

# Grilled Flank Steak with Cherry Tomato Vinaigrette

By meganvt01

Food52 Editors' Comments: WHO: Meganvt01 is the Food52er who brought us Avocado Crab Rolls, Ramp Carbonara, and Spicy Chocolate Mousse Crêpe Cake. (Thank you.) WHAT: The power players of summer -- grilled meat and fresh tomatoes -- have joined forces to give you fresh, smoky, sweet, and tangy, all on one plate. HOW: While you grill a balsamic-marinated flank steak, roast cherry tomatoes and shallots in the oven. Turn the roasted vegetables into a vinaigrette with olive oil, garlic, and mustard, then slice the steak thinly and pour the dressing over top. WHY WE LOVE IT: A fresh and summery way to add sweetness and dimension to flank steak? Count us in. We recommend making an extra batch of the tomato vinaigrette and saving it in the refrigerator: It's perfect for fish, chicken, or even pasta.

I always had flank steak growing up -- it may have been our most-eaten red meat. It has a delicious flavor but can be a bit on the lean side, so I thought this recipe would be a good way to add a little richness and balance with a sweet and acidic tomato sauce. Roasting the cherry tomatoes and shallots makes them sweet, which complements the tartness of the sherry vinegar in the sauce. The tomato vinaigrette is good over any grilled meat, and I also serve the flank steak over truffled polenta [truffled polenta](#) or smashed potatoes. This recipe will make enough vinaigrette to suit a steak that's larger than 1 to 2 pounds.

Serves 4 to 6 For the cherry tomato vinaigrette:

- 1 pint cherry tomatoes
- 2 large shallots, sliced
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons sherry vinegar
- 1 clove garlic, minced
- 1 egg yolk
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1/2 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard

1. Preheat the oven to 425° F. Place the tomatoes, shallots, and 1 tablespoon of oil on a baking sheet. Season with salt and pepper, toss to combine, and pull apart the little shallot rings.
2. Roast for about 10 minutes. Toss, turn on the broiler, and cook for another 1 to 2 minutes, or until the tomatoes blister and break apart. Let cool.
3. Mix together the egg yolk, garlic, Dijon mustard, vinegar, salt, and pepper. Whisk in the olive oil.
4. After the tomato-shallot mixture has cooled from hot to warm, toss with the vinaigrette. It will thicken slightly.

For the flank steak:

- One 1 to 2 pound grass-fed flank steak
  - 2 tablespoons balsamic vinegar
  - 2 cloves garlic, minced
  - 2 tablespoons honey
  - 2 tablespoons Worcestershire sauce
  - 1 tablespoon Dijon mustard
  - 1/2 cup extra-virgin olive oil
1. In a plastic bag, mix together balsamic vinegar, 1 clove garlic, honey, Worcestershire sauce, Dijon, and 1/2 cup olive oil. Add flank steak. Let marinate for 4 to 6 hours in the fridge.
  2. Heat the grill to medium-high. Cook the steak 4 to 5 minutes per side for medium rare. Let rest for 10 minutes, then slice the steak thinly, against the grain.
  3. Serve the steak slice over polenta or potatoes, with the tomato sauce over top.