



The Great NZ Food Show

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Long and thin but full of flavour, flank steak is an underrated cut of beef in New Zealand. This sometimes hard to find cut can now be delivered to your door from Greenlea Butchers online store (www.greenleabutcher.co.nz).

With very little fat and from a part of the cow that does a lot of work (the abdomen), flank can be tough if not treated right. Marinating can help to tenderise and ensuring you don't over-cook is also essential. Cutting across the grain is another trick to give you a flavourful, tender steak dish that is easy on the pocket.

Steak Sammy

A steak, sandwich and beer, add some fries and you possibly have the perfect meal! Seriously though you can't go wrong with a great steak sandwich and this version goes one better by adding beer as a marinade.

- 1 cup ale
- 2 tablespoons finely chopped rosemary
- 2 cloves garlic, crushed
- 1 teaspoon black pepper
- 500g piece of Greenlea Beef Flank Steak
- 2 teaspoons salt

- Loaf of good quality bread
- Aioli
- Rocket
- Caramelised onions (see below for recipe)

Combine the beer, rosemary, garlic and pepper in a ceramic or glass dish big enough for the steak to fit in. Submerge the steak in the marinade and chill for 6–12 hours.

Before cooking remove the steak from the marinade and pat dry. Allow it to come to room temperature (approx. 30 minutes). Season with salt and then sear on each side for 4 minutes then allow to rest for a further 5–10 minutes. This will give you a perfect medium rare steak. Slice the steak against the grain then place on slices of bread spread with aioli and rocket. Top with caramelised onions and enjoy.



Caramelised onions

2 red onions, sliced

2 tablespoons brown sugar

¾ cup ale

1 tablespoon balsamic vinegar

Sauté the onions in a large pan over a low heat for 30 minutes. Add the beer and brown sugar and continue to cook for another 30 minutes or until all the liquid has evaporated. Add the vinegar and cook another 5–10 minutes until the onions are thick, sticky and dark in colour. Store refrigerated in an airtight jar for a couple of weeks,

Carne Asada Tacos

Flank or skirt steak are the traditional cuts used for Carne Asada, which translates to ‘grilled meat’. The smoky charred flavour from the barbecued meat which is then cut into thin strips make it simply perfect for beef tacos or fajitas.

1-2 tablespoons Ancho chilli powder¹

1 teaspoon brown sugar

2 tablespoons cumin seeds

2 tablespoons coriander seeds

1 tablespoon dried oregano (Mexican if you can get it)

1 tablespoon garlic powder

1 teaspoon fresh cracked pepper

1 tablespoon oil

500g piece of Greenlea Beef Flank Steak

2 teaspoon sea salt

Place the cumin and coriander seeds in a dry pan and heat for 2–3 minutes releasing their flavour. Transfer to a mortar and pestle and grind along with the remaining ingredients except the oil and salt. (Salt draws moisture out of meat so it is always best to add just before cooking.)

Add the oil to the spice mix and rub all over the steak. Allow to marinade for a few hours or overnight.

Season with the salt just before cooking.

¹ Ancho (pronounced AHN-choh) chilli powder is made from the dried poblano chilli it has a spicy flavour with a subtle heat and smoky flavour. If you can't find simply omit or replace with a pinch of smoked paprika.



To cook:

Heat your BBQ or large cast iron pan to a high heat, then sear each side for 4 minutes then rest for a further 5–10 minutes.

Slice across the grain and serve with warm tortillas, salad, avocado and all your favourite taco trimmings.

Soy and Miso Marinated Flank Steak

Marinated, cooked and sliced then served with rice and steamed veg, or sliced, marinated and skewered then barbequed, this umami is a flavour bomb of a marinade.

2 tablespoons soy sauce
2 tablespoons miso paste
1 tablespoon sweet chilli sauce
1 tablespoon grated fresh ginger
500g piece of Greenlea Beef Flank Steak
chopped chilli (optional)

Combine soy sauce, miso, ginger, sweet chilli sauce and chilli (if using) in a large plastic bag. Place steak in the bag and allow to marinate in the fridge for at least 2 hours or up to 24, turning the bag a few times, if possible, to redistribute the marinade.

Sear the steak in a hot pan for approx. 4 minutes on each side, then rest for 5–10 minutes before slicing and serving.