

7. Beef Avocado Salad with Rosemary Dressing

Serves 6

Ingredients:

2 pounds organic, grass-fed sirloin steak, cooked medium rare,
cut in julienne strips (leftover steak may be used)
3 avocados
3 tomatoes, ripe but firm
1 purple onion, thinly sliced
1 bunch watercress, leaves only

Ingredients: for Rosemary Dressing:

2 small shallots
1 clove garlic
2 teaspoons parsley, minced
1 sprig fresh or ½ teaspoon dried rosemary
1½ Tablespoons Dijon-style mustard
½ cup lemon juice
2 teaspoons raw, unheated honey
1½ Tablespoons vermouth
2/3 cup raw wine vinegar
1 1/3 cup of extra virgin olive oil
Celtic sea salt to taste
black pepper, freshly ground

Directions:

1. To make the dressing, crush and chop the shallots and garlic together. Mix these with the parsley, rosemary and mustard. Stir in the lemon juice, honey and vermouth and let this mixture stand for 2 hours (this portion may be done in advance and stored in refrigerator).
2. Force the dressing through a sieve into a bowl. Add the wine vinegar. Whisk in the olive oil. Season with salt and pepper to taste.
3. Add a portion of the dressing to the beef and stir to coat. (If you are starting with fresh meat, you may also marinate the meat in this dressing before cooking).
4. Peel and chop the avocados and tomatoes. Add the avocados, tomatoes and onion to the dressed beef. Serve on a bed of watercress.