



## GRILLED MARINATED FLANK STEAK

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1 Kinderhook Farm flank steak, 2 to 2 1/2 pounds  
4 tablespoons freshly squeezed lime juice  
2 tablespoons soy sauce  
1 teaspoon minced garlic  
1 teaspoon peeled and minced or grated fresh ginger  
or 1 teaspoon ground ginger  
1 teaspoon sugar  
salt and freshly ground black pepper to taste

Combine all the seasonings in a shallow bowl or platter and marinate the steak in them for at least 30 minutes (if marinating time is longer than an hour, refrigerate). Near the end of the marinating time, start a charcoal or wood fire or preheat a gas grill or broiler; make it very hot.

Remove the meat from the marinade. Grill or broil the steak about 4 inches from the heat source until seared on each side. Move the meat to a cooler part of the grill (or lower the broiling rack) and cook for another 2 minutes per side. Check for doneness by touch, with a thin-bladed knife, or, preferably, with an instant-read thermometer (125 degrees is about right for rare to medium-rare).

Let rest for 5 minutes before cutting into thin slices, across the grain, using a sharp carving knife.

Serves 4 to 8

### SALAD with GRILLED MARINATED FLANK STEAK

Cut 1/2 recipe of flank steak, cooked as above, into chunks. Toss with 6 cups of torn washed and dried mixed lettuces (a store-bought mesclun mixture is great), and top with some quartered ripe tomatoes and sliced cucumber. Mix together 6 tablespoons freshly squeezed lime juice, 1 tablespoon soy sauce, and 2 tablespoons peanut oil; add pepper, salt if necessary, and a dash of cayenne if you like. Taste and adjust seasoning. Drizzle over the salad and serve.

Makes 4 servings.

### MARINATED FLANK STEAK for STIR-FRIES

Reserve one quarter to one half of the flank steak while you marinate the rest. Freeze the reserved piece for 30 minutes. When you remove the larger piece of steak for grilling, slice the frozen portion as thinly as possible. Use the same liquid to marinate it for up to a day, then use in any stir-fry recipe.

from *How to Cook Everything* by Mark Bittman