

Red Wine and Herb Marinade

In a nonreactive bowl combine thoroughly:

- 1 Cup Extra Virgin olive oil
- 1/3 Cup Red Wine
- 2 tbsp flat leaf parsley leaves, minced
- 2 tsp Fresh Rosemary leaves, minced
- 1 tbsp Fresh Oregano leaves
- 2 fresh bay Leaves
- ½ tsp Celery seed
- 1 medium red onion, thinly sliced
- 2 tsp freshly cracked black peppercorns

I like to let this marinade infuse overnight before using it.

When ready to use, place the marinade and the steaks in a Ziploc bag. Expel as much air from the bag as you can while sealing it, and then thoroughly massage the meat to evenly distribute the seasoning. Allow to marinate in the refrigerator for 2-3 hours.

About 30 minutes before you want to grill begin preparing the grill. I use direct heat for a flatiron steak since it's relatively thin and I want a nice char on my rare to medium rare steak.

Remove steak from marinade and wipe clean of most of the marinade solids.

In a non-reactive saucepan heat the marinade to a simmer and cook until the volume is reduced by about 20%, approximately the amount of water based liquids in the pan. Once the water has cooked off the onions will begin to cook. I let them sauté until they have just begun to gain some color then remove the sauce from the heat and allow it to cool. Before service I add the juice of half a lemon and 2 tbsp of minced parsley leaves to help refresh the sauce.

That is a very simple marinade and dipping sauce for steak that not only enhances the flavor of the meat but also builds a flavor bridge to any wine that will be served with this dish.