



Harissa Steak Sandwich

Wednesday, August 26, 2009

Ingredients:

- 10-12 oz. New York strip steak or steak of your choice
- 3 tbsp. Cava Mezza Harissa
- 1/2 cup mayonnaise
- Sandwich rolls, sub rolls or crusty baguettes of your choice
- 1 yellow tomato or tomato of your choice
- 2 cups Arugula leaves (watercress is good as well, spinach if you want less spice)
- salt and pepper to taste

Directions:

1. Heat up your grill, grill pan or sauté pan to medium-high heat.
2. Spread 1 tbsp. of Cava Mezza Harissa on each side of the steak.
3. Wipe down grill with a little oil. Place steak on grill and cook for about 3 minutes. Flip. Cook 3 minutes more (This should yield medium-rare depending on the thickness of the steak. Adjust for your taste and for the size of the steak).
4. While the steak is cooking place the mayonnaise in a medium size bowl and whisk in 1 tbsp. Cava Mezza Harissa.
5. Grill the bread.
6. Spread mayonnaise on both sides of the bread.
7. Slice the steak and lay across the bread. Sprinkle with salt and pepper to taste.
8. Top with sliced tomato and Arugula.

Enjoy!

Makes 2-4 sandwiches depending on how much meat you like.

Note: A nice New York Strip, Rib Eye or Filet will make this sandwich great, because the meat will be very tender. The thicker the steak the better, because you can get a nice crust but still have a medium-rare, juicy center. The key is to not overcook the meat or you will lose the tenderness. Be sure to let the steak sit for ten minutes before slicing to allow the juices to re-absorb.