



Flank Steak with Sauce Vierge

For the marinated steak:

- ¼ cup (60 ml) olive oil
- 1 tbsp (15 ml) red wine vinegar
- 2 tsp (10 ml) Worcestershire sauce
- 1 shallot, sliced
- 3 whole cloves garlic, sliced
- 2 tsp (10 ml) crushed fennel seeds
- 1 tsp (5 ml) crushed coriander seeds
- ½ tsp (2 ml) dried thyme
- 1 flank steak, approximately 2 lbs (1 kg)

For the Sauce Vierge:

- 1 ½ cups (325 ml) sliced cherry tomatoes
- 1 shallot, minced
- 1 clove garlic, minced
- 3 tbsp (45 ml) red wine vinegar
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) finely chopped fresh parsley
- ½ tsp (2 ml) sea salt
- ½ tsp (2 ml) freshly ground black pepper
- ¼ tsp (1 ml) ground coriander

For the searing and serving of the steak:

- 2 tbsp (30 ml) unsalted butter
- 1 tsp (5 ml) Kosher salt
- 1 tsp (5 ml) freshly ground pepper
- 1 tsp (5 ml) flaked sea salt

Gaggenau Appliances: EB/BO/BX/BOP Ovens

Heating Mode(s): Roaster

Temperature(s): 425°F

Required Accessories: Heating Element + Pull-out System + Gastronorm Roaster + instant read thermometer + medium bowl

Preparation Time: Food preparation 15 minutes, marinating 4 hours, standing 30 minutes

Cooking Time: 15 minutes

Makes: 4 – 6 servings

To marinate the steak:

Combine the marinade ingredients in a large measuring cup. Place the flank steak in a large resealable plastic bag and add the marinade. Place the bag on a small rimmed baking sheet or large plate and refrigerate for 4 hours or overnight. Remove the steak at least 15 minutes prior to cooking time.

To make the Sauce Vierge:

Combine all the ingredients in a medium sized bowl and let sit at room temperature for 15 minutes before serving.

To sear the steak:

Insert the Heating Element into the receptacle in the rear of the oven. Insert the Pull-out System onto the bottom rails of the oven. Place the metal support and Gastronorm Roaster lid onto the Pull-out System. Using the left control knob, set the oven to **Roaster** mode. Using the right control knob, preheat the oven to 425°F. Meanwhile, remove the steak from the marinade, wipe off any excess moisture and season with salt and pepper. Discard the marinade. When the oven has preheated, add the butter to the Roaster and when sizzling place the flank steak in the Roaster. Touch the **Boost** >> symbol on the right side of the control panel. Cook steak for 6 minutes, flip the steak, touch the **Boost** symbol again and cook for another 6 minutes. Remove the steak from the oven and check the internal temperature by placing an instant read thermometer into the thickest part of the steak. If the internal temperature has reached 130°F remove the steak from the Roaster, otherwise continue cooking for 2 - 3 more minutes. Place cooked steak on a cutting board to rest for 10 minutes before slicing.

With a very sharp knife, thinly slice the steak, arrange on a platter and sprinkle with the flaked sea salt and Sauce Vierge.

Tip: The steak can be served over a salad of mixed greens (no dressing necessary) or placed on lightly toasted slices of French bread for a delicious sandwich.