Doc’s Fab Marinated Flank



Per Piece of Flank – approx. 1.5 to 2 Lbs. – serves 4-5

Preparation Day Before:

With a sharp butcher knife, score each side of flank 1cm deep

 (Diamond-cut as seen above)

In a Ziploc freezer bag, add:

* 6 oz. of Soy Sauce,
* 6 oz. of Canadian/California Sherry (not Cooking Sherry)
* 6 chopped cloves of garlic
* Roll meat and add to bag of marinade; Burp air out, then seal bag tight
* Refrigerate overnight; Flip bag in the morning
* Bring to room temp 1/2 hour before cooking

GameDay

* Heat your Grill to 400 degrees
* Remove meat from bag to a clean cutting board
* Pour marinade into a small pot and bring to a boil
* Grill flank to medium rare (140F degrees maximum, flipping once only)
* While grilling, coat flank with small portions of marinade
* When cooked to temperature, take meat from grill to a cutting board, cover with tin foil

and let rest for 4 minutes

* Cut into thin slices against the grain as shown above, then drizzle marinade overtop

Spice the marinade up by cutting up some portabella mushroom and throwing them in when boiling.