



Fisher Meats

Southwest Flavored Flat Iron Steak

Fri Sep 19 2014, 02:06pm

2 tbs chili powder
2 tbs brown sugar
1 tbs cumin
2 tsp garlic, minced
1 tsp onion powder
2 tsp balsamic vinegar
1 tsp Worcestershire sauce
1/4 tsp crushed red pepper
1 1/2# flat iron steaks

-mix all dry ingredients well, then add the wet ingredients
-mix well
-rub the 'paste' all over the meat and let marinate in the fridge for at least 1 hour
-remove about 20 minutes before grilling & allow to come to room temp
-grill over med-hi heat, trying to flip only once, until internal temp is 125 F (for med rare)
-let rest for 10 minutes before slicing so the juices do not purge out
-the temp will continue to raise even after it's off the grill