



Crying Onion Personal
Chefs
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Sensational Salads

Recipes

Grilled hearts of palm, skirt steak, and romaine salad with broken tomato vinaigrette.

Large can of hearts of palm (4-6 servings)	4 oz skirt steak per person. Substitute flank, rib eye, strip, or flat iron. You can also use grilled shrimp, chicken, pork, portabella, or firm tofu.
1 heart of romaine per 2-3 people	12 oz tomato juice
2/3 cup olive oil	Juice from one or two lemons or light vinegar such as cane or rice wine
Kosher salt and pepper	Clove roasted garlic (or sautéed minced garlic)

1. Preheat a grill pan or heavy bottom skillet.
2. Mix lemon juice, tomato juice, and olive oil. Season with salt and pepper. After brushing the hearts of palm and steak do not stir again.
3. Slice hearts of palm in half, brush with vinaigrette, season with salt and pepper.
4. Do the same with cut of steak: brush with vinaigrette and season with salt and pepper.
5. Lightly grill hearts of palm until marked/charred. Grill the steak until medium rare and let sit for 5 minutes.
6. Arrange the romaine on the bottom of the plate. Top with grilled hearts of palm and steak and heavily drizzle with the broken vinaigrette.

Insalata Caprese- Heirloom Tomato, Basil, Mozzarella, Roasted Peppers Salad

Assorted Heirloom or Garden Tomatoes. About half a large tomato per person, pick as many different types as possible	Large bunch fresh basil
Fresh Mozzarella. It will be packed in water. About ~3 oz per person	Balsamic Vinegar
Red, Yellow, or Orange Peppers	Olive Oil
Kosher or sea salt	OPTIONAL – Mesclun Mixed Greens

1. Reduce ½ Cup Balsamic Vinegar in a sauce pot by about ¼. Remove from heat and let cool. TIP – if you have a very high quality balsamic this step is not necessary.
2. Slice tomatoes (tip:put them in the fridge for an hour to make slicing easier) and mozzarella into pieces of equal thickness. Place in a plastic container or cover and let come up to room temperature before eating.
3. Drizzle reduced balsamic on the bottom of a plate. Arrange slices of tomatoes, basil leaves, peppers, and mozzarella. Drizzle olive oil, salt, and fresh cracked pepper on top.
4. OPTIONAL – For a more filling salad, toss mesclun mixed greens with a small amount of vinegar, oil, salt and pepper.
5. OPTIONAL TIP #2 – In a blender, combine 2-4 tbsp olive oil with the remaining basil leaves to make an herb oil. Use this to drizzle over the TMB.

Thai Beef Salad

12-16oz steak quality beef (ribeye, strip, skirt, flank, and top sirloin are all good options)	1 large head boston bibb lettuce
1 cup shaved cabbage, can be mixed (napa, purple,etc)	½ C soy sauce
½ C brown sugar	3 tbsp chopped ginger
1 C rice wine, sherry, or champagne vinegar	1 bunch scallions
Bean sprouts	1 bunch cilantro
Juice from 1 orange	1-2 small hot peppers or 2 tbsp sweet chili oil
¼ C vegetable oil	2 clove garlic
OPTIONAL – pea shoots/tendrils	1 carrot, thin sliced or grated

1. In a blender, combine brown sugar, soy sauce, ginger, vinegar, orange juice, hot peppers or sweet chili oil, 1 scallion large chopped, 2 cloves garlic, and oil. Adjust for seasoning, it may need a little water if the soy sauce/salt level is too high or a bit more sugar.

2. Shave cabbage, toss with a little of the dressing.
3. Heat a heavy saute pan. Brush your steak with the dressing. Grill on HIGH heat about 3 minutes per side. For this recipe you want it cooked MEDIUM, ~ 135-140 degrees when you take it off the stove. It will continue to cook slightly as it rests.
4. Thinly slice the steak and toss with the shaved cabbage, cilantro, thin sliced scallions, and a bit more of the dressing.
5. Tear a few leaves of the bibb lettuce and make a bowl. Fill it with the steak and cabbage mixture, top and garnish with bean sprouts, and cilantro leaves. More dressing can be drizzled around the plate with a spoon.

Wilted Spinach Salad, with grilled chicken breast, potatoes, and goat cheese.

1 large handful baby spinach per person	4-6oz chicken per person (½ breast, cut lengthwise)
Large red onion, shaved thin (for salad)	Fresh thyme, 6-8 sprigs pulled
½ C sherry or champagne vinegar	½ onion or 3 shallots, rough chopped (for dressing)
2-4 tbsp whole grain or Dijon mustard	< 1 C vegetable, grapeseed or safflower oil + 2 tbsp olive oil. 1 C total oil.
1 oz goat cheese per person, crumbled	1 small red or purple potato per person
Salt and fresh cracked pepper	OPTIONAL: Cooked thick cubes of bacon

1. Bring potatoes to boil in salted water under fork tender. Chill under cold water.
2. While potatoes boil, make the dressing. In a blender add vinegar, shallots

or half onion, mustard, thyme and a heavy pinch of salt and pepper. If there's enough liquid, blend until combined. With the motor running, slowly add the oil through the top of the blender.

3. Turn off the motor and taste for thyme, mustard, salt, pepper and vinegar levels. Adjust if necessary.
4. Heat a grill pan or saute pan on HIGH. Brush chicken breast with the dressing, lightly season with salt and pepper. Remove from heat when you can poke a finger through easily and cut into slices or cubes.
5. Cut potatoes into half-moons. If desired or using purple potatoes, peel off the skin with a spoon first.
6. In a large metal bowl, heat enough dressing to coat the spinach with the shaved onion, bacon (if using), and potatoes.
7. When the dressing starts to bubble, add spinach and reduce heat.
8. Using tongs, toss until the spinach is coated in the dressing and remove from heat. This shouldn't take more than 30-45 seconds, or the spinach will cook and disappear.
9. Add the chicken and goat cheese crumbles to the greens and toss.
10. To Serve: Mound the salad high on a plate. Serve immediately while the salad is warm- it will continue to cook and wilt as it sits.