
The Best BBQ Flank Steak

Total time: 45 min Yield: 4 Servings

Ingredients

2 lb beef flank steaks (trimmed of any fat)
fresh cilantro (for garnish)
salt
fresh ground black pepper
1/2 cup soy sauce
2 Tbsp Asian fish sauce
2 Tbsp golden brown sugar
2 Tbsp green onion (thinly sliced)
1 Tbsp fresh ginger (finely minced)
1 stalk lemongrass (bottom inner white part only; finely minced)
2 large cloves garlic (sliced paper thin)
2 Tbsp fresh lime juice
1 tsp Sriracha chili sauce

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Instructions

Mix together the marinade ingredients (cup soy sauce, Asian fish sauce, brown sugar, green onion, ginger, lemongrass, garlic, lime juice, Sriracha), then put the flank steak into a sealable plastic bag and add the marinade. Massage the marinade into the steak through the plastic, then put in the refrigerator overnight or for at least four hours.

Prepare your grill, remove the steaks from the marinade (discard the sauce) and season with salt and pepper. Cook the steaks over a medium-hot grill, about 7 minutes per side for a nice medium rare (you don't want this cut of meat well-done, it will be dry and chewy). Thinly slice the meat on the diagonal against the grain for the tenderest, tastiest flank steak ever! For a real flavor boost, use a traditional Cambodian salt, black pepper and lime dip. (recipe to follow)

Salt, Black Pepper and Lime Dip:

- 1 tablespoon fresh ground black pepper
- 2 teaspoons salt
- 4 lime wedges

Combine the salt and black pepper, then divide into four small sauce bowls. Top each with a wedge of lime – each person squeezes the fresh lime over the salt and pepper mix.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai