

Teriyaki Flank Steak

Our Young Chefs, 2015
Makes 20 snack-size servings



This teriyaki marinade is also delicious with grilled or broiled salmon fillets—just marinate for half an hour before cooking.

INGREDIENTS

$\frac{1}{2}$ cup soy sauce
 $\frac{1}{4}$ cup sake or dry sherry
1 tablespoon light or dark brown sugar
3 cloves garlic, finely diced
2 tablespoons fresh ginger root, grated
1 tablespoon sesame oil

DIRECTIONS

Prepare the marinade: In a medium bowl, combine the **soy sauce**, **sake** or **sherry**, **sugar**, **garlic**, **ginger** and **oil**. Set aside.

2 to 2 $\frac{1}{2}$ pounds flank steak

Score and marinate the flank steak: Use a sharp paring knife and *very light pressure* to score* the **flank steak** on both sides, to keep it from curling when cooked. Place the **steak** in a large

re-sealable plastic bag or a large shallow dish; add the **marinade** and turn to coat. Cover and refrigerate for at least 1 hour and up to 24 hours, turning occasionally. Transfer the **marinated steak** to a plate, discarding the **marinade**; pat the **steak** dry.

Four methods for cooking the flank steak: Following are four different methods to cook the **flank steak** (**grilling**, **skillet sear**, **oven broiling** and the **George Forman Grill**). No matter which method is chosen for cooking, remove the steak from the refrigerator about 30 minutes before grilling/broiling/searing. During the cooking process, *turn only once* using tongs; cook to the desired degree of doneness, 4 to 5 minutes per side for medium-rare doneness. If available, insert an instant-read thermometer into the thickest part of the steak to check doneness after cooking both sides - 125°F for very rare, 130°F for rare, 135°F for medium rare or 145°F for medium †. **Flank steak** is generally served rare or medium-rare, otherwise it may be too dry.

Grilling: Preheat the grill. Just before cooking, lightly grease the grill rack; grill the **steak** over medium-hot coals or directly over the flames on a gas grill. →

* **Score/scoring** is the technique used to tenderize meat by making a number of shallow cuts across its surface, usually *no deeper than* $\frac{1}{8}$ -inch deep and generally on the diagonal. When scored, the meat has less tendency to contract and curl when grilled, broiled or pan-seared. This technique is also useful when marinating, as it allows for better absorption of the marinade into the meat.



† 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 $1\frac{1}{2}$ 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.

Skillet Sear: Heat a large cast iron skillet on high heat for 3 minutes. Sprinkle a light sprinkling of Kosher salt into the bottom of the hot bare skillet; place the **steak** in the heated skillet over the salt. Let sear for 2 to 3 minutes per side; each side should be well browned. (If the steak begins to curl while cooking, place a bacon press, smaller skillet or other weight on the steak while cooking. Remove the skillet from the heat; allow the **steak** to continue to cook for 5 to 8 minutes in the residual heat of the cast-iron pan. (If using a skillet that is lighter-weight than cast iron, leave the skillet on the heat; lower the heat to the lowest setting, for 5 to 8 minutes of final cooking).

Oven Broiling: Turn the oven on broil; preheat with the oven door ajar for at least 10 minutes. Use a broiler pan, so that the juices drip off of the **meat** and drop into the pan below. Turn the **flank steak** half way through cooking so there is browning on both sides.

The George Forman Grill: Preheat the Forman grill by plugging it in before ready to cook; the Forman grill is ready when the light goes out. If the **flank steak** is large, you may need to cut it in half and prepare in two batches. Immediately after cooking, wipe the food residue off the Teflon-coated grill with moistened paper towels and allow the grill to cool before putting it away.

Allow the steak to rest: When the **flank steak** is finished cooking using one of the methods above, transfer the **steak** to a platter; cover loosely with foil. Set the **cooked flank steak** aside for 5 minutes to rest (this allows the juices, which have been driven to the center of the meat during the cooking process, to redistribute throughout the meat and be reabsorbed).

Slice and serve: Carve the **flank steak** on the diagonal, against the grain, into $\frac{1}{4}$ -inch thin slices. Serve immediately.
