

Grilled Marinated Flank Steak

<http://userealbutter.com/2008/06/22/grilled-marinated-flank-steak-recipe/>

1-2 lb. flank steak
2 tbsps Worcestershire sauce
2 tbsps soy sauce
1/4 cup lemon juice
2 tbsps yellow mustard
1/4 cup vegetable oil
1/4 cup vinegar (I use red wine vinegar)
1/4 cup fresh parsley, minced
1 1/2 tpsps freshly ground black pepper
1 tbsp garlic powder

Combine all ingredients in a ziploc bag and marinate for 8-24 hours in refrigerator. Grill the steak on high heat to desired doneness (we find 3-4 minutes a side gives us a nice medium rare to rare color). Pour the marinade into a pot and bring to boil. Thicken the marinade by adding 1 teaspoon of cornstarch mixed with a tbsp of water. Once sauce is bubbling, remove from heat. Let the flank steak rest for 5 minutes before slicing against the grain. Serve the flank steak with the sauce.