Chopped Grilled Steak Harvest Salad

Total Time: 40 minutes • Serves: 4

Cider-Mustard Dressing
1/4 cup Schnucks apple cider vinegar
1 medium shallot, finely chopped
3 tablespoons coarse ground mustard
1 1/2 tablespoons Schnucks pure honey
2 garlic cloves, crushed with press
1/2 teaspoon salt
1/2 teaspoon McCormick® ground black pepper
1/2 cup Schnucks olive oil

Steak Harvest Salad
1/4 teaspoon kosher salt
1/2 teaspoon McCormick® ground black pepper
1 teaspoon Schnucks garlic powder
1 Certified Angus Beef sirloin steak (about 1 1/4 pounds)
1 medium fennel bulb, quartered
1 tablespoon Schnucks olive oil
2 1/2 bags (9 ounces each) Dole® hearts of romaine
2 large carrots, halved lengthwise, then cut crosswise into 1/4-inch pieces
1 large Gala, Honeycrisp or Pink Lady apple, cored, cut into 1-inch pieces
1/2 small red onion, thinly sliced
1 package (4 ounces) chèvre (goat cheese), crumbled
1/4 cup salted roasted pepitas

Prepare Cider-Mustard Dressing: Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk together vinegar, shallot, mustard, honey, garlic, salt and pepper; whisking constantly, slowly drizzle in oil. Makes about 1 cup.

Prepare Steak Harvest Salad: In small bowl, combine salt, pepper and garlic powder. Rub steak and fennel with oil; sprinkle with salt mixture. Place steak and fennel on hot grill rack; cover and cook steak 10 minutes or until internal temperature reaches 140°F for medium-rare, turning once halfway through cooking; cook fennel 4 minutes or until lightly charred and crisp-tender, turning once halfway through cooking.

Transfer steak and fennel to cutting board; loosely tent steak with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10°F upon standing.) Cut fennel into 1/4-inch pieces; discard core. Cut steak into 1/2-inch-thick slices.

In large bowl, toss lettuce, carrots, apple, onion, fennel and 1/2 cup dressing until well combined; serve topped with chèvre, pepitas and steak.

Each serving: about 570 calories, 37 g total fat (10 g saturated), 87 mg cholesterol, 722 mg sodium, 24 g carbohydrate, 5 g fiber, 15 g sugars, 38 g protein

Melding the flavors of two different regional cuisines, or “fusion cooking,” can create a unique hybrid-style meal. Read on to learn more about kimchi and then visit schnucks.com for a culturally diverse Pork & Kimchi Tacos bonus recipe.

Kimchi 101

Salty, tangy and fiery, kimchi is a staple on the Korean table. This deliciously different condiment has been eaten in Korea since the 13th century. Originally created as a means of preserving harvesttime cabbage for the winter, kimchi is now an anchor dish in Korean cuisine. It’s served at every meal, as a palate-cleansing side salad or incorporated into other dishes.

The classic version is a crunchy, fermented mix of napa cabbage, salt, ground red chile peppers, garlic, ginger, onion and brined shrimp, although anchovy paste or fish sauce is sometimes used in place of the shrimp. As the kimchi ferments, it develops its signature aroma and intense flavor. Other ingredients that are a great addition to kimchi include daikon radishes, baby bok choy, Asian pears, cucumbers, cauliflower, carrots and even oysters.

Kimchi is healthy, easy to make and amazingly versatile. It not only adds a zesty twist to traditional tacos, it also tastes terrific folded into savory pancakes, stuffed inside homemade dumplings, steamed along with fish or stirred into a comforting stew.

In South Korea, there is a kimchi research institute and a kimchi museum, along with an abundance of kimchi festivals. The beloved national dish has even been sent into space with Korean astronauts.

In the U.S., kimchi’s popularity got a boost when trendy Korean food trucks began popping up in cities across the country. St. Louis’ Seoul Taco got its start as a food truck and now has restaurant locations in St. Louis and Columbia, MO, as well as Champaign and Chicago, IL. The Korean-Mexican menu offerings at Seoul Taco include a burrito with kimchi fried rice. Here’s an easy recipe to try at home.

Quick Kimchi

Total Time: 40 minutes plus chilling • Serves: 16

6 cups chopped napa cabbage (about 1 pound)
3 tablespoons sea salt
2 tablespoons rice vinegar
1 1/2 tablespoons chili garlic sauce
1 tablespoon grated fresh ginger
1 tablespoon soy sauce
2 garlic cloves, minced
1 teaspoon Asian fish sauce
1 teaspoon Schnucks granulated sugar
1/4 cup sliced green onions

In large bowl, toss cabbage and salt until well combined. Let stand 30 minutes; rinse and drain. Squeeze cabbage to remove excess moisture.

In separate large bowl, whisk remaining ingredients, except onions, until sugar is dissolved. Add onions and cabbage; toss until well combined. Cover and refrigerate at least 30 minutes or up to 3 days before serving. Makes about 4 cups.

Each serving (1/4 cup): about 9 calories, 0 g total fat, 0 mg cholesterol, 299 mg sodium, 2 g carbohydrate, 0 g fiber, 1 g sugars, 0 g protein

Get the Pork & Kimchi Tacos bonus recipe at schnuckscooksmag.com