

## Tammy's Favorite Flank Steak Marinade

- ¼ cup olive oil
- Juice of one lemon
- 3 Tablespoons Worcestershire sauce
- 2 Tablespoons Dijon mustard
- 2 cloves of garlic, finely chopped or 1 teaspoon garlic powder (If you use fresh, try to scrape it all off the meat before putting it on the grill so that you aren't left with a bitter, burnt garlic flavor. For this recipe, I usually make exception to my personal rule of not using garlic powder because I don't like burnt garlic.)
- Salt and freshly ground pepper (try a smoked salt!)

Put all ingredients on a large platter and whisk it to mix. Lay the meat in the marinade and turn it to coat each side. Marinate for about 30 minutes at room temperature, turning the meat a couple of times.

Heat the grill or pan to medium-high/high heat. If grilling, cook each side for 7-15 minutes, depending on the thickness of the meat and the desired doneness. After cooking the first side, turn the steak over, let the second side brown a bit, lower the heat, and close the grill. Finish grilling to the desired doneness. (If using a charcoal grill, move the meat away from the direct heat of the coals, cover, and finish cooking.)

If pan-frying, sear each side, then finish in a 350° F oven to the desired doneness.

Let the meat rest at least five minutes before slicing. Slice across the grain.