

Grilled Hanger Steak

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Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients

¼ cup soy sauce

½ cup olive oil, divided

¼ cup plus 2 tablespoons fresh lemon juice, divided

2 tablespoons Worcestershire sauce

1 tablespoon garlic powder

1 ¼ teaspoon fresh ground black pepper, divided

1 ½ pounds hanger steak (similar size pieces)

3 tablespoons capers

¼ cup chopped fresh parsley

1 tablespoon chopped fresh oregano

2 garlic cloves

¼ teaspoon red chili flakes, or more to taste

Optional Ingredients

Vegetable or canola oil, for oiling the grill

Directions

1. Combine ¼ cup of soy sauce, ¼ cup of olive oil, ¼ cup of fresh-squeezed lemon juice, 2 tablespoons of Worcestershire sauce, 1 tablespoon of garlic powder, and 1 teaspoon of fresh ground black pepper in a zip-top bag. Place the steak into the bag. Seal the bag, then massage the steak a bit so it's covered with the marinade. Transfer the steaks to the refrigerator, and let them marinate for 1 to 2 hours.
2. Take the steaks out of the refrigerator, and remove them from the bag. Blot the steaks with paper towels to soak up the excess marinade. Let the steaks come to room temperature while you preheat the grill to 250 degrees Fahrenheit.
3. Turn off the burner on one side of the grill, or if using charcoal, move the coals to one side of the grill. Clean the grill with a grill brush. Using tongs, dip a paper towel in vegetable or canola oil, and wipe the grill.
4. Lay the steaks onto the grill, and keep an eye on the temperature to make sure it stays at a constant 250 degrees.
5. Cook the steaks until the internal temperature of the steak reaches 10 degrees lower than your target finished temperature. For example, a medium doneness has a final temperature of 140 degrees Fahrenheit, so take the steaks off the grill when they hit 130 degrees. A thin steak will take less time to reach the targeted internal temperature, so check the steaks after the first 7 minutes.
6. While the steaks are cooking, make the herb-caper sauce. Rinse and chop the parsley and oregano. Measure the herbs after you chop them (¼ cup of parsley, 1 tablespoon of oregano), and add them to a mixing bowl.

7. Rinse 3 tablespoons of capers, roughly chop them, and add them to the bowl with the herbs. Use a micro grater or garlic press to paste the 2 cloves of garlic, and add the paste to the bowl. Add 2 tablespoons of lemon juice, $\frac{1}{4}$ cup of olive oil, $\frac{1}{4}$ teaspoon of red chili flakes, and $\frac{1}{4}$ teaspoon of black pepper. Stir well and taste. Add salt and/or chili flakes as needed. Set aside.
8. Remove the steaks from the grill, and turn the heat up on the grill so it's very hot for searing the steaks. Once the grill is hot, put the steaks back on the grill, and sear them for 3 to 5 minutes per side until they're just under your targeted internal temperature (140 degrees for medium).
9. Let the steaks rest for 5 min before slicing, and serve with the herb-caper sauce.