

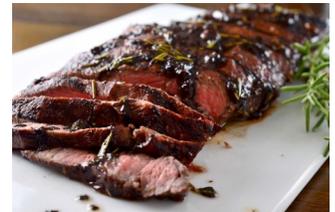


Bistro Beef Tender

6 Servings

Ingredients	Quantity	Methods
Flat Iron Steak	1-2lb	<p>1. Place the steak inside of a large re-sealable bag. In a small bowl, stir together the olive oil, garlic, parsley, rosemary, chives, wine, salt, pepper and mustard powder. Pour over the steak in the bag. Press out as much air as you can and seal the bag. Marinate in the refrigerator for 2 to 3 hours.</p> <p>2. Heat a nonstick skillet over medium-high heat. Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness. Discard the marinade. These steaks taste best at medium rare. Allow them to rest for about 5 minutes before serving.</p>
Olive Oil	2 1/2 T	
Garlic Cloves, minced	2 each	
Parsley, fresh chopped	1 tsp	
Rosemary, fresh chopped	1/4 tsp	
Chives, fresh chopped	1/2 tsp	
Cabernet Sauvignon	1/4 cup	
Salt	1/2 tsp	
Ground Black Pepper	3/4 tsp	
Dry Mustard Powder	1/4 tsp	

What is Flat Iron Steak?



- Second most tender beef muscle
- Flavorful, juicy, well-marbled steak, ideal for a variety of menu applications and day parts
- Cut from the Chuck Shoulder Clod Top Blade Roast, by cutting along the thick internal connective tissue. This results in two halves that resemble a small Flank Steak
- Rectangular steak that averages 8 oz. each and thickness varies from 3/4 inch to 1-1/4 inches
- One of the cuts from the Chuck identified by the beef industry's Muscle Profiling Study
- Introduced in 2002, started to receive mainstream appeal in 2008 and continues to grow in popularity
- Price-value relationships for chuck are best during summer months, when wholesale chuck prices are at their lowest and retail prices remain relatively stable. Demand for chuck cuts rises in the fall and winter.

Aliases: Boneless Top Blade Steak, Flatiron, Flatiron Steak, Shoulder Top Blade Steak, Shoulder Top Blade Steak Boneless Flat Iron