

CAPRESE FLANK STEAK





Yield: 4 to 6 servings

INGREDIENTS:

1/3 cup olive oil

3 tbsp balsamic vinegar 1 tbsp minced garlic

2 tsp dried oregano leaves and

coarse salt ½ tsp dried thyme leaves and

ground black pepper 1 pint cherry tomatoes

1 tbsp Worcestershire sauce

1½ lb flank steak

Optional toppings: Cubed fresh mozzarella cheese, torn basil and balsamic glaze (optional)

METHOD:

Whisk olive oil with balsamic vinegar, garlic, oregano, salt, thyme and pepper until well combined. Measure out 2 tbsp; toss with tomatoes. Whisk Worcestershire sauce into remaining marinade and combine with steak in a zip-top bag; massage to coat steak.

Marinate steak and tomato mixtures for at least 4 hours or up to 25 hours; bring to room temperature 30 minutes before grilling. Preheat grill to medium-high.

Thread tomatoes onto soaked wooden skewers. Remove steak from

Grill steak for 4 to 5 minutes per side for medium-rare or to preferred doneness. Tent with foil; rest for 10 minutes before slicing across grain. Grill tomatose, turning often for 3 minutes, or until slightly charred and blistered. Serve tomatoes over sliced steak along with cheese, basil and balsamic claze (if usino).

TIP: Flank steak is most tender when served medium-rare to medium. A 1-inch thick steak should take 4 to 5 minutes per side and have an internal temperature of 140°F (60°C) for medium-rare or 150°F (65°C) for medium-trare or 150°F

PAIR WITH: LE19 PACIFIC QUARTET RED

