

Marinated Flank Steak with Lemon Garlic Butter

from Dan Lauria

Makes 4- 6 servings

Marinade

¼ cup fresh lemon juice

¼ cup extra virgin olive oil

¼ cup roughly chopped fresh Italian parsley

4 medium cloves garlic, crushed

1 teaspoon kosher salt

1 flank steak, 1.5 to 2 pounds and about ¾ inch thick, trimmed of surface fat

Butter

1/3 cup unsalted butter, softened

1 teaspoon finely chopped fresh Italian parsley

1 teaspoon minced garlic

1 teaspoon finely grated lemon zest

¼ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

1. In a medium bowl whisk the marinade ingredients.
2. Pour the marinade into a large, resealable plastic bag and add the meat. Press out the air. Seal the bag tightly. Then turn the bag several times to distribute the marinade. Place the bag on a plate in the refrigerator for 2-4 hours, turning the bag occasionally.
3. In a medium bowl mash the butter ingredients with a fork. Mix well to evenly distribute the seasonings.
4. Remove the meat from the marinade and discard the marinade. Let the steak stand at room temperature for 20-30 minutes before grilling. Grill the steak over direct medium heat (450-500 degrees F) until cooked to desired doneness. About 8 minutes for medium rare. Turn once during cooking. Remove the steak from the grill and let rest for 5 minutes. Smear the lemon-garlic butter over the steak, Cut the steak across the grain in thin slices. Serve warm.