



Korean Style Marinated Skirt Steak

Adapted from Fine Cooking

BAH Note: The notes that I hastily scribbled down on the page I ripped out of Fine Cooking said 'tender, balanced flavors, hell on my grill pan'. We really did like the flavor the marinade gave to the meat. I'd have to say it was salty sweet with some ginger heat. But be prepared to have to scrub the hell out of your grill pan afterwards. If a recipe calls for soy sauce, I typically start with half as much as the recipe says and add more a teaspoon at a time. With this recipe, the 3 tablespoons called for is just right.

- 2 tablespoons sugar
- 3 tablespoons soy sauce
- 5 scallions, minced
- 2 teaspoons freshly grated ginger
- 2 teaspoons sesame oil
- 1 pound skirt steak, cut into 4 portions
- 2 teaspoons vegetable oil

Combine the sugar, soy sauce, scallions, ginger, and sesame oil in a small bowl, mixing until the sugar is completely dissolved. Pour the marinade into a ziplock bag, add the meat, and let them sit for 20 minutes at room temperature. Turn the bag after 10 minutes.

Coat a grill pan or nonstick frying pan with the vegetable oil and heat over a medium high flame until the oil just begins to smoke. Remove the meat from the marinade and let any excess drip back into the bag. Place the meat in the pan and cook for 4 to 5 minutes per side for medium rare. Work in batches if you have to in order to avoid steaming the meat instead of searing it.

Transfer the steak to a cutting board to rest, covered with foil, for 5 minutes before slicing and serving.

korean stye marinated skirt steak was posted by wendi on 22 september 2010 at
bonappetithon.com