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How long to cook skirt steak on infrared grill

For the Flank Steak 1 1-1/2 -2 pound) flank steak For the Marinade 1/2 cup olive oil 1/3 cup soy sauce 1/4 cup fresh chopped basil 3 tablespoons lemon juice 2 tablespoons red wine vinegar 1 tablespoon Dijon mustard 1 garlic clove, chopped 1 teaspoon black pepper 1/2 teaspoon red pepper flakes 1 Cut the whole flank steak into 5 to 6 equal portions. 2 Whisk together olive oil, soy sauce, basil, lemon juice, vinegar, mustard, garlic, black pepper and red pepper flakes in a medium-size bowl. Place the flank steak in a large zip top plastic bag. Add marinade, seal and lightly squeeze to distribute marinade. Refrigerate for 4 hours. 3 Preheat your grill to 450°F. 4 Place marinated flank steaks onto hot grill grates. Cook until desired doneness, 5 to 10 minutes per side. Hot Tip Rare 125°F | Med-Rare 130°F | Medium 140°F | Med-Well 150°F | Well 160°F 5 Remove steaks from the grill and let rest for 10 minutes at room temperature before serving. Hot Tip Giving your meat the time it needs to rest allows juices to redistribute, retaining moisture for tender meat. The internal temperature will continue to rise 10 to 15 degrees until it levels out and then begins to fall. Click the stars to rate it. Smoke out the goods! Get recipes, cooking tips and tricks and promotional offers delivered to your inbox each week. STEAKS BEEF OTHER MEATS SEAFOOD COMBOS, MEALS & CLUBS SIDES & EXTRAS SEASONINGS & SAUCES POTATOES APPETIZERS SIDE DISHES DESSERTS View All » STEAK GIFTS What to Look For Coming from the belly or back end of the cow, flank steak is a long, flat, and thin piece of meat. It is typically used for dishes like fajitas and stir-fry. Since it comes from a part of the cow that gets a lot of exercise, the meat has a strong grain and fibers. It can be quite tough if over-cooked, and should be in order to make the meat more tender. Image courtesy of JoeSmack at en.wikipedia Marinating flank steak will also help tenderize the meat and add flavor. If you are cooking for a crowd, use a whole flank steak to feed everyone. Or if you are cooking for a few, cut the steak into halves or thirds and marinate each piece separately. You will have meals for days! Choose the Marinade Here are three really easy and versatile ideas for flank steak marinades that only have three ingredients, so you get a lot of flavor with very little effort. These recipes are geared toward a steak that is about 1/2 pound, so adjust accordingly. The best part about most marinade recipes is that you don't have to be too exact in measuring the ingredients! The method of preparation is the same for all of the marinades. Simply place all ingredients in a shallow dish or bowl, and stir to combine. Add the flank steak to the marinade, and let soak for at least 30 minutes, and up to about two hours. Refrigerate the steak if you will be marinating it for longer than 30 minutes. Since flank steak is so thin, you don't want to let it marinate too long or the acid from the marinade will start to break down the fibers of the meat and cause it to turn gray and mushy. Champagne, Shallot, and Dijon 1 cup Champagne or sparkling wine 1/4 cup Dijon mustard 2 shallots, roughly chopped or sliced Tequila, Lime, and Cumin 1 cup Tequila 2 limes, zested and juiced 2 tablespoons cumin seeds Soy, Garlic, and Brown Sugar 1 cup soy sauce 1/4 cup brown sugar 3-4 garlic cloves, peeled and thinly sliced Grill It! When ready to grill, remove the flank steak from the refrigerator if necessary. Preheat your TEC Grill over medium-high heat for about 5-10 minutes. Remove the steak from the marinade, and season all over with salt and pepper. Place the steak on the grill (discard the marinade). Grill for about 5 minutes on each side, or until the internal temperature of the steak is at 130-135 degrees F for medium-rare. Remove the steak from the grill, and let it rest for about 10 minutes. Remember to slice it against the grain for tender juicy bites. Make it Saucy You can serve flank steak straight off the grill with some grilled potatoes, warm tortillas, or on a hoagie roll. Or you can dress it up with one of these sauce combinations. Cognac Tarragon Cream Sauce Olive oil 1 shallot, finely minced 1/4 cup Cognac or brandy 1/2 cup chicken or beef stock Splash of heavy cream 1/4 cup fresh tarragon leaves, roughly chopped Sweat the shallot in olive oil until translucent and softened. Add the Cognac, and cook down until the liquid is almost evaporated, and the sauce is syrupy. Add the stock, and reduce again by half. Add the splash of cream and tarragon, and season to taste with salt and pepper. Spoon the sauce over the Champagne marinated flank steak, and serve with grilled potato wedges. Cheese Sauce with Poblano Rajas Olive oil 1 large red onion, peeled and thinly sliced 1 cup cremini mushrooms, sliced 2-3 poblano peppers, grill roasted, peeled, and sliced Monterey Jack cheese sauce (or for a simpler version, just use 2 cups Jack cheese, shredded) Sauté the onion in the olive oil until caramelized and softened. Add the mushrooms, and sauté until browned and starting to get crispy. Add the poblano peppers, and season to taste with salt and pepper. Make sure grill is heated to medium heat. Place the cheese sauce (or shredded cheese, if making the simpler version) in a cast-iron or grill-safe dish. Place the dish on the grill grates, and close the hood. Cook until the cheese is melted and sauce is bubbling, checking every few minutes. If desired, place the dish under a broiler for a few minutes to brown the top of the cheese. Remove from the grill, and top with the Tequila marinated flank steak, and the poblano pepper mixture. Serve with tortilla chips or warm flour tortillas. Carrot Ginger Sauce 1 carrot, peeled and grated 2 tablespoons fresh ginger, peeled and grated 1 clove garlic, minced 1/4 cup rice wine vinegar 1 tablespoon sesame oil 1 tablespoon Mirin or rice wine Splash of lime juice Whisk together all ingredients in a small bowl. Season with salt and pepper, and drizzle over the Soy marinated flank steak. Serve with grilled broccoli and steamed rice. Want more recipe ideas for your next flank steak? Give one of these a try! Food & Wine - Balsamic Marinated Flank Steak Chowhound - Bourbon Marinated Flank Steak Community Table - 12 Easy Marinated Flank Steak Recipes Danielle Weckler2018-05-21T22:09:35+00:00 Photo Courtesy: Pixabay There's nothing like grilling out an amazing meal. An outdoor staple that can be enjoyed just about any time of year, grills let you create to tasty meals for just about any occasion. Whether you're cooking for your family or hosting a large gathering, there's one sure to suit your needs. And with this list of the very best grills on the market, shopping for the right one is easier than you think. MORE FROM CONSUMERSEARCH.COM The Spruce / Kristina Vanni Skirt steak is a wonderfully flavorful cut of beef. It's also fabulous on the grill. It cooks up easily, quickly, and can be sliced to feed 4 to 6 people—or more if you use the meat in fajitas, sandwiches, or as part of a summer dinner salad. They run anywhere from 12 to 24 ounces, so they easily feed from 2 to 6 people. Have a bigger crowd on hand? Just grill an extra skirt steak or two (or three). Cooking these larger cuts that you can then slice and serve allow for a lot of flexibility of appetite and diet. Hungry meat eaters and those for whom a slice or two is dandy all benefit. Simply use what's below as guidelines and adjust amounts based on the skirt steak(s) and dmetr(s) at your table. "Skirt steak is thin, which means there's a greater chance of overcooking it when it's on the grill. This recipe ensures perfect results for medium to medium-rare steak. I let it rest for 10 minutes before slicing and it was perfect." —Danielle Centoni 1 pound skirt steak 1/2 teaspoon salt Optional: 1/4 teaspoon freshly ground black pepper Optional: 1/8 teaspoon cayenne Gather the ingredients. The Spruce / Kristina Vanni While technically optional, the first step for the best tasting grilled steak is to salt it. Put the salt in a small bowl or ramekin. If using the pepper and/or cayenne, add them to the salt and mix. Let it sit for at least 30 minutes at room temperature or up to overnight in the fridge. In any case, bring the meat to about room temperature, or at least let it sit out to take the chill off before cooking it to help ensure even cooking. The Spruce / Kristina Vanni While the meat sits, make sure the cooking grate on your charcoal or gas grill is cleaned and well-oiled, then heat the grill to high heat. You should be able to hold your hand about an inch over the grill grate for 1 second before it feels too hot. If using a charcoal grill, build the fire to one side so you'll also have a cooler area where you can move the steak(s) if it's seared and browned on the outside but not quite ready to take off the grill completely (if you're using a gas grill you'll be able to turn off a burner if need be). The Spruce / Kristina Vanni Set the steak(s) on the grill and cook, without moving, until that side is seared and releases from the grill of its own accord, about 3 minutes for medium-rare, 4 minutes for medium. The Spruce / Kristina Vanni Turn and cook on the other side to the same effect, about 3 to 4 more minutes. You can use a meat thermometer to get an accurate temperature if you like. For rare, remove the steak(s) at 120 F to 125 F; medium-rare 125 F to 130 F; and medium 130 F to 135 F. The Spruce/ Kristina Vanni Remove the steak(s) from the grill, cover loosely with foil, and let sit at least 10 minutes. This resting time allows the meat to finish cooking and the juices to redistribute evenly throughout the steak. It is extremely important to achieving a properly cooked steak when everything is said and done, so despite the temptation, don't skip this step! Use a sharp knife to slice the steak against the grain and serve hot, warm, or room temperature. Skirt steak is particularly flavorful, so any cold leftovers are more than usually delicious. For a bit more pizzaz, try putting a slice or dollop of compound butter on top of each serving. Of course, hot sauces, salsas, and guacamole are all great options if you're using the steak to serve in fajitas. Rate This Recipe I don't like this at all. It's not the worst. Sure, this will do. I'm a fan—would recommend. Amazing! I love it! Thanks for your rating!

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