



ALPHA OMEGA

Grilled Flank Steak with Warm Pecan Crusted Goat's Cheese & Red Wine Syrup

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Yield: Serves 4

Ingredients:

2 cups red wine (Cabernet, Merlot or a blend)
1.5 cups brown sugar (for the syrup)
1/8 cup molasses
1½ lb. flank steaks, trimmed of silver skin
3 tbsp. brown sugar (for the marinade)
1 tbsp. grainy mustard
4 cloves garlic, minced
2 tbsp. chopped fresh oregano
Drizzle of walnut oil
Freshly ground black pepper to taste
1/2 cup panko breadcrumbs
1/2 cup crushed pecans
2 tbsp. chopped fresh parsley
9 oz. soft goat's cheese
Salt and pepper to taste



Method:

- Pour one cup of wine, brown sugar and molasses in small saucepan. Bring to a boil, reduce heat and simmer for 10–15 minutes, until it reduces in volume by about three-quarters. This syrup should coat the back of a spoon. Set aside, keep warm.
- Lay the flank steaks onto a flat work surface. Pat dry with paper towels. Using a fork, press up and down stabbing the steak every inch so that it pierces the meat all the way through. Flip the steak over and repeat. Flip the steak over and repeat on both sides once more.
- In a bowl, combine the other cup of red wine, brown sugar, grainy mustard, garlic and oregano. Drizzle in some walnut oil and season with a little black pepper. Pour over the steaks and marinate for 20–30 minutes. Remove the steak from marinade, discarding leftover marinade.
- In a bowl, combine the breadcrumbs, pecans and parsley. Set aside.
- Divide the goat's cheese into eight equal parts. Shape into 1-inch thick discs and roll the goat's cheese in the nut mixture, pressing firmly so that it adheres. Place in refrigerator to rest.
- Light your grill and heat to 550–650°F. Set grill for both direct and indirect grilling.

- Season the steak liberally on both sides with kosher salt and black pepper, rubbing the seasoning into the meat. Place the nut-crusted goat's cheese medallions onto a grilling plank and place on the grill. These won't take long to heat and become soft, appropriately 8–10 minutes. Set aside, keeping warm.
- Grill steaks for 1–3 minutes per side for rare to medium-rare doneness, (5-6 minutes for medium and longer for well done) basting with reserved wine syrup. Remove from grill. Allow the steak to rest for 5 minutes.
- Cut each steak into four equal portions, slicing against the grain, and top with a warm walnut-crusted medallion of goat's cheese. Drizzle with a little extra walnut oil and wine syrup.

Enjoy!