

Greek-Marinated Skirt Steak with Garlic Yogurt Sauce

Cooking class, Phillis Carey, 2018



Servings: 6

1. STEAK: Combine olive oil, lemon juice, garlic, mustard, herbs, salt and pepper in a large Ziploc bag. Mix well, then add the skirt steak(s), turning to coat well. Refrigerate at least 8 hours or overnight.
2. SAUCE: mash the garlic with the salt into a paste. Stir the garlic into the yogurt along with lemon juice. Cover and refrigerate up to one day ahead.
3. Preheat grill. If using an indoor grill, place a piece of heavy-duty aluminum foil on top of the grill and oil it. Remove steak from refrigerator about 45 minutes before cooking time. Using tongs, remove steak from marinade and let it drain for 10-15 seconds (over the bag), then place on grill for 3-5 minutes per side for medium rare (depends on the thickness of the meat), then let meat rest on a cutting board, tented with foil, for 5 minutes before slicing thinly on the diagonal (across the grain). Mound meat on a heated platter, drizzle with some of the yogurt sauce, sprinkle with parsley and serve remaining sauce on the table.

- 2 1/2 pounds skirt steak
- 2 tablespoons Italian parsley, chopped (garnish)

MARINADE:

- 1 cup olive oil
- 1/4 cup lemon juice
- 3 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 2 tablespoons dried oregano
- 2 teaspoons dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

YOGURT SAUCE:

- 1 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1 cup plain yogurt, full fat (may use Greek, but it will be thick)
- 1 tablespoon fresh lemon juice

Per Serving (excluding unknown items): 694 Calories; 57g Fat (74.6% calories from fat); 39g Protein; 5g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 727mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com