

## **FLANK STEAK BORDELAISE**

### **INGREDIENTS:**

1 1/2 pounds flank steak  
1 clove garlic (OR garlic salt or powder to taste)  
1 tsp salad oil  
3 tsps minced shallots  
1 Cup fat-skimmed beef broth  
1/4 cup dry red wine  
2 TBS flour  
2 TBS lemon juice  
2 TBS dried parsley  
Dash of red cayenne pepper  
Salt & pepper to taste

### **DIRECTIONS:**

Rub steak with 2 tsps oil & cut clove of garlic (OR sprinkle garlic salt or garlic powder) - broil quickly under highest heat (4-5 minutes per side). Meantime, make sauce.

Sauté shallots in remaining oil till tender (regular onions can be substituted). Add beef broth (OR 1 Cup cold water & 1 beef boullion cube) & stir in flour.

Add all other ingredients - continue heating over moderate flame, stirring frequently, till sauce simmers & thickens (about 5 minutes). Pour over steak & serve.

Serves: 6 (200 calories per serving)