

Smoked Beef Flat Iron Steak With Herbed Ghee

You can expect juicy and tender results with this steak recipe. Beef Flat Iron Steak is marinated, smoked, finished in a skillet and topped with an herbed ghee.



INGREDIENTS

- 1 beef Flat Iron Steak (about 1-1/2 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon dried sage
- 4 tablespoons softened ghee or butter
- 1 tablespoon fresh parsley, minced
- 1 tablespoon fresh oregano, minced

1.25	6	42 Cal	22g
Hours	Servings		Protein

COOKING

1.

Combine Marinade ingredients in small bowl. Place beef Flat Iron Steak and Marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 30 minutes.
2. Add wood chunks, chips or pellets to smoker according to manufacturer's instructions. Preheat smoker to 225°F.
3. Remove steak from marinade; discard marinade. Add steak to smoker according to manufacturer's instructions. Set timer for 10 to 15 minutes, depending on desired smoke flavor.
4. Meanwhile, combine ghee, parsley and oregano in small bowl. Using parchment paper to hold butter mixture, roll it back and forth to form 2-inch diameter log. Wrap and refrigerate for 30 minutes or until firm.
5. When steak is done smoking, carefully remove from smoker.
6.

Heat large skillet over medium heat until hot. Place steak in skillet; cook 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks, keep warm. Season with salt and pepper, as desired. Serve with Herbed Ghee, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		21.8g	93mg		1g	22g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com