



Fast-Fire Flank Steak

Makes: 4 Servings

Prep Time: 5 minutes Cook Time: 10 minutes

Marinade: 3 hours minimum

1 flank steak about 1 1/4 lbs.

1 1/2 tbsp brown sugar

1 1/2 tbsp soy sauce

1 tbsp cooking sherry

1 tbsp sesame oil

2 tbsp sesame seeds

2 tsp minced garlic

1 tsp minced fresh ginger

2 scallions sliced 1/8 inch thick

1/4 tsp freshly ground pepper

Oil for brushing

Score flank steak 1/8-inch deep on both sides at 1-inch intervals. Place the steak in a non-reactive dish or a plastic ziplock bag.

In a small bowl, whisk together the brown sugar, soy sauce, sherry, sesame oil, sesame seeds, garlic, ginger, scallions and pepper. Pour this marinade over the steak and rub it into both sides. Cover the dish and let marinade in the refrigerator for at least 3 hours or overnight. Remove from the refrigerator 30 minutes before cooking.

Brush grill with oil. Place the marinated steak in the center of the grill and cover, leaving all the vents open. Cook the steak for 5 minutes on one side, and then 4 minutes on the other side for medium. Halfway through the cooking on each side, rotate the steak 90° to achieve crisscross grilling marks.

Remove the steak from the grill and let it rest for 5 minutes. Serve hot, warm or cool, thinly sliced against the grain.

Original Recipe from 1996 Tasteful Treasures cookbook

