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 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.

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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.