

Marinated Flank Steak

Category: Beef

Servings: 4

Rating: 10

Source: CBC Radio

Description:

Maureen served this to us along with some excellent stir-fried Vegetables and rice. Had to have to recipe; it is so good.

The quantities for ginger, garlic and orange rind are approximate.

Ingredients:

1 orange rind	1 tablespoon, grated
1 garlic	1 tablespoon, grated
1 ginger	1 tablespoon, grated
1 sherry vinegar	1/3 cup
1 soy sauce	1/3 cup
1 vegetable oil	1/3 cup (tasteless)
1 flank steak	1 1/2 lbs.

Instructions:

Mix the marinade ingredients and marinate beef for 12 to 24 hours in the refrigerator.

Bring back to room temp and BBQ over high heat, about 4 minutes per side for rare. Let the steak sit for 5 minutes and slice thinly across the grain.