

HERB RUBBED FLANK STEAK WITH GRILLED SEASONAL VEGGIES

Culinary Intro:	Flank steak is a budget-friendly cut of beef that is rather lean and flavorful. It is quite versatile, as it can be used to make fajitas, added in stir-fries, or grilled and sliced for salads.
Nutrition Intro:	Most meats contain saturated fats and cholesterol; however by choosing lean cuts you get more nutrients such as protein, and cut on saturated fats. This is a perfect example of turning a salad into a meal by adding a lean protein.

<p>Prep Time: 1 hour</p> <p>Ingredients for 4 servings: Each serving = 3 ounces steak, about 1 cup cooked vegetables Cost per serving= \$2.62</p> <ul style="list-style-type: none"> • 2 garlic cloves, minced or passed through a garlic press • 2 sprigs fresh rosemary, finely chopped • ¼ teaspoon salt • ½ teaspoon freshly ground black pepper • 1 teaspoon extra virgin olive oil • 12 ounces flank steak <p>Grilled Seasonal Vegetables</p> <ul style="list-style-type: none"> • 1 Tablespoon olive oil • 1 Tablespoon freshly squeezed lemon juice • 1 green bell pepper, chopped • 1 red bell pepper, chopped • 1 yellow squash, cut into ½ inch slices • 1 small eggplant, cut into ½ inch slices • 1 pinch salt • 1 pinch ground black pepper <p>Steps:</p> <ol style="list-style-type: none"> 1. In a small bowl, combine the garlic, rosemary, salt, pepper, and extra virgin olive oil. Stir to combine. 2. Lay the flank steak on a flat plate. Blot with a paper towel to remove any excess juices. 3. Rub the garlic and herb mix all over the flank steak and let sit at least half hour. Note: You can prepare this one day ahead, stored in the refrigerator. Remove the steak ½ hour before cooking, so that it is at room temperature. 4. Heat a skillet large enough to hold the steak over medium heat. 5. Remove any excess garlic herb rub from the steak and lay the steak down onto the skillet. Let cook 4 minutes, then, using tongs, flip and cook another 4 minutes. 6. Remove the steak from the skillet and let rest, covered with aluminum foil, for 10 minutes. 7. On a separate pan, add olive oil, add vegetables to grill. Season with salt and black pepper. 8. Slice the steak against the grain and serve with vegetables. 	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • fresh herbs can lend a great amount of flavor to foods • hearty herbs, rosemary, thyme, and oregano, can be used at the beginning of the cooking process • delicate herbs, like basil, cilantro, and parsley, should be added at the end • ground herbs and spices can also be used for dry rubs, but make sure blends are salt-free <p>Nutrition:</p> <ul style="list-style-type: none"> • Using fresh herbs and spices is a great way to add less salt and/or fats. • Rosemary: aromatic native of the Mediterranean, , • Extra-virgin olive oil, extraction process to get its nutrients and monounsaturated fatty acids. • Mention other types of oils that provide heart-healthy fats. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • lean cuts of beef mean that they are lower in fat and cholesterol • a cut with the word “loin” generally refers to a leaner cut • flank steak is lean because it sits on the belly of the cow, an area that is exercised • ask your butcher to help you choose a cut that is a better choice to prepare <p>Nutrition:</p> <ul style="list-style-type: none"> • Main sources of saturated fats • Why and how limit their consumption </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">3</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • rubbing steak can help tenderize <p>Nutrition:</p> <ul style="list-style-type: none"> • Garlic: a type of aromatic, its phytochemical content delivers its potential cholesterol-lowering properties. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">4</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • make sure skillet is large enough to hold the steak • make sure steak does not steam in the skillet, look for a sear and sizzle • because the steak already has oil in the marinade, no additional oil is added to the skillet <p>Nutrition:</p> <ul style="list-style-type: none"> • An oil’s smoke point is the temperature at which it will start to smoke and nutrients break down. • Canola oil: heart-healthy oil, low in saturated fat and good source of monounsaturated fats & </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • fresh herbs can lend a great amount of flavor to foods • hearty herbs, rosemary, thyme, and oregano, can be used at the beginning of the cooking process • delicate herbs, like basil, cilantro, and parsley, should be added at the end • ground herbs and spices can also be used for dry rubs, but make sure blends are salt-free <p>Nutrition:</p> <ul style="list-style-type: none"> • Using fresh herbs and spices is a great way to add less salt and/or fats. • Rosemary: aromatic native of the Mediterranean, , • Extra-virgin olive oil, extraction process to get its nutrients and monounsaturated fatty acids. • Mention other types of oils that provide heart-healthy fats. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • lean cuts of beef mean that they are lower in fat and cholesterol • a cut with the word “loin” generally refers to a leaner cut • flank steak is lean because it sits on the belly of the cow, an area that is exercised • ask your butcher to help you choose a cut that is a better choice to prepare <p>Nutrition:</p> <ul style="list-style-type: none"> • Main sources of saturated fats • Why and how limit their consumption 	3	<p>Culinary:</p> <ul style="list-style-type: none"> • rubbing steak can help tenderize <p>Nutrition:</p> <ul style="list-style-type: none"> • Garlic: a type of aromatic, its phytochemical content delivers its potential cholesterol-lowering properties. 	4	<p>Culinary:</p> <ul style="list-style-type: none"> • make sure skillet is large enough to hold the steak • make sure steak does not steam in the skillet, look for a sear and sizzle • because the steak already has oil in the marinade, no additional oil is added to the skillet <p>Nutrition:</p> <ul style="list-style-type: none"> • An oil’s smoke point is the temperature at which it will start to smoke and nutrients break down. • Canola oil: heart-healthy oil, low in saturated fat and good source of monounsaturated fats &
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Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board for raw meats 2. 1 cutting board for fresh produce & to slice cooked steak 3. 1 Chef's knife 4. 1 bowl for trash 5. 1 bowl for marinating 6. 1 plate for presentation 7. 1 electric griddle/ skillet 8. extension cord 9. silicone spatula 10. locked tongs 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. paper towels 15. aluminum foil 16. tablecloth 17. kitchen towel 18. gloves 19. copies of recipe 	Produce <ul style="list-style-type: none"> <input type="checkbox"/> 1 bunch rosemary <input type="checkbox"/> 1 head garlic 	
	Meats <ul style="list-style-type: none"> <input type="checkbox"/> 12 ounces flank steak 	
	Condiments <ul style="list-style-type: none"> <input type="checkbox"/> salt <input type="checkbox"/> black pepper <input type="checkbox"/> extra-virgin olive oil 	
	Paper Goods <ul style="list-style-type: none"> <input type="checkbox"/> plates, forks, napkins, paper towels, aluminum foil 	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time easy execution during demo
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour