

GRILLED FLANK STEAK

TOOLS:



cutting board / surface



mixing bowl



3 large ziplock bags



grill

INGREDIENTS:

- flank steaks x 3
- white wine vinegar x 1/3 cup
- olive oil x 3/4 cup
- rosemary x 1 1/2 tbsp
- salt x 2 tsp
- garlic x 3 cloves

oil spray (or oil)

SIZE: 3 steaks

STAB REPEATEDLY

MINCE

MINCE

WHISK

SEAL WITHOUT AIR

REFRIGERATE (6-24 hrs)

OIL RACK

GRILL (6 m)

FLIP

GRILL (6 m for medium-rare)

SLICE