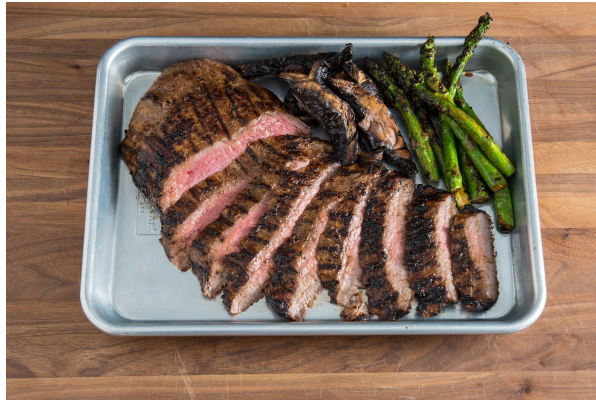


NOT ANOTHER COOKING SHOW

Grilled Marinated Flank Steak with Grilled Veggies

Sponsored by Beef. It's What's For Dinner. in partnership with the Beef Checkoff



<https://www.notanothercookingshow.tv/post/grilled-flank-steak>

Today we get outside and fire up the grill with this soy-marinated flank steak with grilled vegetables. Visit www.BeefItsWhatsForDinner.com for more recipes and inspiration.

Ingredients: Makes 2 burgers, Scale up if necessary

- 1 Flank Steak
- 4 Portobello Mushrooms
- 1 Bunch of Fresh Asparagus
- ¼ Cup Soy Sauce (For the Vegetables)
- Soy Marinade

Soy Marinade

- ½ Cup, Soy Sauce
- ¼ Cup, Worcestershire sauce
- 2 Tablespoons, Honey
- ½ Cup, Avocado, Canola, or Vegetable Oil (or any other neutral oil)
- 1-2 Tablespoons, Dijon Mustard
- 1 Lime, Juiced
- 2 Cloves of Garlic
- 15 Turns of a Black Pepper Mill

1. In a blender, add all the marinade ingredients and then blend until it's a thicker creamy consistency.
2. In a container that can fit the flank steak, cover entirely in the soy mixture and then let it marinate for 1-2

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hours max. You don't want it to go any longer than 2 hours or the lime juice will start to change the texture of the meat.

3. At the same time, slice up the mushrooms and snap off the hard ends of the asparagus and then coat them in soy sauce and let them marinate as well. The soy sauce is all the salt that is needed.
4. While everything marinates, you can start to prepare the grill. It doesn't matter what style or what kind of grill you have, the key thing to understand is that you want 2 zones, a direct heat zone, and an indirect heat zone. Many grills have accessory charcoal baskets that allow you to create these zones much easier. But you want the direct zone to act like a stovetop for intense heat and then the indirect side to act more like a gentle oven and a place to transfer anything that is cooking too fast to a cooler area.
5. Get a charcoal chimney full of charcoal and get that lit until about 90% of the coals are white-hot, then add them to a charcoal basket or off to one side of the grill. Let that get white-hot. Make sure the damper (vent) at the bottom of the grill is wide open to allow for good airflow so that you can achieve the heat intensity that you want.
6. Add the flank steak to the direct heat and cook it for 4-5 minutes on each side. Watch the heat, there are sugars and high heat is involved here and although we want a really good char, we want to be careful not to burn anything. The key here is using a digital internal thermometer so that we can cook the steak perfectly. We are looking to pull the steak off of the grill when the thickest part of the meat reads 130-135° F and then allow it to rest and it will carry overcook to a final internal temperature of 145°F for a perfect medium. Also, be aware that a flank steak's thickness varies so the thinner side will cook a little faster than the thicker side.
7. If the outside of the steak is sufficiently charred and the internal temp is still too low, transfer it to the indirect side, close the lid and cook it until it hits your desired temperature. Then transfer the steak to a clean platter and let it rest.
8. Clean the grill and continue to cook the mushrooms. Drizzle them with a little oil and then begin to lay the mushroom strips on to the direct heat and cook for 1-2 minutes, or until they start to brown. Once browned, flip. Once each side has developed a nice color, transfer to the indirect side, and then get the rest of the mushrooms cooking. Once they are all cooked, get them off the grill. You can add them back into the bowl they were marinating in.
9. Lastly, cook the asparagus the same way you the mushrooms. The only difference is that once the asparagus has developed nice color, I squeeze lime juice over them. Once the asparagus is cooked to your liking, get it off the grill.
10. The best way to slice flank steak is against the grain and "on the bias" which basically means on an angle. Find the grain and slice across the grain at a 45° angle. The slices should be nice and thin and tender.