

Steak (with Bourbon Marinade) and Potato Salad

Bourbon Marinade	
Ingredients	Amount
Beef stock or broth	1 cup
Bourbon, Old Forester	1/3 cup
Soy sauce	1/8 cup
Garlic, fresh minced	3 cloves
Green onions, diced	3 each
Pepper, black	To taste
Steak, flank, sirloin or similar	2 – 2 ½ pounds

Method:

- Combine all ingredients except the meat in a bowl and mix well
- Place meat in a shallow pan and pour bourbon marinade over the meat
- Cover and refrigerate up to 4 hours, turning once
- Place the steak on a lightly oiled rack over hot coals
- Grill about 10 minutes or until done to taste, turning once
- Place cooked steak on a cutting board and let rest 5 minutes. Slice diagonally across the grain.

Steak and Potato Salad	
Ingredients	Amount
Potato, red, baked and sliced	2 lbs
Celery, diced	2 stalks
Green onion, diced	2 each
Non-fat yogurt	½ - ¾ cup
Dijon mustard	½ -¾ cup
Parsley, chopped	2 tablespoons
Salt	To taste
Pepper	To taste
Steak, sliced thin	1 – 1 ½ lbs
Tomatoes, red cherry cut in half	8 – 12 each

Method:

- Wash and baked red potatoes, when cool slice and put into bowl
- Add celery, green onion and ½ cup of both yogurt and mustard, mix gently
- Add parsley, salt and pepper ... mix gently.
- If mixture is too dry for your taste add the other ¼ cup of both yogurt and mustard,
- Blend, adjust seasoning
- Put salad on a platter, place steak over the top of potato salad and garnish with the halved cherry tomatoes.

