

Flavorful Flank Steak

Flank steak is a specialty cut of beef. It is famous for how tough it can be if cooked improperly and its intense flavor.

Flank steak is a long, thin, and lean cut of meat. Though it's without rich marbling and lean, it does have a rich, beefy taste. They generally weigh around 1-2 pounds. It's a fantastic source of protein and iron and cooks fast. Flank steak is a versatile cut of beef that can be melt in your mouth tender when you choose a great flank steak recipe or incorporate a flavorful steak marinade.

If you've never cooked a flank steak, the time is now. To bring out the best in flank steak there are a few tricks. Here's how to get tender, flavorful results.

Grilling is perhaps the best way to cook flank steak. In addition, you can also pan-sear it in a skillet, broil it in your oven, or even use a specialty cooking method such as the electric pressure cooker. The trick is to keep the flank steak cooking time to a minimum. Flank steak is lean and can become dry and chewy if overcooked. This lean cut is best cooked rare, medium-rare, or medium at most. If you want a well-done steak, choose a different cut.

It's quite common to marinate flank steak. A great way to add flavor is to use a marinade. For marinades, there are all sorts of different types you can use. Get creative and try different varieties. Place the steak in a bowl and cover with plastic wrap if marinating. Place in the fridge for 2-3 hours to let the marinade penetrate the meat. If desired, you can leave it in the marinade for up to 24 hours.

The key to cooking flank steak is first bringing it to room temperature. Remove the steak from the fridge 30 minutes before cooking. This brings the meat closer to room temperature before cooking. This will allow for a more even finished cook and a pink steak from edge to edge when sliced.

Another trick to getting a good crust is to pat the flank steak dry before cooking.

While the flank steak is resting, heat the grill, skillet, or griddle. Cook the steak, after 3-4 minutes, flip the steak over. You should see a nice brown sear on the cooked side of the flank steak. Cook it for an additional 3-4 minutes or until the steak reaches your desired internal temperature. Use a digital instant-read thermometer. Remember, the temperature climbs about 5 degrees after the meat is off the heat. Take the flank steak off the heat once its internal temperature reaches 5 degrees below your preferred doneness.

Once the steak reaches the desired internal temperature, take it off the heat and let it rest for 5 minutes. Resting allows the juices to draw back into the steak so that you will get a super juicy steak when carving. If you slice it right away, you will find lots of steak juice pouring out of the meat.

Flank steak has a visible lengthwise grain running through it. Slice the meat against the grain, thinly, to maximize tenderness. Cutting it with the grain would make the meat tough and stringy.

Flank steak can be used to create wonderful meals like flank steak tacos, flank steak fajitas, and chimichurri flank steak.

Stored in an airtight container, cooked flank steak can be kept in the fridge for up to 3-4 days.

If flank steak isn't available at the market, don't stress! Many other thinner cuts of beef will work nicely here, such as top round steak, skirt steak, and flat iron steak.

Using a great marinade, slicing correctly, and cooking hot and fast are the secrets to a fabulous flank steak. Use these techniques along with a meat thermometer, and soon you'll be famous for cooking your own amazing flank steak!