

Orange Marinated & Glazed Flank Steak

Author: Phillis Carey

Carolyn T's
Cookbook

Servings: 6



2/3 cup dry red wine
1/2 cup fresh orange juice
1/3 cup fresh lime juice
1/2 cup honey
1/4 cup cider vinegar
1/4 cup soy sauce
2 tablespoons olive oil
1 1/2 teaspoons minced garlic
1 teaspoon orange zest, zested before you squeeze the oranges above
1 teaspoon Tabasco sauce
1/2 teaspoon ground cumin
1/2 teaspoon dried thyme
1/4 teaspoon fresh ground black pepper
4 pounds flank steaks (about 2 pounds each)

Serving Ideas: You're going to adore the sauce, so serve it with a carb that will enhance the sauce (like rice or mashed potatoes).

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 702 Calories; 36g Fat (47.8% calories from fat); 59g Protein; 29g Carbohydrate; trace Dietary Fiber; 154mg Cholesterol; 919mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

1. Combine all the ingredients (except flank steaks) in a shallow baking dish (or large plastic ziploc bag) stirring the honey until dissolved. Add the flank steaks and turn to coat in marinade. Cover and refrigerate for at least 24 hours. May be kept for 2-3 days in the marinade.
2. Remove steaks from marinade and transfer marinade to a saucepan. Let steaks stand at room temp for 45 minutes. Bring marinade to a boil and continue boiling until liquid is syrupy, about 10 minutes. There should be about one cup of sauce. Cool.
3. Brush this sauce/glaze on both sides of the steaks and grill (outside or stovetop grill) or broil (about 4 inches from the heat) until nicely glazed, about 5 minutes on each side for medium rare. Let meat rest for 5 minutes with a piece of aluminum foil very lightly tented over the meat.
4. Transfer steaks to a cutting board. Holding a sharp knife at a 45-degree angle, cut the steaks across the grain into thin slices. Transfer the meat to a platter and drizzle with any remaining glaze.