

Steak Caesar Salad with Crisp Parmesan Shards

Recipe from the Tasting Table Test Kitchen

Yield: 4 servings

Cook Time: 25 minutes (plus 10 minutes to rest steak)

INGREDIENTS

Parmesan Shards

$\frac{3}{4}$ cup coarsely grated
Parmigiano-Reggiano cheese
1 tablespoon all-purpose flour
 $\frac{1}{4}$ teaspoon garlic powder

Steak

One 8-ounce, $\frac{3}{4}$ -inch-thick flank
steak
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon freshly ground black
pepper

Salad

$\frac{1}{2}$ small shallot, finely chopped
3 tablespoons fresh lemon juice
 $\frac{1}{2}$ teaspoon kosher salt
2 tablespoons fat-free plain Greek-style yogurt
1 teaspoon Dijon mustard
 $\frac{1}{2}$ teaspoon fish sauce (optional)
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $2\frac{1}{2}$ tablespoons extra-virgin olive oil
8 cups coarsely chopped Romaine lettuce

DIRECTIONS

1. Make the Parmesan shards: Preheat the oven to 375°. Line a rimmed baking sheet with parchment paper or a Silpat mat. In a medium bowl, stir together the Parmigiano-Reggiano cheese, flour and garlic powder. Turn the mixture out onto the center of the prepared baking sheet, using your hand to spread the mixture into an evenly thick 8-inch circle. Bake the circle of cheese until it is browned, about 10 minutes. Remove from the oven and set aside to cool, then crumble into coarse shards.

2. Make the steak: Set the steak on a plate and season both sides with the salt and pepper. Heat a grill pan over high heat until it is very hot, 1½ to 2 minutes. Reduce the heat to medium-low, lightly coat the pan with nonstick pan spray, add the steak and cook until browned, 4 to 5 minutes. Turn the steak over and cook on the other side until the steak is cooked to your preferred degree of doneness, about 4 minutes longer for medium-rare. Transfer the steak to a cutting board and rest for 10 minutes before slicing crosswise.

3. Make the salad: In a large bowl, whisk together the shallot, lemon juice and salt. Whisk in the yogurt, mustard, fish sauce (if using), garlic powder and black pepper. Slowly drizzle in the olive oil, whisking constantly, until the dressing is creamy. Add the Romaine lettuce and toss to combine. Divide the salad among 4 plates. Sprinkle with the Parmesan shards, then top each salad with a few slices of steak. Serve. *Calories per Serving: 280; Sodium: 790mg; Total Carbohydrate: 7g; Fiber: 1g; Fat: 18g*

