



Beef Flank Steak of the Barbeque

Ingredients

- 750 g – 1 kg beef flank steak
- Grove kosher sea salt
- Fresh ground black pepper

Directions

1. Take the meat out of the fridge a couple of hours before preparing.
2. Grill the flank steak approx. three minutes on the hot part of the barbeque (direct heat). Turn around and grill the other side golden brown, too.
3. Pack the meat in aluminium foil and put it at the indirect grill side of the BBQ and leave it for another ten minutes (the core temperature should be 54 degrees C).
4. Cut into thin slices and sprinkle some sea salt and pepper on top.



Serving tip: serve with some Chimichurri sauce or use the meat on a Thai beef salad. For the salad take some mixed green salad, soya sprouts, mango slices and Teriyaki sauce. Dress this on a big plate and put some thin slices of the beef on top.

