



Recipes by Hubert Keller

Beer-Marinated Flank Steak

Ingredients:

(Yields: serves 4)

- 1 tablespoon mustard seeds
- 1 tablespoon fresh ginger, chopped
- 2 tablespoons garlic, chopped
- 2 tablespoons brown sugar
- 1 teaspoon cayenne pepper
- 1 red onion, sliced
- 12 ounces amber beer
- 2 sprigs fresh basil, about 6-8 leaves
- 1, 2-pound flank steak
- salt and pepper
- ¼ cup olive oil

Directions:

In a casserole dish or large, seal-tight plastic bag, mix together mustard seeds, ginger, garlic, sugar, cayenne and red onion slices. Add the beer and basil.

Submerge the steak into the marinade. If using an open container, wrap with plastic wrap and refrigerate 1 to 3 hours.

Remove steaks from marinade and pat excess marinade off with a paper towel. Season steak generously with salt and pepper on both sides.

In a frying pan large enough to hold the flank steak, heat the olive oil over high heat until smoking. Or you can cook on a grill and brush the steak lightly with olive oil.

Pan fry or grill the steak about 3 minutes on each side, or until well browned and medium rare.

Remove steak from pan and let rest 5 minutes.

Slice flank steak against the grain, and serve with beer-battered onion rings.