



#1MEAT12WAYS

DURHAM RANCH WAGYU FLAT IRON AL LA PLANCHA WITH SOY AND JALAPENO

MARK ESTEE | RENO LOCAL FOOD GROUP

DURHAM
RANCH

INGREDIENTS

- 2 Durham Ranch Wagyu Flat Iron Steaks (6 oz each)
- 4 oz. Soy sauce
- 2 oz. Rice wine vinegar
- 1 oz. Sesame oil
- 1 Tbsp. Fresh Ginger minced
- 1 Tbsp. Fresh Garlic minced
- 3 Tbsp. Fresh Mint
- 3 Tbsp. Fresh Cilantro
- 1 ea. Avocado
- 1 ea. Fresh jalapeno
- ½ Lime

INSTRUCTIONS

- 1.** Place steak in bowl.
- 2.** Mix soy, vinegar, sesame, ginger, garlic, mint and cilantro in a bowl.
- 3.** Reserve 2 ounces of the sauce. Pour the rest on the steaks and let sit for 45 minutes to an hour.
- 4.** Heat a pan to smoking point. Lay steaks directly on pan. Cook for 3 minutes, flip, cook for 3 more minutes. Remove from pan and let rest for 10 minutes.
- 5.** Spoon remaining sauce onto 2 plates
- 6.** Slice the Flat Iron thinly, against the grain.
- 7.** Shingle a few pieces with avocado, jalapeno, mint, cilantro and lime