

FLANK STEAK

Rib eyes and T-bones might be the stars of the steakhouse, but the humble flank is the ideal cut for summertime entertaining. Lean, juicy and inexpensive, it's great for feeding a crowd, and your choice of marinade will let you go in almost any flavour direction — think French, Argentine and even Thai. Convinced?

Here's everything you need to know to perfect your grilling game.

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Food styling by SASHA SEYMOUR | Produced by STACEY SMITHERS*

SIX SIMPLE STEPS TO MASTERING THE DISH



1. SCORE both sides of a 1 to 1½ lb. flank steak in a diamond pattern. Each cut should be about ¼" deep and 1½" apart.



2. MIX your marinade. The combination of oil, acid and seasonings tenderizes the meat and amps up flavour.



3. PUT the steak and marinade into a covered dish or sealed freezer bag and pop into the fridge for at least 4 hours.



4. GRILL on an oiled barbecue grate over high heat (about 500°F) for three to four minutes per side, or until medium rare.



5. REST for 10 minutes to let the temperature drop slightly, which makes for a juicier steak.



6. SLICE against the grain into thin, ¼"-thick pieces.

FULL RECIPE PG. 116

THE CLASSIC

FLANK DOESN'T HAVE A LOT OF MARBLING, SO A GREAT MARINADE IS A MUST IF YOU'RE GOING FOR TENDER PERFECTION.

LEMON
JUICE

+

BALSAMIC
VINEGAR

+

SOY
SAUCE



PREP
20 minutes
MARINATE
6 hours

Turn the page to get the recipe for this chimichurri

Bowl, Pimlico Design Gallery.
OPPOSITE: White cutting board, Pimlico Design Gallery; knife, La Merceria.

SEE SHOPPING LIST



WHITE WINE
VINEGAR

+

WORCESTERSHIRE
SAUCE

+

MAPLE SYRUP



PREP
40 minutes
MARINATE
6 hours

RECIPE PG. 116

SURF & TURF FLANK SKEWERS

CUBING THE FLANK STEAK EXPOSES MORE SURFACE AREA TO THE MARINADE, WHICH HELPS THICKER PIECES GET JUICY AND TENDER.

HOW TO: CHIMICHURRI


This tangy Argentine sauce pairs perfectly with all grilled meats, not just steak.

- 1½ cups packed parsley leaves
- ½ cup packed cilantro leaves
- ¼ cup packed oregano leaves
- 2 coarsely chopped garlic cloves
- 2 tbsp red wine vinegar
- ½ tsp dried cumin
- ½ Thai red chili, finely chopped
- ¼ cup extra-virgin olive oil
- Kosher salt and freshly ground pepper, to taste

1. Combine all ingredients except oil and salt and pepper in bowl of food processor. Pulse, scraping down as needed, until slightly chunky. Do not purée.
2. Transfer to bowl and stir in oil. Season with salt and pepper.






PREP
 35 minutes
MARINATE
 6 hours

RECIPE PG. 118

CHAI TEA-SMOKED STEAK

YOU DON'T NEED SPECIAL EQUIPMENT TO GET A GOOD SMOKE. A FOIL PACKET FILLED WITH AROMATICS EASILY TURNS YOUR BARBECUE INTO A SMOKER.

Barbecue, Weber.

UP IN SMOKE

There's no end to the flavour possibilities of a DIY smoking packet. Here are three more internationally inspired combos.



NORDIC

- 1 cup soaked and drained cedar wood chips
- ¼ cup brown sugar
- 2 tsp dried juniper berries
- 1 tsp black peppercorns



SOUTHERN

- 1 cup bourbon-soaked oak wood chips
- 1 vanilla pod, quartered
- ¼ cup coarsely chopped almonds
- ¼ cup brown sugar



ZESTY

- 1 stalk lemongrass, quartered
- ½ cup loose-leaf green tea
- ½ cup long-grain rice
- ¼ cup brown sugar
- 1 Thai red chili

RECIPE PG. 118


SUGAR-CURED FLANK STEAK

INSTEAD OF A MARINADE, TRY A SUGAR AND SALT RUB – IT TURNS INTO A FANTASTIC CRUST WHEN GRILLED.

SUGAR
 +
 SALT
 +
 THAI CHILIES



Plate, Mjolk; knife, fork, Cynthia Findlay Antiques.


PREP
 20 minutes
MARINATE
 6 hours