

SuperChefs Against Superbugs

Antibiotics are widely overused in food animal production just to compensate for overcrowded and unsanitary conditions, a practice that breeds drug-resistant superbugs that can infect us. You can encourage industrial farms to stop these practices by cooking with meat and poultry raised without antibiotics.



PHOTO BY JOHN VALLS

SuperChef Cathy Whims

Nostrana's Tagliata

[SERVES 4-6]

2 pounds flat iron steak, raised without antibiotics

Salt and freshly ground black pepper

6 cups arugula, trimmed, washed, and dried in a salad spinner, then kept chilled

½ cup extra virgin olive oil

10 cloves garlic, thinly sliced

2 sprigs rosemary

Prepare a grill, preferably using hard wood, mesquite, or, if necessary, gas.

Season flat irons generously with salt and pepper.

Warm olive oil in a small saucepan with garlic until garlic starts to just color. Take off heat and add rosemary.

Grill meat to desired doneness, but for flat iron, rare to medium rare is optimal. When done, transfer to a platter and let rest for 5 minutes.

Place arugula on a large platter. Thinly slice steaks on the diagonal, about 1/3 inch thick. Arrange meat over arugula, spoon over olive oil sauce (removing rosemary), and serve.

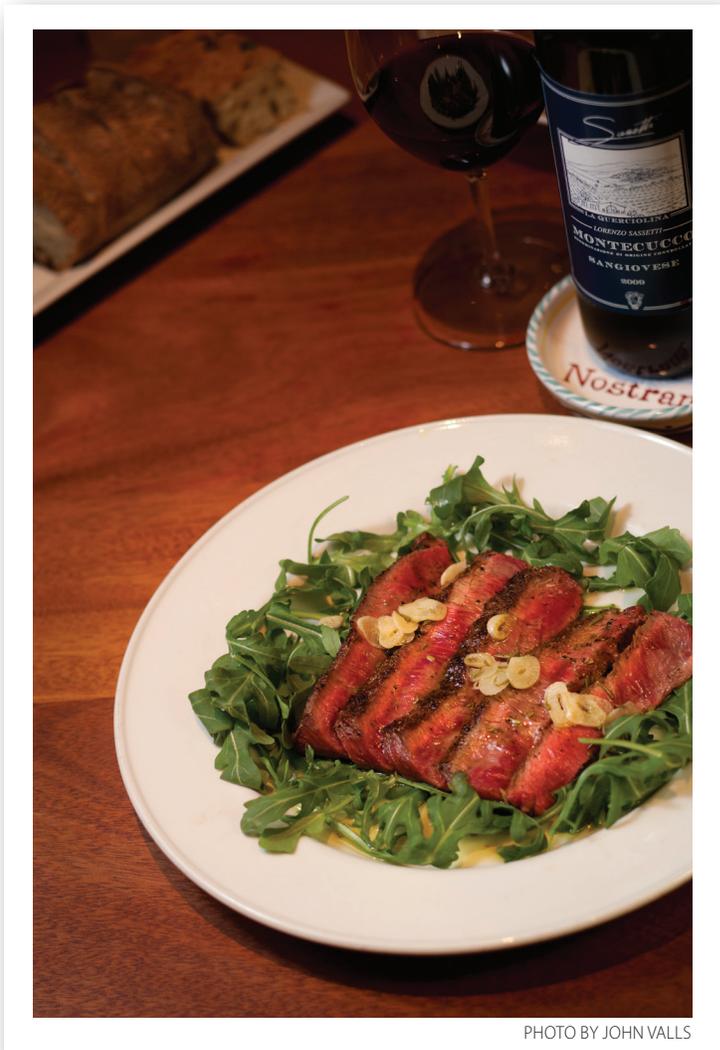


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