

Spice-Rubbed Grilled Flank Steak

Recipe by Ruth Cousineau

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Active Time: 25 minutes

Start to Finish: 9-1/2 hours (including marinating)

Ingredients

2 large garlic cloves

1 1/2 teaspoons grated peeled fresh ginger

1 teaspoon kosher salt

1 teaspoon ground cinnamon

1 teaspoon ground coriander

1/2 teaspoon black pepper

1/2 teaspoon ground cumin

1 1/2 lb. flank steak, trimmed

Accompaniment: Mixed cherry tomatoes with tamarind dressing

Preparation

1. Mash garlic and ginger to a paste with salt and spices using a mortar and pestle (or mince and mash with a large knife). Pat steak dry, then rub paste all over and marinate steak, covered and chilled, at least 8 hours.
2. Prepare grill for cooking.
3. Bring steak to room temperature (do not leave out longer than 1 hour). When fire is hot (you can hold your hand 5 inches above rack 1 to 2 seconds), grill steak on lightly oiled grill rack 5 to 8 minutes on each side for medium-rare. Transfer steak to a cutting board and let stand 10 minutes.
4. Holding knife at a 45-degree angle, cut steak across the grain into thin slices.

Cook's notes:

- Steak can be marinated up to 2 days.
- Steak can be grilled in a hot lightly oiled well-seasoned ridged grill pan over moderately.