
BOURBON MARINATED *flank steak*

Flank steak is often overlooked, but we think it is a quality cut that deserves your attention. Yes, Flank Steak is a lean well used muscle, but the trade off is a deliciously juicy slab of meat that is known for its famously deep, beefy flavor. These cuts benefit greatly from a marinade. You can follow this recipe or use one of your favorites. Pro Tip: Marinate for at least 4 hours and up to 24 hours. Make sure you cook this steak no further than medium-rare. When time to slice, it is very important that you slice THINLY and AGAINST the grain. The grain of a flank steak is visibly noticeable and runs down its length end-to-end.

INGREDIENTS

MARINADE

2 oranges
6 oz bourbon whiskey
2 tbsp brown sugar
2 tbsp soy sauce
1 tbsp worcestershire
1 rosemary sprig

EVERYTHING ELSE

1 flank steak



INSTRUCTIONS

FIRST, LET'S MAKE THE MARINADE

Take the zest and juice of the two oranges and whisk it together in a bowl with all of the other ingredients. Put your steak in a large zip lock bag and pour in the marinade. Push out all the air and close the bag, massage the marinade into the steak and place in the fridge for minimum of 4 hours..

NOW, TO GRILL

Heat your grill to high heat (roughly 450 degrees). Once the grill has reached proper temperature, dab some oil on a folded paper towel and carefully wipe the grates of the grill to ensure they are nice and lubricated. Remove your steak from its marinade, letting any excess liquid drip off. Season with salt and black pepper, and place steak on your hot grill. Flip and rotate your steak every minute for about 10 minutes.

When the internal temperature reaches about 125 - 128 degrees, remove it from the grill and set it to rest. Allow the steak to rest for a minimum of 6 minutes so it has time to redistribute all those juices. Slice THINLY against the grain. Enjoy.

SEPTEMBER OX BOX

It's back-to-school at my house this month. Kids are headed back to school, and the feelings of routine and schedules are starting to kick-in. This means that in the kitchen, we're all about meal prep. And I'm going to use my box to make meal prep and dinner time a little more interesting, but still easy. First thing I usually start with is cooking my chicken thighs. The Greek marinade is versatile - I'm planning to make a sheet-pan dinner with it - add sliced lemons, castelvetroano olives, fresh thyme sprigs, whole heads of garlic, all onto the pan and into the oven. Easy dinner. Next night grill up those Thai Red Curry sausages: make some rice, add cilantro stems, cabbage, green onions - this can be a great lunch leftover too. Next up, it's Saturday afternoon so I'm going to make some burgers with that ground beef - it's the best beef for burgers - juicy, flavorful, rich. I'm hungry just thinking about it. Sunday supper is the Cajun BBQ chicken, spatchcocked and grilled. Maybe I'll make a potato salad on the side. That becomes leftovers on Monday. You're getting the idea here...

Enjoy your box this month, and please, let us know how you're liking it, what you're cooking. We love to hear it.

Chef B. Wise

WHAT'S IN THE BOX

**BLACK TRUFFLE
MALTESE SAUSAGE**

**THAI RED CURRY
SAUSAGE**

**BUTCHER'S BLEND
GROUND BEEF**

**CAJUN BBQ
WHOLE CHICKEN**

**GREEK MARINADE
CHICKEN THIGHS**

FLANK STEAK