

# Steak Tacos

Adapted by Our Young Chefs from "The America's Test Kitchen Healthy Family Cookbook"  
Makes 4 servings; 3 tacos each serving

*To make this dish spicier, add the chili seeds. This steak is best cooked to medium-rare, cooked until 130° to 135° F internally. After resting, the temperature will rise to 140° F. Serve with Sweet and Spicy Pickled Onions, thinly sliced radishes or cucumber or salsa.*



## INGREDIENTS

$\frac{1}{2}$  large bunch fresh cilantro leaves and fine stems ( $\frac{1}{2}$  to  $\frac{3}{4}$  cups total)

3 green onions, white and green parts, sliced crosswise into 1-inch lengths

1 jalapeño chili, stemmed, seeded, coarsely chopped

3 garlic cloves, peeled, quartered

1 small onion, peeled, sliced or cut into chunks 1 inch or smaller

1 lime to yield 1 tablespoon lime juice



*Using a reamer to juice a lime half*

$\frac{3}{4}$  to 1 cup fresh cilantro (prepared earlier)

Green onion cut into 1-inch lengths (prepared earlier)

Jalapeño (prepared earlier)

Garlic (prepared earlier)

Onion, diced (prepared earlier)

Lime juice (prepared earlier)

$\frac{1}{2}$  teaspoon ground cumin

4 teaspoons canola oil

## DIRECTIONS

**Prepare the herb and vegetable ingredients:** Wash the fresh cilantro under cool running water; dry by gently tossing in a cloth kitchen towel *OR* use a salad spinner. Remove/cut off the leaves and fine stems. Measure  $\frac{1}{3}$  to  $\frac{1}{2}$  cup cilantro, place it in the work bowl of a food processor fit with the metal knife blade *plus* measure 2 tablespoons to  $\frac{1}{4}$  cup cilantro; set aside in a small bowl to be used later as a garnish when the tacos are served.

**Green onions:** Wash the green onions under cool running water; pat dry. Cut off the root ends and any wilted green parts from the top; discard. Slice both the white and green parts of the green onion crosswise into 1-inch lengths; add to the food processor.

**Jalapeño:** Slice the jalapeño in half lengthwise. Trim off the stem, cut out the white ribs and seeds; discard. Coarsely chop each jalapeño half into 4 or 5 pieces; add to the food processor.

**Garlic:** Peel the garlic cloves; cut each into 4 pieces; add to the food processor.

**Onion:** Cut the onion in half lengthwise (from root to stem end); peel. Slice or cut into large chunks; add to the food processor.

**Lime:** Wash the lime under cool running water with a drop of liquid dish detergent; rinse and pat dry. Cut the lime in half across the *horizontal* middle. Use a juicer, citrus squeezer *OR* reamer to juice the lime. Measure 1 tablespoon of the juice; add to the food processor.



*Lime cut in half across the horizontal middle*

**Prepare the steak marinade:** In the work bowl of a food processor fit with the metal knife blade (already containing the cilantro, green onion, jalapeño, garlic, onion and lime juice), add the cumin and 4 teaspoons oil; process using long on/off pulses until the mixture resembles a paste, 10 to 12 pulses. Transfer a generous  $\frac{1}{4}$  cup of the herb-paste mixture to a small bowl; set aside to use this mixture later to toss with the sliced cooked steak before serving in the tacos. Allow the remaining herb-paste mixture to stay in the food processor until needed.



1½-pound flank steak, trimmed of all visible fat, cut lengthwise (with the grain) into 3 or 4 long strips

Salt

Herb-paste marinade mixture in the food processor work bowl (prepared earlier)

**Marinate the steaks:** Use a sharp knife to cut the **flank steak** into 3 or 4 strips lengthwise. Use a dinner fork to poke each **strip of steak** 10 to 12 times on each side. Pat the **steak strips** dry with paper towels; *season lightly* with salt on both sides. To marinate the **steak**, place the **seasoned strips** in a large glass baking dish *OR* a gallon-size zipclose bag. If using a baking dish, coat the **steak** thoroughly with the **herb-paste mixture** in the food processor work bowl; cover with plastic wrap. If using a zipclose bag, scrape the **herb-paste mixture** into the bag with the **steak strips**. Seal the bag; turn and massage the bag to distribute/combine the **herb-paste mixture** with the **steak**. Refrigerate the **marinating steak** for at least 30 minutes or up to 1 hour.

12 corn tortillas (6-inch each)  
Heavy-duty aluminum foil



*To warm the tortillas tightly seal in aluminum foil, place on a baking sheet pan, heat in a preheated oven at 350°F*

**Warm the tortillas:** While the **steak** is marinating, heat the oven to 350°F. Separate the **tortillas** into 2 stacks (stacks of no more than 6 tortillas). Wrap *each* stack of **tortillas**, tightly sealed/enclosed, in heavy-duty aluminum foil; place the **tortilla** stacks, spaced apart, on a large baking sheet pan.

Just before beginning to cook the **steak**, place the foil-wrapped **tortillas** in a 350°F oven for 15 to 20 minutes to warm the **tortillas**.

Marinated flank steak (prepared earlier)

½ teaspoon (generous) sugar

Freshly ground black *OR* white pepper

**Prepare the flank steak for cooking:** After the **flank steak** has marinated for the desired amount of time, scrape the **herb paste** off of the **steaks**. Sprinkle all sides of each **steak strip** *lightly* and evenly with the **sugar** and **pepper**.

2 teaspoons to 1 tablespoon canola oil



*Cut the lime in half lengthwise; cut each lime half into 6 wedges for a total of 12 wedges.*

**Cook the flank steak:** Heat the **oil** in a 12- to 14-inch nonstick skillet over medium-high heat until almost smoking. Brown the **strips of steak** well on all sides; cook until the meat registers 135°F on an instant-read thermometer \* (for medium-rare), 7 to 14 minutes, reducing the heat if the pan begins to scorch. Transfer the **cooked steak** to a carving/cutting board; cover with foil and allow to rest for 5 minutes.

1 lime, cut into wedges

Reserved herb-paste mixture (prepared earlier)

Salt and freshly ground pepper

Warmed tortillas (prepared earlier)

¼ to ½ cup cilantro (prepared earlier)

**Assemble and serve the tacos:** While the **steak** is resting, cut the **lime** lengthwise to make 12 thin wedges. Slice each piece of **steak** thin across the grain and transfer to a large bowl. Toss the **steak** with the reserved **herb-paste mixture**. Taste; season with **salt** and **pepper**, as desired. Serve with the **warm tortillas**; **GARNISH** with the remaining **cilantro**. Use the **lime wedges** to sprinkle the **tacos** with **fresh lime juice**.

\* For the probe of an **instant-read thermometer** to be inserted deeply enough to register the temperature correctly in a flat piece of meat like a steak, it should be inserted horizontally into the thickest part of the steak, *at least* 2 inches deep. This position for inserting the thermometer is important because the area where the temperature is registered on the thermometer probe is about 1½ inches from the tip. It is difficult to get an accurate reading if the probe is placed vertically, crossing the thickness of the steak, with only a small amount of the meat on the tip of the probe. Wash and wipe the thermometer clean immediately after each use to check the steak's internal temperature.