

Flank Steak with Caper-Walnut Sauce and Roasted Beets  
"This Steak Sauce Recipe Is Magic on Leaner Cuts,"  
Wall Street Journal, Life&Work | Food&Drink | SlowFood Fast column  
By Kitty Greenwald, November 3, 2021

Total Time: 35 minutes

SERVES: 4-6

**Ingredients**

10-12 baby beets, cut into 1-inch wedges  
Kosher salt and freshly ground black pepper  
½ cup olive oil, plus more to taste  
4 tablespoons Sherry vinegar  
6 tablespoons crushed walnuts  
1 clove garlic, grated  
3 pounds flank, hanger or skirt steak  
15 spring onions  
4 red radishes  
1 tablespoon finely chopped cornichons  
1 tablespoon finely chopped capers  
Pinch of chile flakes  
3 tablespoons finely chopped parsley  
1 teaspoon finely chopped thyme leaves  
Pinch of sugar

**Directions**

1. Preheat oven to 425 degrees. Line a sheet pan with aluminum foil, set beets on top and season with salt and a drizzle of olive oil. Cover tray tightly with more foil. Roast on center rack of oven until beets are tender at the center, 20 minutes. Use paper towels to rub off beet skins. Transfer beets to a bowl and season with salt, half the vinegar and olive oil to taste.
2. While beets roast, spread walnuts over another sheet pan and toast in oven until golden, about 8 minutes. In a large bowl, toss toasted walnuts with grated garlic and 5 tablespoons olive oil.
3. Set a large, heavy pan over medium-high heat and coat with oil. Season steak all over with salt. Once pan is hot, lay in steak and cook until thickest part is medium-rare, about 4 minutes per side. Transfer steak to a cutting board and season with salt and pepper.
4. In the same pan, sear spring onions and radishes over medium-high heat until softened and charred in spots, 3-4 minutes. Transfer vegetables to a cutting board and chop into small pieces.
5. Add chopped vegetables to bowl with walnuts. Stir in remaining vinegar, cornichons, capers, chile flakes, parsley, thyme and sugar to make a coarse sauce. Season with salt and pepper. Spoon sauce over steak and let rest together 5 minutes. To serve, slice steak about ½ inch thick, spoon juices over steak and arrange beets alongside. Serve extra sauce on the side.

—Adapted from Tomos Parry