Flank Steak

Description

Indoors

Broil 5 minutes each side, cover lose with foil and rest 10 minutes

TBL oil in cast iron - high heat 6 to 8 minutes and rest in preheated oven 200 while making sauce

Ingredients

Instructions

Summary

Yield: 2
Prep Time: 5 minutes
Category: Meats
Cuisine: American
Tags: steak, flank, cooking method