Grilled Skirt Steak

http://shewearsmanyhats.com/2011/06/skirt-steak/



1 pound skirt steak

2 tablespoons extra virgin olive oil

3 teaspoons soy sauce

1/2 teaspoon ground ginger

1/4 teaspoon garlic powder

1/4 teaspoon pepper

2 teaspoons rice vinegar, [I used seasoned because it's what I had in my pantry]

Serving Ideas: Because I had some on hand, I served the steak with a large spoon of caramelized onions. The sweetness of the onions was wonderful with the steak. Although the marinade contains soy sauce, the flavor does not predominate.

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

1. Mix all ingredients together in a zip top bag, adding skirt steak last. Squish it around some to coat well and marinate refrigerated until ready to cook. Marinate for at least 30 minutes if time allows.
2. In an iron skillet over medium-medium high heat place the skirt steak. Slightly press down to create sear. For medium rare, cook for 3 minutes. Flip steak and cook for an additional 3 minutes. Alternately you can barbecue on an outdoor grill for the same period of time.
3. Let steak rest about 10 minutes tented with foil, then cut narrow slices across the grain.

Per Serving (excluding unknown items): 264 Calories; 19g Fat (64.4% calories from fat); 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 336mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.