

# Marinated Flank Steak

For the past 25 years, we've been serving "comfort food" successfully — now it's fashionable — go figure!

Delicious baked in the oven, grilled or barbecued, it's the marinade ingredients that tenderize the steak and give it a bold flavor.

Serves 4.



**The Marinade** (can be prepared in advance and keeps, refrigerated, for three weeks):

1 tsp	garlic, minced
1 tsp	black pepper, freshly ground
1/3 cup	dry sherry
2/3 cup	Japanese brewed soy sauce
1 oz	fresh ginger, peeled and grated
4 Tbsp	Dijon mustard

## The Steak

1 x 16–20 oz. flank steak, trimmed of any excess fat, wiped with a wet cloth then a dry cloth

## METHOD:

- Combine marinade ingredients in a stainless steel or ceramic bowl and pour over steak.
- Marinate for 2 1/2 hours (no more), turning once.

## To Cook:

Preheat grill or barbecue to moderate (350 °F) temperature and seal steak for five minutes on each side. Cook to desired degree of doneness OR bake in a 400 °F convection oven until medium rare, approximately 8 minutes.

Allow the steak to rest for five minutes before slicing.

## To Present:

Slice steak very thinly across the grain and fan out slices on a dinner plate.

Serve with grilled vegetables, oven roasted beefeater potatoes and bordelaise sauce. In the summer, it's on our lakeside barbecue menu with a garden salad.