

2017 Roland Rosario Zinfandel - Teriyaki Grilled Flank Steak

Ingredients

1/2 c red wine
1/2 c soy sauce
2 T olive oil
2 T brown sugar
1/4 c grated fresh ginger root
2 cloves garlic, crushed
1 t ground black pepper
2 t sesame oil
Sesame seeds
1 1/2 pounds beef flank steak

Directions

In a large resealable plastic bag, mix the wine, soy sauce, olive oil, brown sugar, ginger, garlic and pepper. Place steak in the bag, seal and refrigerate 8 hours, or overnight.

Preheat an outdoor grill for medium-high heat.

Remove steaks from the bag, and discard marinade. Place steaks on the grill and cook 6 to 8 minutes per side, or to your desired degree of doneness. The internal temperature should be at about 125 degrees F (63 degrees C) for rare to medium rare. Allow the steaks to sit about 5 minutes before slicing against the grain serve as an appetizer or over cauliflower rice or brown rice with broccoli or a green salad.

Pair with the 2017 Roland Rosario Zinfandel.