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# teriyaki flank steak

What's for dinner? This simple and delicious Teriyaki Flank Steak, a lean cut of beef marinated in Asian flavors, grilled to juicy perfection and topped with an easy homemade teriyaki sauce.

SERVES: 6



julie albert & lisa gnat

## ingredients

- 2 lb Flank Steak

### Asian Marinade

- ¼ cup soy sauce
- ¼ cup mirin
- 2 tbsp vegetable oil
- 2 tsp grated fresh ginger
- 1 garlic clove, minced

### Teriyaki Sauce

- ½ cup sake
- ½ cup mirin
- 1/3 cup soy sauce
- ¼ cup sugar
- 1 tsp grated fresh ginger
- 1 tbsp cornstarch
- 1 tbsp water

- Fresh green onions, for garnish

## directions

1. Place flank steak in a large dish and prepare marinade. In a small bowl, whisk together soy sauce, mirin, vegetable oil, ginger and garlic. Pour marinade over flank steak, cover and refrigerate at least 1 hour or overnight.
2. To prepare the teriyaki sauce, in a medium saucepan, combine sake, mirin, soy sauce, sugar and ginger. In a separate bowl, whisk together cornstarch and water to dissolve. Add to saucepan and cook over medium-low heat for 10 minutes, whisking often. Remove ¼ cup teriyaki sauce for basting the flank steak. Set aside remaining sauce.
3. To cook the flank steak, remove from refrigerator half hour before cooking to bring the meat to room temperature. Preheat grill to medium-high heat and lightly oil grill grates. Remove from marinade and pat meat dry with paper towel. Place on grill and cook 6 minutes, flip and cook 5 minutes more until cooked through. In the last minute of cooking, brush with ¼ cup teriyaki sauce on both sides. Transfer flank steak to a cutting board and let rest for 5 minutes. Thinly slice steak against the grain. Serve over steamed rice, drizzle with teriyaki sauce and garnish with chopped green onions.

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