

FLANK STEAK WITH SALSA VERDE

A flank steak is the busy cook's best friend. Marinated overnight and thrown on the barbeque to eat with a beautiful summer salad and some steamed new potatoes...nothing could be more delicious or require less effort.

- SERVES 4 -

INGREDIENTS

one flank steak (about 2 lbs or 1 kg)

MARINADE

1/4 cup (60 ml) soy sauce
1/4 cup (60 ml) red wine or 2 tbsp (30 ml) red wine vinegar
1/4 cup (60 ml) olive oil
1 tbsp (15 ml) honey or brown sugar
2 large cloves garlic, chopped
1 tbsp (15 ml) fresh thyme, chopped
1 tsp (5 ml) dried oregano
1 tsp (5 ml) black pepper, freshly ground

SALSA VERDE

2 tbsp (30 ml) capers, drained
2 tbsp (30 ml) shallot or red onion, chopped
3 anchovy filets, finely chopped
1 garlic clove, crushed
1/2 cup (125 ml) fresh flat leaf parsley
1/2 cup (125 ml) fresh mint, basil or cilantro, or a combination
1 tsp (5 ml) dijon mustard
juice and zest of half a lemon
1 tsp (5 ml) pepper
1 tsp (5 ml) salt
1/3 cup (75 ml) olive oil

METHOD

Mix together all marinade ingredients. Pour over the steak in a sealable container or large zip lock bag. **This** is best done the day before or in the morning of the day you want to cook it.

Make the Salsa Verde by combining capers, shallots, anchovies, garlic, fresh herbs, dijon, lemon juice and zest, pepper, salt and oil in a food processor and pulse until just blended. The texture should be a bit chunky. Make it ahead and refrigerate until needed. You could also hand chop the capers, shallots, anchovies, garlic and herbs together on a board then put in a bowl and stir in the remaining ingredients. >

Preheat the barbeque to high heat. Lightly oil the grill.

Remove the steak from the marinade. Turn the barbeque down to medium and grill the steak for about 5 to 7 minutes per side. Let it rest, covered for at least 10 minutes and up to 1/2 hour before slicing.

Slice steak diagonally across the grain and as thinly as you can.

Place the sliced steak on a platter and pour any juices from carving over the meat.

Serve topped with a spoonful of the Salsa Verde.

Salsa Verde is such a fantastic little sauce: it's light, fresh and super easy. It's also great served with any type of fresh fish or a grilled chicken breast.