Perfect Flat Iron Steak

Description

This recipe was created from a combination of different recipes that I read when I was looking for the perfect iron steak. I combined, adjusted, and finally perfected it to my taste. I'm sure you will love it as well. After all it is perfection."



Summary

Yield: 6
Prep Time: 20 minutes
Category: Meats
Cuisine: American

Ingredients

- 1 2 lb. flat Iron Steak
- 2 1/2 tbsp olive oil
- 2 clove minced garlic
- 1 tsp chopped fresh parsley
- 1/4 tsp chopped fresh rosemary
- 1/2 tsp chopped fresh chives
- 1/4 cup red wine
- 1/2 tsp salt
- 3/4 tsp pepper
- 1/4 tsp dry mustard

Instructions

Place the steak inside of a large resealable bag.

In a small bowl, stir together the olive oil, garlic, parsley, rosemary, chives, Cabernet, salt, pepper

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and mustard powder.

Pour over the steak in the bag.

Press out as much air as you can and seal the bag.

Marinate in the refrigerator for 2 to 3 hours.

Heat a nonstick skillet over medium-high heat.

Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness.

Discard the marinade.

These steaks taste best at medium rare.

Allow them to rest for about 5 minutes before serving.