

FLANK STEAK WITH GREEN SAUCE

Serves 4 - 6

Ingredients:

Stryker Farm Grass-Fed Beef Flank Steak

Green Sauce:

Fresh cilantro

Fresh parsley

Fresh basil

3 garlic cloves

1 TBSP Capers

2 chopped scallions

Juice from a lemon

2 - 4 anchovy fillets

Pinch of red pepper flakes

$\frac{3}{4}$ cup olive oil



This recipe was inspired by Food52. This “green sauce” can be a creation of a variety of herbs and pungent ingredients you have in your pantry. You can make it ahead of time and store in the fridge for about a week. But I stress using only fresh herbs! It pairs beautifully with any meat, fish or vegetable. For this recipe, a broiled flank steak is all you need for simple rustic meal.

Instructions:

Bring out the steak, pat it dry, rub in olive oil salt and pepper. Let it rest on a foil wrapped baking sheet while you prepare the sauce.

In a food processor pack in 3 cups of fresh green herbs. I used cilantro, parsley and basil. You can also make use of any stems as well as leaves.

Add garlic, capers, scallions, anchovies, red pepper, olive oil and lemon juice to the food processor as well. If you’re saying to yourself, “Anchovies?! No, thank you!”, please, just give them a try. Anchovies impart a salty umami flavor on the final product, not a fishy one.

Blend everything to a fine homogenous mixture. I like the sauce to have a pesto-like consistency but you can add more olive oil if you’d like it to be more like a dressing.

Now attack that steak. Turn the broiler on to high and move the rack closest to the flame.

Broil the steak about 4 minutes on each side for a medium rare finish. Remove from the heat, wrap it in the foil and allow it to rest for 10 minutes.

Thinly slice it, angled, against the grain. Serve it over rice or potatoes then generously cover with the green sauce. Pairs well with a South American malbec.