



Pan Seared Flank Steak

We are going to sear this steak on the stove and finish it in a very hot oven. In order to do this, you will need an ovenproof skillet – preferably iron cast. If you do not have one you will have to cook the whole thing on the stove.

Here are a few important tips for pan frying beef if you are not going to place it in the oven:

1. Whenever you want to sear and brown any kind of meat, including seafood you must make sure that it is dry. Make sure you pat dry it with a paper towel. This way you remove the moisture and prevent it from steaming. Once you have dried it you can proceed to season it.
2. Make sure your pan is hot. Heat the pan and then add the oil. Heat the oil until it is hot, not smoking, and then add your meat to the pan. The meat will stick to the bottom of the pan when you first add it. Please, leave it alone! As the crust forms you will be able to flip it without a problem.
3. Do not overcrowd your pan! This is very important! If you have meats overlapping or with their edges touching you will create a steaming process. Remember you do not want this. You want a piece of nicely, evenly browned meat.
4. Finally, again, leave it alone. Do not meddle with it. Do not stand there turning it around, flipping it, peeking at it. Buy yourself a good pair of tongs and, after a few minutes, slightly lift one of the corners. If it is brown go ahead and flip it. If it isn't let it be and check again in a few minutes. Please do not use a fork to flip your meat. You do not want to prick it and have all your delicious juices seep away. Serve and enjoy!

Serves four

1 pound flank steak

1 tsp. salt

1 tsp. black pepper (Freshly ground salt and pepper would be ideal)

1 TBS Canola oil

Heat the oven to 400 degrees. If possible, set your rack in the center of your oven.

Season the steak generously with salt and pepper. Heat your skillet on high heat until very hot. Add the oil. Place the steak in the middle of your pan and sear for 2 minutes. Flip and sear for an extra 2 minutes. Both sides should be well browned.

Place the skillet inside the oven and cook for an extra 5 minutes for medium rare or a little longer for medium. Remove the meat from the oven, or stovetop, and place on a carving board. Cover it loosely with some aluminum foil and let it rest for a few minutes.

Cut the beef thinly and on the diagonal. Use a sharp knife to have an even cut. Serve it and drizzle it with the chimichurri sauce.

4 oz. beef - CALORIES 217.38; FAT 12.31 grs (sat 4.06; mono 6.53; poly 1.32); PROTEIN 24.63 grs ; FIBER 0.14 grs; CARBS 0.34 grs; CHOLESTEROL 52.88 mg; IRON 2.2 mg; SODIUM 653.56 mg; CALCIUM 9.13 mg