

Flank

This is a very flavorful piece of meat. It takes well to marinating, also excellent for tacos and steak sandwiches.

Cook quickly over high heat not past medium rare, rest, slice across the grain

Sous vide: put into a bag with marinade and cook in a water bath at 56° (132°F) medium rare, for 3 hours. Remove from bag, pat dry and sear on high heat, slice as above.

Save the juices! Boil the marinade/juices in the bag for a sauce.