

Balsamic Grilled Steak

Flat Iron steaks (also called beef shoulder top blade steaks) are a relatively new cut of meat that is claimed by some to be a nearly perfect steak for the grill. The Flat Iron (supposedly named because it looks like an old fashioned metal flat iron) is uniform in thickness and rectangular in shape. Like any non-loin steak, the Flat Iron benefits from marinating, as called for in this recipe, and is best if it isn't cooked too well beyond medium.

Ingredients:

2/3 cup prepared balsamic vinaigrette

¼ cup all-fruit preserves

Salt and freshly ground pepper

1 package (5.2 ounces) herb and garlic soft spreadable cheese

Steaks – beef shoulder top blade steaks (also called flat iron steaks) or boneless thick-cut beef chuck eye steaks



Directions:

Prepare the marinade by processing the vinaigrette and fruit preserves in a blender or food processor. Place the steaks in a large re-sealable plastic bag. Pour marinade over steaks and turn to coat. Seal bag and marinate steaks in the refrigerator for at least 2 hours.

Preheat a grill to medium heat. Remove steaks from marinade; discard marinade. Grill steaks 10 to 14 minutes for medium rare to medium, turning occasionally. Check internal temperature with a meat thermometer (145 degrees for medium rare, 165 degrees for medium). Season with salt and pepper to taste. Allow steaks to rest after removing from the grill to allow juices to redistribute into the meat.

Meanwhile, heat cheese in small saucepan over medium-low heat until melted, stirring frequently, about 2 to 4 minutes. Serve steaks with cheese sauce.

Source: “Beef: Choices, Preparation and Flavor”, Fact Sheet MF2888, K-State Cooperative Extension Service.