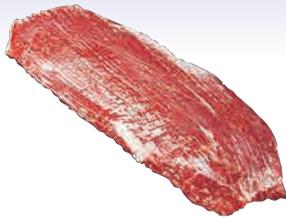
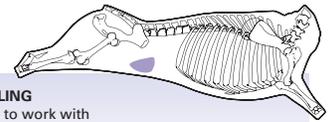




FLANK



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FLANK STEAK

COMMON NAMES: Flank Steak
MUSCLE COMPOSITION: Consists of a single muscle - *Rectus abdominis*
POINTS REQUIRING SPECIFICATION:

- Removal or retention of serous membrane and/or connective tissue
- Packaging requirements
- No ragged edges

WEIGHT RANGE: Average piece weight 2.2 lb / 1 kg

CHARACTERISTICS

- Flat, oval-shaped muscle located beneath the short loin and sirloin sections
- One whole flank muscle per side of beef
- Extremely lean with little or no external fat
- Free of major connective tissue
- Coarse grain running in one direction (marinating enhances both flavour and tenderness)
- Used in Asian and Latin style dishes

HANDLING

- Easy to work with
- Cut should be aged for flavour and tenderness (21 days is recommended minimum for flank meat)
- Trimming only required to remove some silverskin (the membranous tissue covering the main body) and thin membrane on the outside
- Score meat to aid marinating: crosscut against grain in an X-pattern 1/4" (6 mm) deep on both sides
- Marinate in flavourful combination of choice and keep refrigerated for up to 24 hours
- Drain meat and pat dry before cooking
- Sear quickly and do not overcook
- Cook to medium rare (recommended)
- Allow steak to rest for one to two minutes before slicing
- Slice at 45° angle across grain to maintain tenderness (slicing at 90° to grain will result in noticeably tougher cut)

CLASSIC CUTS				CUTTING
				 --- CUT LINE ← GRAIN DIRECTION 1. Cut steaks or strips across the direction of the grain.
FLANK STEAK	FLANK MARINATING STEAK	FLANK STEAK LONDON BROIL	FLANK MARINATING STRIPS	



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PRODUCT DESCRIPTION

CUTTING SPECIFICATIONS

CHARACTERISTICS

MARKETABILITY



FLANK MARINATING STEAK

THICKNESS:
As purchased
PRESENTATION:
Whole or half

- Moderately tender
- Visually lean

- Popular in recipes
- Positive consumer appeal



FLANK STEAK LONDON BROIL

THICKNESS:
As purchased
PRESENTATION:
Stuff with desired ingredients and roll

- Flavour as desired

- Popular value added item
- Good for signature items

Menu Ideas

Grilling is a natural option for this cut, and as it is very lean, it is a great choice for light summer menu items or a dinner salad. Because the flank is very lean, care must be taken not to overcook when grilling. The flank can also be braised or slow roasted for a tender, flavourful dish.

Here are some ideas for interesting ways to serve the flank:

Cuban Flank Steak Sandwich – Marinate in lime with chili and spices then grill, slice and serve on grilled garlic bread with a fresh tomato salsa and marinated red onions.

Summer Flank Steak Salad – Marinate the flank steak in balsamic vinegar and garlic. Remove from marinade, spice rub the steak with coarse salt and cracked black pepper then grill and serve with a classic Caesar salad and grilled focaccia bread.

Grilled Flank Parisian – Marinate flank in red wine, herbs and black pepper. Grill quickly then brush with Dijon mustard and finish under a salamander. Slice and serve on fresh bread slices with a marinated vegetable salad and pommes frites.

Mediterranean Flank Steak Salad – Marinate flank in olive oil, lemon juice, lemon zest and herbs. Grill quickly. Let rest. Toss together baby field greens, sliced tomatoes, cucumbers. Slice flank, add to salad mixture and garnish with goat cheese and a herb vinaigrette.

Flank Steak Oriental with Asparagus, Mushroom and Onion Stir-fry

Ingredients

6 lb 12 oz	3 kg	flank steak
1 cup	250 mL	soy sauce
4 oz	110 mL	vegetable oil
5 oz	140 mL	dry sherry
1 tbsp	15 mL	black pepper
5	5	cloves garlic, minced
80 pc	80 pc	asparagus – cleaned, peeled and blanched
2 pc	2 pc	red onion – medium, julienne
2 cups	500 mL	shiitake mushroom, sliced
2 cups	500 mL	oyster mushroom, sliced
1 cup	250 mL	green onions, chopped
2 tbsp	30 mL	dark sesame oil
1 lb	454 g	spinach, cleaned
2 cups	500 mL	wild rice, cooked
2 cups	500 mL	white rice, cooked

Recipe serves 20

Method

1. Mix the soy sauce, oil, sherry, black pepper and garlic; marinating the meat in half the mixture for 4 hours and the vegetables separately in the other half for 10 to 15 minutes in the refrigerator.
2. Remove both from the marinade, pat the flank dry. On a hot charbroiler, grill the meat to medium rare, remove and rest in a warm place. Add the sesame oil to the pan and sauté the vegetables until tender-crisp. Add the spinach at the last minute and cook until just wilted (approx. 30 seconds). Season to taste.
3. To assemble, mix the white and wild rice together, serve on a plate or in a bowl, make a well in the rice and spoon the stir-fried vegetables into the middle, thinly slice the warm flank steak and place on top. Garnish with chopped green onion.

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