

Mediterranean-Style Flank Steak

By Steve Johnson Fine Cooking Issue 65



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Servings: four to six.

This steak gets a wet rub before grilling; the oil helps the other flavors spread.

Ingredients

2 Tbs. extra-virgin olive oil

2 medium cloves garlic, minced

2 Tbs. chopped fresh aromatic herbs (thyme, sage, rosemary, marjoram, or a mix)

1 Tbs. kosher salt

1 Tbs. ground black pepper

1-1/2- to 2-lb. flank steak, trimmed of any excess fat and membrane

1 recipe Chunky Tomato-Basil Vinaigrette

Preparation

Mix the oil, garlic, herbs, salt, and pepper in a small bowl. Rub all over the steak and let sit for about 20 min. at room temperature. Meanwhile, heat a gas grill to medium-high (you should be able to hold your hand 2 inches above the grate for 3 to 4 seconds) or prepare a medium-hot charcoal fire. If your grill has a hot spot, position the thicker end of the flank steak nearer the hottest part of the fire. Grill until medium rare, 12 to 15

min., turning the steak every 3 to 4 min. to ensure even cooking. The thickest part of the steak will register 135°F to 140°F on an instant-read thermometer. Transfer the steak to a cutting board and let it rest for 3 to 5 min. Slice across the grain, portion onto dinner plates, spoon on the vinaigrette, and serve.

Pour a light, fruity Côtes du Rhône blend, or a Grenache-based rosé.



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