

Grass Fed Flank Steak with Pomegranate Glaze

- 2-3 lb. Grassfed flank steak
- 1 tablespoon chopped rosemary
- 1 tablespoon chopped thyme
- 1 teaspoon cracked black pepper
- 4 cups pure pressed pomegranate juice
½ cup safflower oil
- Marinate flank steak in rosemary, thyme, pepper, ½ cup of pomegranate juice and oil the day before.
- Take the remaining 3 ½ cups of juice and slowly reduce it to about ½ cup. The juice will turn into a thick syrup. That is your sauce.
- Grill the flank steak until the desired temperature, my recommendation is med-rare.
- Slice thinly against the grain and drizzle with pomegranate syrup.
- Chef notes: There are plenty of health benefits to eating grass fed meat, but how about the pomegranates? Tufts University discovered that this highly under-consumed fruit is a powerful antioxidant. They designed a scale to measure the potency of foods and vitamins. Pomegranates scored a 4000 compared to vitamin C at 100, carrots at 210, broccoli at 800 and berries at 1200-2400. Pomegranate juice can be bought at the health food store and is an excellent energy drink.