

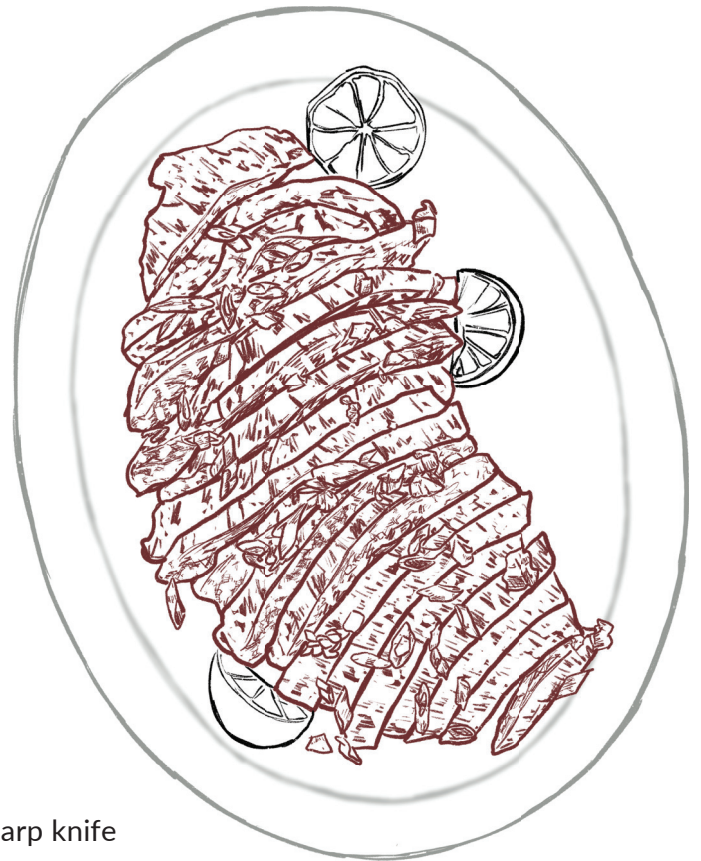
ESTABLISHED 1861

SKINNER

Tamari-Ginger Marinated Flank Steak

INGREDIENTS

- * 2 lbs flank steak
- * 1/2 cup tamari
- * 1/2 cup dry red wine
- * 2 tbsp grapeseed or olive oil
- * 2 tbsp mirin
- * 3 tbsp Worcestershire sauce
- * 4 cloves minced garlic
- * 2 tsp minced ginger
- * 4 scallions
- * 6 whole peppercorns



DIRECTIONS

1. Wash the scallions, then using a cutting board and a sharp knife finely chop the green parts and discard the rest.
2. In a large measuring cup combine the tamari, red wine, oil, mirin, and Worcestershire sauce, garlic, ginger, peppercorns, and chopped scallions.
3. Place flank steak in a gallon sized ziplock bag or large flat-bottomed container, and pour in marinade covering the steak. Refrigerate for at least 8 hours.
4. Once the steak is done marinating, take it out of the fridge to bring to room temperature before putting on the grill - about 20-30 minutes.
5. Turn on the grill to high heat (between 500-600 degrees F). Place take the steak out of the bag and place it on the grill with a pair of BBQ tongs or a fork. Discard the bag.
6. Cook the steak 3-4 minutes each side, adjusting to acheive the desired level of doneness.
7. Let steak rest on a large cutting board for 10 minutes to retain juices, then slice and serve.

