



AMERICAN

Grilled Marinated Flank Steak

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	10 min + 4 hr marinating	12 min	Grill	Flank steak

Ingredients

- 900 g (2 lb) flank steak

MARINADE

- 80 ml ($\frac{1}{3}$ cup) soy sauce
- 60 ml ($\frac{1}{4}$ cup) olive oil
- 2 tbsp Worcestershire sauce

MARINADE (CONT.)

- 2 tbsp balsamic vinegar
- 2 tbsp brown sugar
- 4 cloves garlic, minced
- 1 tbsp Dijon mustard
- $\frac{1}{2}$ tsp black pepper

Steps

1. Whisk the marinade ingredients together in a bowl until the sugar dissolves.
2. Put the steak in a zip bag or shallow dish, pour in the marinade, and marinate in the fridge for 4 to 12 hours, turning once.
3. Take the steak out 30 minutes before cooking and pat it dry. A dry surface browns better.
4. Heat a grill to high with a cooler zone on one side.
5. Grill the steak for 4 to 5 minutes per side, with the lid closed, until deeply charred and 52°C (125°F) in the thickest part for medium-rare. Move to the cooler side if it flares.
6. Transfer to a board and rest for 10 minutes. The temperature will climb a few degrees.
7. Slice thinly against the grain, holding the knife at a slight angle. Flank has long fibres and is chewy if cut with the grain.
8. Pour any juices from the board over the slices and serve.

Notes

- **Leftovers:** great cold in sandwiches or on salads, and keeps 3 days.
- **Marinade time:** do not exceed 12 hours; the acid turns the surface mushy.
- **Other cuts:** skirt steak, hanger and flat iron take the same marinade; shorten the cooking time for skirt.
- **Freezer:** freeze the raw steak in the marinade up to 3 months; thaw overnight in the fridge.
- **Chef's touch:** sprinkle flaky salt over the sliced meat, not before; it tastes sharper and keeps the crust crisp.
- **Pair with:** a corn and tomato salad or grilled corn.