

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Asian-Style Steak Marinade*

### **INGREDIENTS:**

- 1 ( 1 1/2- to 2-pound) flank steak or hanger steak
- 1/4 cup low sodium soy sauce or Tamari
- 1/4 cup balsamic vinegar
- 1/2 cup vegetable oil or canola oil
- 3 Tablespoons honey or brown sugar
- 4 garlic cloves, minced
- 2 Tablespoons minced fresh ginger
- 3 scallions, thinly sliced
- 1 teaspoon garlic powder
- Pinch of salt and black pepper
- Pinch of cayenne pepper
- Gallon-size sealable plastic bag



### **DIRECTIONS:**

1. Place all ingredients in a bowl and whisk together, then put the marinade in a plastic bag.
2. Add the steak to the bag, flipping it to coat it in the marinade, and then seal the plastic bag.
3. Place the steak in the fridge and marinate it overnight, or for a minimum of 10 hours. (At this point you can freeze the steak and pull out a marinated steak ready to go for you next BBQ or grill-session!)
4. When ready to cook, remove the steak from the fridge and preheat your cooking surface (grill or stovetop grill pan). Remove the steak from the marinade, discard the leftover liquid, and sear the steak on each side until it's cooked to your desired degree of doneness.
5. Let the steak rest for 5 minutes to allow the juices to redistribute through the steak, and then slice it against the grain and serve.

Compliments of Eat Your Heart Out Edibles

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