

[Stella Cadente](#)

## Grilled Marinated Flank Steak with Lime-Chipotle Sauce

Posted by Administrator on March 19, 2012 in [Meat, Poultry & Fish](#)

Serves 6

This is a great outdoor summer dish since it doesn't involve any stovetop or oven cooking. Chipotle in adobo can now be found in small cans in most Latin sections of the supermarket. Any leftover meat and sauce can be used the next day for great burritos. To accompany this, grill up whatever fresh vegetables you find in the market such as scallions, thin skinned potatoes, sweet peppers and the like.

3 lbs. flank steak, trimmed of excess fat

### Marinade

2 tablespoons minced chipotle in adobo

1 tablespoon minced garlic

3 tablespoons chopped fresh cilantro

1/3 cup Stella Cadente L'Autunno Blend Extra Virgin olive oil

3/4 cup hearty red wine

1/2 cup soy sauce

### Lime-Chipotle Sauce

1/2 cup honey

1 - 2 tablespoons minced chipotle in adobo

3 tablespoons balsamic vinegar

2 tablespoons brown mustard

1/2 cup fresh lime juice &/or Stella Cadente's Persian Lime Oil

1-1/2 tablespoons minced garlic

1 teaspoon ground cumin

1/2 teaspoon ground allspice

1/4 cup chopped cilantro

Salt and freshly ground pepper

### Garnish

Grilled sweet red onions, grilled red and yellow peppers and cilantro sprigs

Carefully trim the steak of any fat. Mix marinade ingredients together and pour over steak. Marinate for at least 4 hours or overnight covered in refrigerator, turning occasionally.

In a blender, puree the sauce ingredients together until smooth and set aside. Correct seasoning with salt and pepper. Remove excess marinade from steak and grill over hot coals to desired doneness, approximately 4 to 5 minutes per side for medium rare. Let steak rest for 3 minutes before slicing across the grain.

To serve: Slice meat thinly across the grain on an angle and arrange on warm plates topped with the grilled summer vegetables of your choice. Drizzle sauce over or serve on the side.

Recipe from Chef John Ash, modified using L'Autunno Blend & Persian Lime Oil

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