

Flank Steak and Asparagus Risotto – Gail Carson

Preamble

The recipe for the flank steak is very old. While searching through my recipe box recently, I discovered the flank steak recipe. Haven't used it in years. I decided to make it.

My Dad loved beef/steak recipes. When I lived in Montreal for many years, my Dad often travelled to the east coast for business. The rest of us were left at home and my Mum would always make meals that avoided beef or steak!! When he came back, we were back to eating beef/steak

For the Flank Steak

Ingredients:

- 2 lbs flank steak

Marinade

- 1 clove garlic, crushed
- 1 tsp salt
- 3 tbsp soy sauce
- 1 tbsp tomato paste
- 1 Tbsp olive oil
- ½ tsp pepper
- ½ tsp oregano flakes

Instructions

- Blend together all ingredients for the marinade
- Score steak in ¼" diamonds, both sides
- Spread marinade over both sides of steak
- Let stand overnight covered in the fridge (up to 2 days)
- BBQ on medium for 2 mins, flip, 2 mins, flip & rotate 2 mins, flip & rotate 2mins – or-Broil in oven, 3 mins/side
- Let stand for 5 minutes for juices to settle
- Carve thinly and serve



Flank Steak and Asparagus Risotto – Gail Carson

For the Microwave Risotto

Ingredients	Measure	6-8 Servings	3-4 Servings
Butter	Tbsp	3	1 ½
Olive oil	Tbsp	3	1 ½
Green onion (2:1 green:white)	Cup	$\frac{3}{4}$	$\frac{3}{8}$
Celery	Stalk	1	$\frac{1}{2}$
Italian parsley, chopped	Cup	$\frac{1}{2}$	$\frac{1}{4}$
Arborio rice	Cup	2	1
Chicken stock	Cup	4	2
Asparagus, peeled, chopped	Oz	12	6
Peas, fresh or frozen	Cup	$\frac{3}{4}$	$\frac{3}{8}$
Salt	Tsp	1-2	$\frac{1}{2}$ -1
Pepper	Tsp	$\frac{1}{2}$	$\frac{1}{4}$
Parmesan cheese	Cup	$\frac{1}{2}$	$\frac{1}{4}$

Instructions

- Heat butter and oil on high in a microwave oven for 1 minute in an uncovered 13" X 9" pan.
- Add white part of green onion, celery, parley, and rice. Stir to coat. Cook uncovered on high for 4 minutes.
- Add stock. Cook uncovered on high for 12 minutes.
- Add asparagus and peas. Stir well.
- Cook uncovered for 12 minutes or until liquid disappears.
- Stir in salt and pepper
- Cover loosely with a paper towel and let stand for 8-10 minutes.
- Uncover and sprinkle with cheese and the green part of the green onion.
- Serve with the steak.