



Fisher Meats

Southwest Flavored Flat Iron Steak

Fri Sep 19 2014, 02:06pm

- 2 tbs chili powder
- 2 tbs brown sugar
- 1 tbs cumin
- 2 tsp garlic, minced
- 1 tsp onion powder
- 2 tsp balsamic vinegar
- 1 tsp Worcestershire sauce
- 1/4 tsp crushed red pepper
- 1 1/2# flat iron steaks

- mix all dry ingredients well, then add the wet ingredients
- mix well
- rub the 'paste' all over the meat and let marinate in the fridge for at least 1 hour
- remove about 20 minutes before grilling & allow to come to room temp
- grill over med-hi heat, trying to flip only once, until internal temp is 125 F (for med rare)
- let rest for 10 minutes before slicing so the juices do not purge out
- the temp will continue to raise even after it's off the grill