



Featuring
Chef Jesse Friesen of
DT Kitchen and Oyster Bar

Eat Like An Athlete

Presented By Manitoba Beef Producers

Grilled Flank Steak



Featuring
Troy Westood
of TSN 1290 Radio

Flank steak is a great cut of beef and packed with natural flavour. It is also loaded with the protein and iron our bodies need before the big game or your everyday workout.

Ingredients:

- 1 Whole Flank Steak - Trimmed of all fat
- 8 Whole Green Onions

Marinade:

- 1 Cup - Soy Sauce
- ¾ Cup - Canola Oil
- 1 Tsp - Ground Cumin
- 1 Tbsp - Grated Fresh Ginger
- ½ Cup - Liquid Honey
- 1 Tbsp - Sambal Chili Paste
- 2 Tbsp - Chopped Cilantro
- 1 Tbsp - Chopped Fresh Garlic

Yields Four Portions

Chef's Notes

- For best flavour & texture - cook the steak to medium rare or medium
- There is no need for seasoning the beef before grilling - this marinade acts as a savory yet sweet seasoning to the meat
- Serve this steak with your favorite rice dish and Asian vegetables - we serve this steak at DT Urban Kitchen with savory cornbread pudding & chimichurri

Method

- In a blender - add the soy sauce, honey, chili paste, cumin, cilantro, ginger & garlic - puree until just about smooth
- With the blender still running, slowly add the canola oil to emulsify
- Place the flank steak in a container, cover the flank with the marinade and allow to marinate for 4-5 hours
- Preheat oven to 400 degrees
- Preheat a gas grill or BBQ to high heat
- Take the flank steak out of the marinade and transfer to a plate - lightly dab the marinade off with a piece of paper towel
- Once the grill is very hot, add the flank to the grill - let cook on each side for approx 2 minutes to achieve strong grill marks
- Transfer the flank to the oven - let cook for 4 minutes per side to achieve a doneness of medium rare-medium
- Once the beef is out of the oven, let rest for 5 minutes to retain all juices
- BBQ the scallions on the grill for 30 seconds a side while the flank rests
- Slice the flank steak into long pieces and serve with scallions on top



If You Can't Play Like An Athlete You Can Still Eat Like One!

