

Panfried Flank Steak with Garlic Butter

SOURCE: Cookbook Sampler

Chapter: Saveur Cooks Authentic American **Author:** Editors of Saveur Magazine

Prep Time: 5 minutes

Cooking Time: 20 minutes

INGREDIENTS:

1 1-1/2 lb flank steak
Salt & freshly ground pepper
3 TBS extra-virgin olive oil
1 TBS Parsley, finely chopped, fresh
4 TBS butter
3 cloves garlic, peeled/crushed

DIRECTIONS:

Pat steak dry with paper towels, then season with salt & pepper. Heat large cast-iron skillet over high heat. When pan begins to smoke, coat with oil, then add steak & sear till almost black (about 4 minutes on each side for rare). Don't move it till ready to turn or crust will break.

Transfer steak to platter. Cover with foil to keep warm.

Heat butter & garlic in small saucepan over medium-low heat. Cook till garlic is fragrant (about 5 minutes). Remove & discard garlic.

Cover steak with the garlic butter. Cut across grain into 1/4" slices. Spoon juices over steak & top with parsley.

Serves: 4