

Cooking at Riegelmann's

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Pan Seared Prime Rib Cap Steak with Upland Cress Salad – Leif Benson

2 Cap Steaks.....6-8 oz each
Kosher Salt.....to taste
Crushed Black Pepper.....to taste
Olive oil.....as needed

Upland Cress.....4 oz
Lemon juice.....1 Tbsp
Olive oil.....2 Tbsp.
Parmesan Shaving.....1 oz.
Salt/Pepper.....to Taste

In hot cast iron pan or grill, sear seasoned cap steak on both sides, reduce heat and cook for 5 min. on each side or until desired doneness. Rinse and dry Upland Cress. Dress with EVOO and lemon juice season with salt and pepper and fresh shaved parmesan cheese.

Serves 2