

Flank Steak
By Lidey Heuck
The New York Times/NYT Cooking

Total Time: 2 hours 50 minutes

Prep Time: 5 minutes

Cook time: 15 minutes, plus marinating and resting

Yield: 4 to 6 servings

Ingredients

1 flank steak (1½ to 2 pounds)

¼ cup olive oil

2 tablespoons honey

2 tablespoons minced garlic (about 4 large cloves)

2 tablespoons red wine vinegar

2 tablespoon Worcestershire sauce

1 tablespoon Dijon mustard

1 teaspoon kosher salt, plus more for serving

½ teaspoon black pepper

Preparation

1. Pat the steak dry with paper towels and place it in a large baking dish or in a resealable plastic bag.
2. In a small bowl, whisk together the olive oil, honey, garlic, vinegar, Worcestershire, mustard, salt and pepper. Pour the marinade over the steak and turn to coat. Cover the baking dish with plastic wrap or seal the bag and refrigerate for at least 2 hours, or up to 24 hours.
3. Before grilling, let the steak sit at room temperature for 30 minutes. Meanwhile, set a grill to medium-high heat.
4. Brush any excess marinade off the steak and grill, keeping the lid closed to retain heat, until it reaches medium-rare, 4 to 6 minutes per side. Transfer the steak to a plate, sprinkle with salt, rest for 10 minutes, then thinly slice against the grain.

“Tip - To cook flank steak on the stove, heat a very large (at least 12-inch) skillet over medium-high heat. Add 2 tablespoons olive oil, then add the steak and cook for 4 to 5 minutes on each side for medium-rare. Transfer to a plate and rest for 10 minutes before slicing and serving. If you don't have a skillet large enough to fit the steak, cut it in half crosswise and cook the pieces one at a time.”