

Heritage Recipes

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Grilled Flank Steak

From Kate

This recipe to me means summer. Mom would make it regularly whenever the weather was warm. It's good hot or cold so sometimes she would prepare it, slice it and put it in a Ziploc and bring it to the beach. It was always served with tomato salad (sliced, garden fresh tomatoes with olive oil, salt and pepper) and farm-fresh corn.

Grilled Flank Steak

2 tbsp olive oil
1 ½ tbsp soy sauce
½ lemon, juiced
2 scallions, sliced
a few drops of hot sauce
½ tsp thyme
1 flank steak

Recipe Directions:

Marinate the steak for 30 minutes. Grill till medium rare. Don't overcook - it'll get really tough. Slice thin, against the grain.

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