

Flank Steak

1 flank steak

3/4 cup extra virgin olive oil

2 tablespoons Adobo seasoning

- › In a small bowl, mix extra virgin olive oil with Adobo seasoning.
- › Brush over your steak, covering all sides. › Let sit for about 10 minutes.
- › With your oven on high broil, place the steak on a baking sheet and place in oven for 5 minutes.
- › Take out, flip, and cook the other side for 5 minutes.
- › Remove pan from oven and let rest for 10 minutes.
- › Cut the steak across the grain into long strips and serve with chimichurri sauce.

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Chimichurri Sauce:

(Makes enough to fill one small Mason jar)

1 bunch of finely cut parsley

4 cloves garlic

1 1/2 cups extra virgin olive oil

1 teaspoon black pepper

1 teaspoon salt

1 tablespoon lime juice

- › Prepare the sauce one hour before serving. Chop 4 cloves of garlic in a food processor.
- › Add parsley.
- › Add black pepper, salt and lime juice.
- › Now for the tricky part. Measure 1 1/2 cups of extra virgin olive oil.
- › Put about 1/2 cup in a pot on low heat.
- › Take the parsley-garlic mixture out of the food processor and put into a glass jar. (I take a bit of the parsley and throw it into the pot on the stove. If it singes the leaves, it is too hot; if it just bubbles around it, but does not burn it, then it is the right temperature.)

- › Pour that hot oil into the glass jar and let the parsley mixture infuse into the oil for about 5 minutes.
- › Pour the remaining 1 cup of oil into the jar.
- › Shake well and sample. If it needs more bite, add more lemon and salt to taste.

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