

Grilled Flank Steak with Cumin Aioli

SOURCE: AOL Recipes (Karen Barnaby)

You can use a sirloin steak in place of the flank steak.

- 3 TBS extra-virgin olive oil
- 1/2 tsp salt
- 2 cloves garlic, minced
- 1/2 tsp coarsely ground black pepper
- 1 flank steak (about 2 1/2 lbs)
- 1 TBS cumin seeds
- 1 large egg
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1 clove garlic, minced
- 1/2 C vegetable oil
- 1/2 C olive oil
- 4 tsp lemon juice

DIRECTIONS:

Mix olive oil, salt, garlic + black pepper together in small bowl - spread on both sides of steak – cover and refrigerate. Dry-roast cumin seeds in small frying pan over medium heat till they darken a shade - remove from heat. Finely grind half the cumin seeds in spice- or coffee-grinder.

In blender or food processor, combine egg, Dijon mustard, salt, garlic + finely ground cumin seeds - with the motor on, add half the oils in a slow steady stream - add lemon juice - continue adding rest of oil till the aioli is emulsified. If the mixture seems too thick, add spoonful or 2 of water. Scrape aioli into bowl and stir in the whole cumin seeds.

Preheat barbecue or broiler to high - grill or broil the steak 3-4 minutes on each side for medium-rare. Remove steak from heat - let it rest a few minutes. Slice very thinly across the grain and serve with the cumin aioli on the side.

Total Carbohydrates: 8.886

Total Carbohydrates Minus Fiber: 7.667

Carbohydrates per Serving: 2.22

Carbohydrates per Serving minus Fiber: 1.91