

For the Salad:

- 1 lb. Flat Iron Steak
- 3 T blackening spice
- 2 T clarified butter
- 1 romaine hearts
- ½ head of radicchio
- 2 heirloom tomatoes -- 3 if they are small
- 2 baby seedless cucumbers
- 1 sweet bell pepper -- red, orange, or yellow your choice
- ½ red onion -- sliced 1/3" thick
- ¾ cup Maytag Blue cheese -- crumbled
- ¼ cup chopped fresh herbs -- basil, oregano and thyme work well

For the Dressing:

- 2 tsp Dijon mustard
- 3 T red wine vinegar
- ½ cup extra virgin olive oil
- Kosher salt and pepper -- to taste

Preheat a heavy cast iron skillet over medium high heat.

Brush one side of the flat iron steak with butter, sprinkle half of the blackening spice mixture on the steak. Repeat this process with the second side of the steak, set aside until the skillet is fully heated.

Chop the lettuce and radicchio in 1/2 inch strips. Dice the tomatoes in 1/2 inch cubes, saving 4 wedges of tomato for garnish. Dice the cucumbers and pepper into 1/2 inch cubes. Slice the red onion into 1/3 inch thick slices, save the outer rings to grill and use as garnish. Dice the inside part of the onions. Crumble the blue cheese, reserve 1/4 cup for garnish.

In a small bowl, combine the Dijon and vinegar, while whisking the mixture drizzle in the olive oil. Season to taste with the salt and pepper, a touch of honey can be added if necessary to your taste.

When the skillet is very hot place the prepared steak in the pan and cook for 2-3 minutes per side for medium rare. While the steak is cooking grill the onion rings in the same skillet. When the steak is cooked allow it to rest for a couple of minutes, starting at one corner slice the meat thin on an angled bias. Next place all of the salad ingredients in a bowl and toss with the dressing. Transfer the salad to a platter or individual plates. Shingle the steak on top of the salad and garnish with the tomato wedges, grilled onion rings, and crumbled blue cheese.