



courtesy of Who Are Those Guys? BBQ Competition Cooking Team  
<http://www.watgbbq.com/>

A flat iron steak is best when served rare to medium rare. For this meal, it is best to get the potatoes and veggies done before grilling the steak. Have the wine poured, the table set and ready to go. After resting, slice and serve the steak, pouring any residual juices that accumulate on the cutting board back over the sliced meat.

### **Flat Iron Steak Red Eye Style**

2 - 1lb flat iron steaks or 1 - 2lb flank steak

2 tablespoons olive oil

2 cloves garlic mashed

1 teaspoon chopped Italian parsley

1 teaspoon chopped rosemary

1/4 cup dry red wine

salt and generous amount of fresh ground pepper

1 teaspoon Dizzy Pig Red Eye Express

1/2 teaspoon dry mustard

Prepare grill med hot-hot

Mix all ingredients thoroughly and marinate steak for 1-2 hours.

Remove from marinade, pad dry, sprinkle steak with Red Eye.

Grill over hot coals 4 minutes per side. This steak is best cooked rare to medium rare.

After grilling, let rest under tented aluminum for 5-7 minutes before slicing.

Slice thin against the grain, on a bias.

Serve with a baked potato and some gilled asparagus.

**Wine Recommendation:** Cabernet Sauvignon / Zinfandel / Pinot Noir