

Pan seared marinated skirt steak

Servings: 2

Calories: ~390/serving

Time: 15m

Ingredients

- 12oz skirt steak (original calls for flank)
 - 1 tbsp honey
 - 2 tbsp dark soy sauce
 - 1 tbsp chopped garlic
 - 1/2 tsp coriander (can sub cumin)
 - 1/4 tsp cayenne (can sub red pepper flakes)
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Instructions:

- Marinate the steak for about an hour in the ingredients above
- Preheat oven to 170
- Heat non-stick pan over high heat (7-8)
- Put steak into pan and sear each side 1.5 minutes
- Pour extra sauce + a little water into sauce pot and boil for 30 seconds
- Put steak into oven and let it rest and come to temp for 10 minutes
- Slice and serve, top with sauce

Source: Jacques Pepin - Essential Pepin

Made on: 2018/07/25