

Pan-Broiled Flank Steak



PREPARATION TIME
10 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
spinach salad



Soy sauce is a great way to add flavor to many foods.

Look for the generic brand in the more economical quart-size containers often found in supermarkets that carry family-size products.

SHOPPING LIST

- flank steak • ginger
- soy sauce

ON HAND

- garlic • salt

INGREDIENTS

- 1³/₄ cups soy sauce
- 2 tablespoons crushed garlic
- 1 teaspoon minced ginger or 1/8 teaspoon ground ginger
- 1 (2-pound) flank steak
- Salt

SERVES 6

COOKIN' Express

- Cooked flank steak needs to be carefully sliced at an angle across the grain to achieve the most tender and attractive cut.
- Store fresh ginger in the freezer. Grate off the amount you need and return the rest to the freezer.

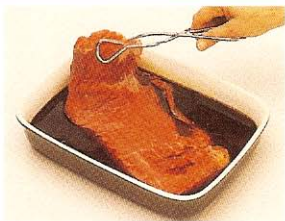
Make Ahead

Leftover steak can be finely chopped and stirred into scrambled eggs for a hearty Sunday morning breakfast.

♦ VARIATION

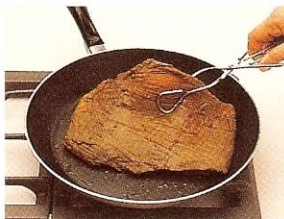
For a more intense Oriental flavor, add 1 tablespoon hoisin sauce to the marinade in step 1.

1 Mix soy sauce, garlic and ginger in a shallow dish. Prick steak in several places. Add steak to dish, turning to coat well.



2 Preheat a large heavy skillet over medium-high heat until a drop of water sizzles. Drain steak. Reserve marinade.

3 Sprinkle hot skillet with small amount of salt to prevent sticking. Sear steak, about a minute on each side, to seal in juices.



4 Cook steak for about 8 minutes, turning frequently. Cut diagonally into thin slices; place on a serving platter. Bring reserved marinade to a boil; cook about 1 minute. Serve with steak.