresh thyme, leaves only, chopped  
1 tsp fresh rosemary, leaves only, chopped  
1 clove garlic, minced

2 tbsp **Lambros Olive Oil**  
1/4 cup **Beau's Lugtread Beer**  
1/4 tsp freshly ground black pepper  
1 tbsp whole grain mustard

In a bowl whisk together all the ingredients. Add the steaks and turn well to coat. Place in a container with a lid & refrigerate for 4 hours, or ideally overnight.

### For the vinaigrette:

1 cup **Lambros Olive Oil**  
3 tbsp balsamic vinegar  
3 tbsp **Beau's Lugtread Beer**  
1 tbsp whole grain mustard  
2 tsp honey

1 shallot, peeled & roughly chopped  
1/4 cup Italian parsley, leaves only  
1/4 tsp freshly milled black pepper  
1/4 tsp sea salt  
1 cup feta, crumbled

Place all ingredients in a blender (or use a hand blender) & blend until smooth. Pour into a clean container & refrigerate until needed.

**To cook asparagus**

2 lbs. **La Ferme Les Fruits Du Poirier Asparagus**  
washed & stems snapped off

6 tbsp **Lambros Olive Oil**  
sea salt & freshly ground black pepper

Pre heat a heavy bottomed pan on med high pan until quite hot.

In a bowl toss the asparagus with 2 tbsp of the oil and salt and pepper. Add the remaining oil to the pan and add the asparagus in a single layer. Cook for 3-4 minutes, turning several times. Reserve.

**To build the salad:**

6 cups mixed salad greens  
reserved asparagus  
pinch coarse sea salt  
pinch black pepper

the reserved steaks  
2 tbsp **Lambros Olive Oil**  
the reserved vinaigrette

Heat a heavy bottomed pan over med high heat until hot but not smoking. Add the steaks and cook for 4 minutes, season with coarse sea salt and turn over.

Cook a further 4 minutes for medium rare. Remove from the pan to a plate and cover loosely with foil.

In a bowl toss the salad greens and asparagus with enough vinaigrette to coat. Divide the veggies between 4 salad plates.

Cut each steak in half and place on the salad with one half leaning on the other at a rakish angle.

Drizzle some of the remaining vinaigrette over the beef.

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La Ferme Les Fruits Du Poirier



**B E A U ' S**