



Spring Thaw

Smoky Mustard Flank Steak
Roasted Potato Salad
Greek Grape Tomato Salad
Strawberry Crisp

SMOKY MUSTARD FLANK STEAK

*This lean but flavourful cut of beef is best grilled to rare or medium rare.
It must be sliced very thinly for maximum tenderness.*

1/4 cup (50 mL) Dijon mustard	1 tbsp (15 mL) chipotle pepper sauce
1/4 cup (50 mL) honey	1/4 cup (50 mL) soy sauce
2 tbsp (25 mL) thawed frozen orange juice concentrate	1 1/2 lb (0.75 kg) flank steak
2 tbsp (25 mL) water	6 flour tortillas (8 inch/20 cm), warmed

To prepare sauce, combine mustard, honey, orange juice concentrate, water and chipotle pepper sauce. Cover and refrigerate half of sauce; reserve to serve with steak. To prepare marinade, combine remaining sauce and soy sauce; pour into a heavy zip-lock plastic bag. Add steak and squeeze bag to coat steak with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 12 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Remove steak from marinade; discard marinade. Grill steak over medium heat on natural gas barbecue to medium rare, about 15 - 20 minutes. Let stand for 5 minutes before slicing. Using a sharp knife held at a 45° angle, slice steak against the grain into thin slices. Serve steak in tortillas with reserved sauce. Serves 6.

ROASTED POTATO SALAD

1 tbsp (15 mL) olive oil	1 medium red onion, cut into 8 wedges
1/2 tsp (2 mL) salt	1 tbsp (15 mL) red wine vinegar
1/2 tsp (2 mL) freshly ground pepper	1 tbsp (15 mL) olive oil
6 cups (1.5 L) baby red potatoes, halved lengthwise	1/2 tsp (2 mL) packed brown sugar
	1/4 cup (50 mL) chopped fresh parsley

Grease a rimmed baking sheet or line with nonstick foil. Combine 1 tbsp (15 mL) oil, salt and pepper in a bowl. Add potatoes and onion wedges; toss until coated. Place potato mixture in a single layer in prepared pan. Bake, uncovered, at 400°F (200°C), stirring occasionally, for 40 - 45 minutes or until potato mixture is tender and light golden brown. Meanwhile, to prepare dressing, whisk together vinegar, 1 tbsp (15 mL) oil and brown sugar until blended. Transfer potato mixture to a bowl. Add dressing and parsley; toss to combine. Serve immediately. Serves 4 - 6.

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GREEK GRAPE TOMATO SALAD

1/4 cup (50 mL) balsamic vinegar	2 tbsp (25 mL) olive oil
2 tbsp (25 mL) finely chopped green onion	2 cups (500 mL) grape tomatoes, halved lengthwise
1 tsp (5 mL) sugar	
1/4 tsp (1 mL) freshly ground pepper	1 1/2 cups (375 mL) cubed seeded English cucumber
1/8 tsp (0.5 mL) salt	1/4 cup (50 mL) halved pitted kalamata olives

To prepare dressing, whisk together vinegar, green onion, sugar, pepper and salt until combined. Gradually whisk in oil until blended. Combine tomatoes, cucumber and olives in a bowl. Add dressing and toss to combine. Serves 4.

STRAWBERRY CRISP

1/4 cup (50 mL) old-fashioned or quick-cooking rolled oats	2 tbsp (25 mL) chopped toasted almonds, optional
1/4 cup (50 mL) flour	4 cups (1 L) quartered strawberries
1/4 cup (50 mL) packed golden brown sugar	1 tbsp (15 mL) sugar
1/4 tsp (1 mL) ginger	Ice cream, optional
1/4 cup (50 mL) butter, melted	

To prepare crumb topping, combine oats, flour, brown sugar and ginger in a bowl. Stir in melted butter until mixture is crumbly. Stir in almonds. Combine strawberries and sugar. Spoon into a greased shallow 2 quart (2 L) baking dish. Sprinkle with crumb topping. Bake at 350°F (180°C) for 25 minutes or until juices are thick and bubbly and topping is golden brown. Serve warm with ice cream. Serves 4.