

• 손잡이 있는 식그릴 팬에 . 야채 볶음기 넣고 그 위에 고기 찢어 올린다

4/25

• 팬에서 구워 그릇에 같이 내도 된다

## Beef Fajitas

### Marinade:

4	Garlic cloves
1 1/2	Teaspoon salt
1 1/2	Teaspoon black pepper
1 1/2	teaspoon cumin
1 1/2	Teaspoon onion powder
1 1/2	Teaspoon chili powder
2lb	Skirt steak
3	Bell peppers, one each red, green, yellow sliced thin
1	Onion thinly sliced
2	Garlic cloves, chopped
	Cilantro springs as needed for garnish

Make the marinade by chopping and mashing the garlic into a paste in a bowl, combine the garlic paste with the remaining marinade ingredients.

Trim the fat from the skirt steak. Cut the steak into two or three pieces if necessary. Add the steaks to the marinade, turning them several times to coat all sides. Cover the steak and marinate in the refrigerator for at least 1 hour or over night.

Grill the steak on a hot grill to the desired doneness. Remove the steak and allow it to rest for 10 minutes.

Add the oil to a heavy sauté pan, heat the pan until very hot and sauté the peppers, onion and garlic just until they begin to soften.

Slice the steak against the grain into thin slices. Arrange the steak and pepper mixture on very hot cast-iron platters and garnish with the cilantro. The platters should be sizzling as they are presented to the table.

Serve the Fajitas accompanied by warm flour or corn tortillas, fresh salsa, sour cream, and guacamole.

• 고기 기름에 버려도 괜찮고 크기로 자른다 .

• 식각팬에 마늘, 소금, 후추, cumin, 양파가루, 칠리가루 섞어 고기 양쪽에 붙여 냉장고에 1시간 둔다

• 꺼내서 그릴에 굽는다. 다 구운 후 채 썰기

⊕ ⇒ 손잡이 있는 식그릴 팬에 야채 볶음기 넣고 그 위에 고기 찢어 올린다

• 패닝 (파프리카, 노랑, 그린) 큰 불로 채 약간 굽게 썰기 ) 팬에 기름 두르고 파프리카, 양파, 마늘 굽는다  
양파 : 굽기 채 썰기  
마늘 : 그쪽 아래 놓는다

