

Marinated Flank Steak



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

1 1/2 pounds flank steak, trimmed

1/4c Dijon mustard

3/4c olive oil

2 garlic cloves, finely minced

1/2c red wine vinegar

4 green onions, sliced

1/2c dry red wine

1T mustard seeds

Mix together all marinade ingredients. Place flank steak in large zip~lock bag and add marinade. Refrigerate at least 8 hours.

Preheat broiler. Remove steak from marinade and cook 5~6 minutes each side or until steak is 130 degrees at the thickest part (medium~rare). Place marinade in saucepan and cook until reduced by half. Let steak rest 10 minutes, slice thinly against the grain and serve with cooked marinade as a dipping sauce.

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