

SPOTLIGHT RECIPE



MARINATED FLANK STEAK

- Heat the oven to 300 F regular, 250 F convection.
- Combine the water, soy sauce, Worcestershire, lemon juice, vinegar, base, granulated garlic, cilantro, scallion and 1 cup canola oil. Stir well to make the marinade.
- Pour the marinade over the beef in a shallow pan. Cover and refrigerate to marinate for 6 to 12 hours. Do not marinate longer than 12 hours. Remove the steak from the marinade.
- Season a flat grill with the remaining oil on medium heat. Sear the flank steak. Transfer to a roasting pan on a rack.
- Roast in the oven until the beef has reached an internal temperature of 145 F.
- Slice the beef into 1/4-inch strips against the grain.

Ingredients

Servings: 12

- 5/8 cup water
- 1 cup soy sauce
- 1 cup Worcestershire sauce
- 1 cup lemon juice
- 1/3 cup red wine vinegar
- 1/3 cup chipotle-flavored base
- 5/8 teaspoon granulated garlic
- 5/8 cup cilantro, chopped
- 1 scallion, chopped
- 1 cup canola oil
- 3 pounds beef flank steak
- 1 3/4 teaspoons canola oil

Side dishes

- Red Roasted Potatoes
- Garlic Broccoli

