

Steak Sandwich (or Salad) with Parmesan Dressing

Servings: 4

Source: Bon Appetit

Ingredients

- 1½ lb flank or skirt steak
- kosher salt and black pepper
- 1 tbsp Vegetable oil
- ½ small red onion, thinly sliced
- ¼ cup whole grain mustard
- 3 tbsps fresh lemon juice
- ½ cup olive oil, plus more for bread
- 1½ oz Parmesan Cheese, finely grated
- 1 Ciabatta, halved lengthwise
- 6 cups mature arugula leaves with tender stems

Method

Heat a dry large skillet, preferably cast iron, over medium-high. Using a sharp knife, lightly score steak on both sides in a crosshatch pattern. Season generously with salt and pepper, then rub all over with vegetable oil. Cook steak, turning once or twice to brown evenly, until medium-rare and lightly charred, 8-10 minutes. Transfer steak to a cutting board and let rest at least 15 minutes; reserve skillet.

Meanwhile, place onion in a small bowl; cover with cold water. Set aside.

Blend mustard and lemon juice in a blender to combine. With motor running, stream in ½ cup olive oil, then gradually add Parmesan. Stream in 1 tbsp cold water and blend until dressing is smooth and thick. Season with salt and pepper.

Heat reserved skillet over medium. Drizzle cut sides of ciabatta with olive oil. Working with 1 half at a time, cook, cut side down, until golden brown and crisp, about 5 minutes each.

Place bread, cut side up, on a platter and drizzle with one-third of dressing. Top with arugula; drain reserved onion and scatter over arugula. Season with salt and pepper and drizzle with half of the remaining dressing. Thinly slice steak and arrange over dressed arugula. Drizzle with remaining dressing, season with more salt, then cut sandwiches crosswise into pieces.

Notes

I made this as a salad but over a piece of fried pizza dough. I dressed the arugula first, then added the onions and steak, drizzling more dressing on steak. Pretty and delicious.

Ciabatta instructions corrected, 2026-07-26.