



JACK & PAT'S

Old Fashioned Butcher Shop

Specializing in Custom Cuts and Customer Service

Grilled Flank Steak

1 Flank steak 3 lbs.

Marinate: ½ cup teriyaki sauce, ¼ cup red wine, ¼ cup olive oil, 3 garlic cloves minced, 1 tsp. ginger grated, 1 medium onion, chopped finely, 2 tsp. pepper, pinch of sea salt.

Or Marinate: ½ cup Italian bread crumbs, ¼ cup olive oil, ¼ cup teriyaki sauce, ½ cup red wine, juice of 1 lemon, 2 garlic cloves pressed, 2 scallions chopped, 1 tbs. brown sugar, 1 tsp. steak sauce, 1 tsp. Dijon mustard, 1 tsp. catsup, 2 tsp. pepper, 1 tsp. sea salt.

Mix all ingredients in bowl large enough to hold flank steak. Place meat in mixture making sure both sides are covered. Cover and refrigerate for 3 hours. Pre-heat grill for 15 minutes. After heating, turn off 1 burner and turn other to medium. Drain marinade and place meat directly over medium burner. Sear meat on both sides for 2 minutes each. Place steak on inactive side, close grill and cook for 10 minutes each side.

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