



Recipes

SMOKY MUSTARD FLANK STEAK

*This lean but flavourful cut of beef is best grilled to rare or medium rare.
It must be sliced very thinly for maximum tenderness.*

1/4 cup (50 mL) Dijon mustard	1 tbsp (15 mL) chipotle pepper sauce
1/4 cup (50 mL) honey	1/4 cup (50 mL) soy sauce
2 tbsp (25 mL) thawed frozen orange juice concentrate	1 1/2 lb (0.75 kg) flank steak
2 tbsp (25 mL) water	6 flour tortillas (8 inch/20 cm), warmed

To prepare sauce, combine mustard, honey, orange juice concentrate, water and chipotle pepper sauce. Cover and refrigerate half of sauce; reserve to serve with steak. To prepare marinade, combine remaining sauce and soy sauce; pour into a heavy zip-lock plastic bag. Add steak and squeeze bag to coat steak with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 12 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 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° angle, slice steak against the grain into thin slices. Serve steak in tortillas with reserved sauce. Serves 6.

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