



Grilled Flank Steak

Serves 4

INGREDIENTS

- 3 sprigs Thyme
- 4 garlic cloves, smashed with the side of a chef's knife
- 2 tbsp Worcestershire Sauce
- 1 tbsp Soy Sauce
- 1 tbsp Dark Brown Sugar
- 1 [Pine Street Market Flank Steak](#)
- [Pine Street Market Butcher Salt](#) or Kosher Salt & Black Pepper

PREPARATION

- In a mixing bowl combine thyme, garlic, Worcestershire sauce, soy sauce, & sugar. Pour the mixture in a zipper seal bag and add the steak. Squeeze the air out for the bag, massage the steak to evenly coat, and place in a casserole dish or bowl (to prevent spilling). Let the steak marinate in the refrigerator for 4 hours to overnight.
- Preheat the Big Green Egg or grill to 400°F, direct heat.
- Remove the steak from the marinade and pat dry. Season generously with Butcher Salt (or good quality salt and pepper) and leave on the counter for 30 minutes to an hour.
- Sear the steaks for 3 minutes on each side. Use a meat thermometer to determine doneness. See the "Steak Cooking Tips" section for recommended temperatures.
- Transfer the steak from the grill to a cutting board and let it rest for 5 minutes. Slice the meat against the grain and serve.

SERVING TIPS

- Serve with [Grilled Mexican Street Corn & Argentine Chimichurri](#)
- Serve with a salad of grilled petit bell peppers, cherry tomatoes, & arugula dressed with a squeeze of lime juice and a drizzle of olive oil.
- Serve with pan toasted corn tortillas, queso fresco, caramelized onions and your favorite salsa.

Steak Cooking Tips

Most of us were raised to fear raw meat. Under cook chicken - you could get sick. Over cook meat - you just ruined dinner. Cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear on your steak that is undercooked and gummy on the inside. A good rule of thumb is to allow the meat to rest on a plate on your counter for at least 30 minutes per pound. It's okay! Searing the meat will kill bacteria living on the surface of the meat.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F). Butcher Rusty recommends using a large display digital thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout making for a perfectly juicy steak.
- Keep it simple. Hopefully, you have selected a beautiful cut of meat and will want to enjoy its natural flavors. Drowning a steak in a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly grilled steak. Go for a simple compound butter or finishing salt, just enough to compliment the flavor of the meat.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.