

Grilled Flank Steak and Onions with Ancho Chili Rub

Phillis Carey Cooking class, 2018



Servings: 4

1. For the sauce, combine all ingredients in a small bowl. Cover and refrigerate at least 1 hour and up to 4 days.
2. Preheat the grill. In a small bowl combine the ancho chili, cumin, coriander, mustard, oregano, salt, pepper and cayenne in a small bowl to make the rub. Pat dry the flank steak with paper towels and coat well with most of the rub. Sprinkle onions with some of the rub as well; brush or toss onions with a bit of oil.
3. Brush the flank steak with oil all over and place on the grill. Cook the steak 7 to 9 minutes per side or to desired doneness; cook the onions next to the steak. Transfer the steak to a carving board and let rest, tented with foil, for 8 to 10 minutes. Slice the steak across the grain into 1/4-inch-thick slices. Serve steak with onions and drizzled with sauce.

SAUCE:

- 1/2 cup mayonnaise
- 2 T. prepared horseradish
- 1 T. ketchup
- 1/4 tsp. smoked paprika, or regular paprika
- 1/8 tsp. dried oregano
- 1/4 tsp. salt
- 1 Pinch freshly ground black pepper
- 1 Pinch cayenne pepper

STEAK:

- 2 T. ancho chili powder
- 2 T. chili powder
- 1 1/2 tsp. ground cumin
- 1 1/2 tsp. ground coriander
- 1 tsp. dry mustard
- 1 tsp. dried oregano
- 1 1/2 tsp. salt
- 1/2 tsp. freshly ground pepper
- 1/4 tsp. cayenne pepper
- 1 lb. flank steak (1 to 2 1/2)
- 2 large sweet onions, peeled and sliced in thick rings
- Grapeseed oil for brushing

Per Serving (excluding unknown items): 447 Calories; 36g Fat (70.7% calories from fat); 24g Protein; 10g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 1277mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 3 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com