

My Favorite Flank Steak

*Courtesy of **In Our Grandmothers' Kitchens***

Ingredients:

1 flank steak (1-1/2 to 2 pounds)
several cloves of garlic, peeled and sliced into tiny slices
soy sauce as needed (enough to cover but not submerge your steak)

Instructions:

With a small sharp knife make small slits all over one side of your flank steak. Insert pieces of garlic into each slit.

Pour soy sauce onto the steak; then turn it over and repeat the cutting, inserting, and pouring on that side as well.

Allow the steak to marinate at room temperature for at least 1-1/2 hours (a little longer is best, but if you want to marinate it for several hours you'll need to refrigerate it). Turn it every 1/2 hour or so to make sure both sides stay moist.

Remove the steak from the soy sauce and place it on a hot grill (or on a grill pan). Grill it for about 4 minutes on each side—maybe a little longer—so that it is rare. If you overcook your steak it will be tough. It doesn't have to be as rare as the photo above, however. (I love rare steak!)

Slice the warm steak against the grain.

Serves 4 to 6.