



Steak Out

SAVOURY GRILLED FLANK STEAK

Slice this lean but flavourful cut of beef very thinly for maximum tenderness.

2 tbsp (25 mL) oil	1 tbsp (15 mL) honey
2 tbsp (25 mL) Worcestershire sauce	2 cloves garlic, crushed
2 tbsp (25 mL) soy sauce	1 1/2 lb (0.75 kg) flank steak
1 tbsp (15 mL) fresh lemon juice	

To prepare marinade, combine all ingredients except steak in a heavy zip-lock plastic bag. Add steak and squeeze bag to coat steak with marinade; seal bag. Let stand for 30 minutes. Remove steak from marinade; discard marinade. Grill steak over medium heat on natural gas barbecue to medium rare, about 15 - 20 minutes. Let stand for 5 minutes before slicing. Using a sharp knife held at a 45 degree angle, slice steak against the grain into thin slices. Serves 4 - 6.

SPICY BLUE CHEESE-TOPPED RIB EYES

1/2 cup (125 mL) crumbled blue cheese	1 1/2 tsp (7 mL) red wine vinegar
4 oz (125 g) cream cheese, softened	1/4 cup (50 mL) chopped fresh parsley
4 tsp (20 mL) finely chopped seeded jalapeno pepper	2 tbsp (25 mL) olive oil
1 tbsp (15 mL) finely chopped green onion	2 cloves garlic, crushed
	6 rib-eye steaks, 1 inch (2.5 cm) thick

Combine blue cheese, cream cheese, jalapeno pepper, green onion and vinegar; set aside. Combine parsley, oil and garlic in a heavy zip-lock plastic bag. Add steaks and squeeze bag to coat steaks with parsley mixture; seal bag. Let stand for 30 minutes. Remove steaks from bag. Grill steaks over medium heat on natural gas barbecue to desired doneness. Serve steaks topped with blue cheese mixture. Serves 6.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

ITALIAN-SEASONED SIRLOIN STEAK

2 tbsp (25 mL) oil	1/2 tsp (2 mL) salt
2 tbsp (25 mL) chopped fresh parsley	1/2 tsp (2 mL) freshly ground pepper
2 tsp (10 mL) basil, crumbled	4 cloves garlic, crushed
2 tsp (10 mL) rosemary, crumbled	1 1/2 lb (0.75 kg) sirloin steak,
2 tsp (10 mL) oregano, crumbled	1 1/2 inches (3.75 cm) thick

To prepare marinade, combine all ingredients except steak in a heavy zip-lock plastic bag. Add steak and squeeze bag to coat steak with marinade; seal bag. Let stand for 30 minutes. Remove steak from marinade; discard marinade. Grill steak over medium heat on natural gas barbecue to desired doneness. Serves 4 - 6.

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STEAKS WITH SPIRITED BUTTER

1/2 cup (125 mL) butter, softened	1/8 tsp (0.5 mL) salt
1 tbsp (15 mL) finely chopped green onion	1 clove garlic, crushed
1 tbsp (15 mL) finely chopped fresh parsley	4 tsp (20 mL) brandy
1/4 tsp (1 mL) freshly ground pepper	4 strip loin steaks, 1 inch (2.5 cm) thick

To prepare spirited butter, combine first 6 ingredients (butter through garlic) until blended. Stir in brandy, 1 tsp (5 mL) at a time, until blended. Grill steaks over medium heat on natural gas barbecue to desired doneness. Serve each steak topped with a dollop of spirited butter. Serves 4.

BALSAMIC AND FENNEL STEAK

2 tbsp (25 mL) olive oil	1/4 tsp (1 mL) salt
2 tbsp (25 mL) balsamic vinegar	1/4 tsp (1 mL) freshly ground pepper
2 tsp (10 mL) fennel seed, crushed	1 1/2 lb (0.75 kg) sirloin steak,
1/2 tsp (2 mL) thyme, crumbled	1 1/2 inches (3.75 cm) thick
1/2 tsp (2 mL) allspice	

To prepare marinade, combine all ingredients except steak in a heavy zip-lock plastic bag. Add steak and squeeze bag to coat steak with marinade; seal bag. Let stand for 30 minutes. Remove steak from marinade; discard marinade. Grill steak over medium heat on natural gas barbecue to desired doneness. Serves 4 - 6.

MUSTARD HORSERADISH STEAKS

2 tbsp (25 mL) whole-grain mustard	1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) oil	1 clove garlic, crushed
2 tsp (10 mL) prepared horseradish	2 rib steaks, 1 inch (2.5 cm) thick
1/4 tsp (1 mL) salt	

Combine all ingredients except steaks in a heavy zip-lock plastic bag. Add steaks and squeeze bag to coat steaks with seasoning mixture; seal bag. Let stand for 30 minutes. Remove steaks from bag. Grill steaks over medium heat on natural gas barbecue to desired doneness. Serves 4.

STEAKS BALSAMICO

1/4 cup (50 mL) oil	1/4 tsp (1 mL) salt
1/4 cup (50 mL) balsamic vinegar	1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) packed brown sugar	3 cloves garlic, crushed
1 tsp (5 mL) Dijon mustard	4 strip loin steaks, 1 inch (2.5 cm) thick
1/2 tsp (2 mL) basil, crumbled	

To prepare marinade, combine all ingredients except steaks in a heavy zip-lock plastic bag. Add steaks and squeeze bag to coat steaks with marinade; seal bag. Let stand for 30 minutes. Remove steaks from marinade; discard marinade. Grill steaks over medium heat on natural gas barbecue to desired doneness. Serves 4.

MAHOGANY STEAK

1/4 cup (50 mL) soy sauce	1 tsp (5 mL) freshly ground pepper
1 tbsp (15 mL) fancy molasses	2 cloves garlic, crushed
1 tbsp (15 mL) oil	1 1/2 lb (0.75 kg) sirloin steak,
1 tsp (5 mL) sesame oil	1 1/2 inches (3.75 cm) thick

To prepare marinade, combine all ingredients except steak in a heavy zip-lock plastic bag. Add steak and squeeze bag to coat steak with marinade; seal bag. Let stand for 30 minutes. Remove steak from marinade; discard marinade. Grill steak over medium heat on natural gas barbecue to desired doneness. Serves 4 - 6.