

## **SOUTHERN SPICED FLANK STEAK**

*The southern-inspired rub for this flank steak may be prepared in advance and refrigerated for up to 1 week. The oil beaten in with the dry ingredients helps keep the mixture evenly blended.*

1 tbsp (15 mL) packed golden brown sugar	1 tsp (5 mL) oregano, crumbled
1 1/2 tsp (7 mL) paprika	1 tsp (5 mL) oil
1 tsp (5 mL) ground cumin	1/2 tsp (2 mL) garlic powder
1 tsp (5 mL) ground ancho chile pepper	1/4 tsp (1 mL) salt
	1 1/2 lb (0.75 kg) flank steak

To prepare rub, use low speed of an electric mixer and beat together all ingredients except steak until blended, about 1 minute. Spread rub evenly over both sides of steak. Let stand for 30 minutes. 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. Serves 6.

**Cook's Note:** *Ancho chile pepper is made from the ground dried pods of the ancho chile. It has a sweet fruity flavour and is mildly hot. Look for it where spices are sold.*