

Grilled Steak Recipe

Compiled by tamrin



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1. Flank Steak in Mushroom Sauce

tag: [grilled steak](#)

Yield: 4 Servings

Ingredients

- 1 lb Flank steak
- 1/4 c Sauterne wine
- 1 tb Soy sauce
- 1 Clove garlic -- minced
- 10 1 2 z Beef broth
- 1 tb Catsup
- 1 ts Mustard
- 1 tb Minced onions
- 2 tb Cornstarch
- 2 tb Water
- 1/4 lb Fresh much -- sliced

Directions

Place steak in slow-cooking pot. Combine sauterne, soy sauce, garlic, broth, catsup, mustard, and onion; pour over steak. cover and cook on low for 6 to 8 hours. Dissolve cornstarch in water; stir into pot. Add mushrooms. Turn control to igh; cover and cook on high 20 to 30 minutes or until mushrooms are done.

Recipe By :

From: Date:

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

2. Black Diamond Steak

tag: grilled steak

Yield: 1 Servings

Ingredients

2 tb Oil
1/4 c Lite soy sauce
1/4 c Honey
2 tb Brown sugar
2 tb Vinegar
1 1/2 ts Ginger
1 p Garlic powder
n

Directions

Mix. Score steak on both sides. Marinate in above mixture 8 to 10 hours. Grill 6 to 8 minutes per side. Posted to recipelu-digest by "Bunny" <layla696[at]ix.netcom.com> on Mar 20, 1998

3. Bed of Wilted Greens for Grilled Meat

tag: grilled steak

Yield: 4 Servings

Ingredients

== FOR DRESSING ==

- 3 tb Fresh orange juice
- 2 tb Soy sauce; low sodium
- 1 tb Honey
- 2 ts Salad oil
- 1 ts Sesame oil
- 1/2 ts Fresh ginger root; grated

== FOR THE SALAD ==

- 6 c Mixed young greens; torn
- 1 s Fresh red bell pepper; cut into thin strips
- m
- 1 m Orange or tangerine; peeled and sectioned
- d

Long strands of orange peel

== SUGGESTIONS FOR MEAT ENTREE ==

- Chicken breast; boned and skinned
- Salmon or swordfish steak
- Pork snitzel
- Cornmeal breading

Directions

From: PatH <phannema[at]wizard.ucr.edu>

Date: Wed, 15 May 1996 19:31:13 -0700 (PDT)

Recipe by: BH&G, Low-Fat & Luscious, 1996 Combine the dressing ingredients In a small bowl. For the greens, use a combination of spinach, mustard, collard, beet, chard, and/ or radicchio. Avoid older, tougher leaves. Remove rib from chard if too old. Tear large pieces (larger than 3 inches), placing them and the orange sections in a large bowl. In a large skillet, bring salad dressing mixture to boiling. Add red pepper strips. Remove skillet from heat. Pour hot mixture over the greens, tossing to mix. To serve with a grilled meat or fish steak... arrange some greens on individual dinner plate. Arrange some of the red pepper slices around the outside (perimeter). Place meat in center. Make a fan of 3 orange sections on the greens and garnish with zest strands or curls. Drizzle a spoonful of the dressing on top of the grilled entree.

MC-RECIPE[at]MASTERCOOK.COM

MASTERCOOK RECIPES LIST SERVER

MC-RECIPE DIGEST V1 #87

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

4. Fruited Flank Steak

tag: [grilled steak](#)

Yield: 4 Servings

Ingredients

- 1 lb Flank steak
- Salt and pepper
- 30 oz Fruit cocktail
- 1 tb Salad oil
- 1 tb Lemon juice
- 1/4 Cup
- 1 ts Vinegar
- 1 Clove garlic -- minced
- Teriyaki sauce

Directions

Sprinkle flank steak with salt and pepper; place in slow-cooking pot. Drain fruit cocktail, saving 1/4 cup syrup. Combine 1/4 cup syrup with remaining ingredients; pour over steak in pot. Cover and cook on low for 7 to 9 hours or until tender. Add drained fruit the last few minutes. Lift out of pot; place on platter. With sharp knife, cut thin slices of meat across the grain. Serve hot.

Recipe By :

From: Date:

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

5. Anchovy-Grilled Salmon Steaks

tag: grilled steak

Yield: 4 Servings

Ingredients

- 4 Salmon Steaks
- Parsley Sprigs
- Lemon Wedges
- Anchovy Butter-----
- 6 Anchovy Fillets
- 2 tb Milk
- 6 tb Butter
- 1 dr Tabasco Sauce
- Pepper

Directions

Pre-heat the grill to high heat. Oil the grill rack and place each steak to ensure an even heat. Place a small knob of Anchovy Butter (divide a quarter of the mixture in four) on each steak. Grill for 4 minutes.

Turn the steaks with a fish slice and place another quarter of the butter among the steaks. Grill on the second side 4 minutes. Reduce the heat and allow to cook for a further 3 minutes, less if the steaks are thin.

Serve with a neatly arranged pat of anchovy butter on top of each steak. Garnish with parsley sprigs and lemon wedges.

Anchovy Butter: Soak all the anchovy fillets in milk. Mash in a bowl with a wooden spoon until creamy. Cream all ingredients together and chill.

Serves 4.

(Adapted from a recipe in "Classic Fish Dishes," by Myra Street)

Recipe By :

From: Ladies Home Journal- August 1991

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

6. Grill Broiled Sirloin Steak

tag: [grilled steak](#)

Yield: 1 Servings

Ingredients

- 1 Beef sirloin steak, cut
1-inch thick
- Salt
- Pepper

Directions

Place steak on grill over ash-covered coals so the surface of steak is 2 to 3 inches from the heat. Broil at moderate temperature. When one side is browned, turn, season and finish cooking on the second side. Turn and season. A steak cut 1 inch thick requires 18 to 20 minutes for rare and 20 to 25 minutes for medium.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

7. Entrecote Bercy (Grilled Beef Steak)

tag: [grilled steak](#)

Yield: 2 Servings

Ingredients

- 2 6-8 oz each sirloin steak
- Salt and pepper
- 6 tb Unsalted butter; softened
- 2 ts Parsley; minced
- 2 ts Chervil; minced
- 2 Shallots; minced

Directions

Sprinkle both sides of the steak with salt and pepper. Grill over a hot fire. While it is cooking, mix--over very low fire in a small pan, with a fork--the butter with the chopped herbs and shallot until creamy.

Just before serving, place half the butter on two hot serving plates. Place the cooked steaks on top and the rest of the butter on the top of the steaks.

Serve very hot.

Shared by Sherilyn Schamber Recipe By : Pampille's Table

Posted to MC-Recipe Digest V1 #240

Date: Wed, 09 Oct 1996 15:32:14 -0700

From: Sherilyn Schamber <sherschm[at]concentric.net>

8. Grilled Flank Steak

tag: grilled steak

Yield: 6 Servings

Ingredients

- 1/4 c Chopped onion
- 1/2 ts Chili powder
- 1/2 c Tomato sauce
- 1 tb Honey
- 1/4 ts Pepper
- Clove Garlic, minced
- 1 tb Margarine
- 2 tb Vinegar
- 1/4 ts Salt
- 1 1/2 lb Beef flank Steak, 3/4" thick

Directions

For sauce, in a small saucepan cook onion, garlic, and chili powder in margarine till tender. Stir in tomato sauce, vinegar, honey, salt, and pepper. Bring to boiling, stirring constantly. Boil 5 minutes or till slightly thickened. Meanwhile, trim fat from flank steak. Score steak diagonally into diamonds on both sides. Brush with sauce. Grill steak on uncovered grill directly over medium coals for 7 minutes. Turn and grill to desired doneness, allowing 5-7 minutes more for medium. Brush occasionally with the remaining sauce. To serve, thinly slice the flank steak across the grain.

Broiling Directions: Place meat on the unheated rack of a broilerpan. Broil 3" from heat for 6 minutes. Turn and broil to desired doneness, allowing 6-8 minutes more for medium. Brush occasionally with sauce.
***** Per serving: 240 calories, 21 g protein, 5 g carbohydrates, 14 g fat, 58 mg cholesterol, 304 mg sodium, 436 mg potassium.

Culled from Better Homes & Gardens "Diet Recipe Card Library".

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmlfat2.zip>

9. Grilled Budget Chuck Steak

tag: grilled steak

Yield: 1 Servings

Ingredients

- 1/4 c Vinegar
- 2 tb Worcestershire sauce
- 2 tb Corn oil
- 1 1/2 ts Unseasoned meat tenderizer
- 1/4 ts Marjoram
- 1/4 ts Rosemary
- 1/4 ts Thyme
- 3 lb Chuck steak (cut 1 1/2" Thick)

Directions

1 hour before serving combine vinegar, Worcestershire, oil, meat tenderizer & herbs. Pierce steak on all sides with fork; pour mixture over meat & refrigerate for 1 hour, turning once or twice. Grill or broil 8-12 minutes on each side, basting with vinegar mixture occasionally. To serve, carve into thin slices. NOTE: Flank steak may be used. Score flank to keep it flat while cooking. Grill close to heat 5 minutes on each side. Carve into thin slices, cutting across grain.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

10. Grilled Flank Steak #2

tag: grilled steak

Yield: 4 Servings

Ingredients

- 1 Flank steak - I usually plan on 4 oz. a person
- Prepared mustard
- Soy sauce

Directions

submitted by: juls[at]u.washington.edu (Julie Kunkel, Seattle, Washington) I've enjoyed everyone else's recipes now it is my turn to share!! am a nanny taking care of 3 picky eaters. I usually end up making three separate meals. However, I have discovered a few recipes that all 3 boys will eat. This entree they will eat if allowed all spring and summer long and it's so quick!

spread the mustard on the steak, then pour the soy sauce on and mix into the mustard. Turn steak over and repeat on the other side. Then grill about 5min. on each side for a medium well steak. After it is cooked, let sit for about 5 minutes. Then cut into thin slices and serve on rice. We have tried broiling it, but it is not as good as grilling.

DAVE <DAVIDG[at]CLAM.RUTGERS.EDU>

RECIPEINTERNET LIST SERVER

RECIPE ARCHIVE - 29 APRIL 1996

From the 'RECIPEinternet: Recipes from Around the World' recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

11. Grilled Flank Steak with Chimichurri Sauce

tag: [grilled steak](#)

Yield: 6 Servings

Ingredients

- 2 lb Flank steak
- == SAUCE ==
- 4 Jalapeno peppers, remove stems and seeds, chop fine
- 1/2 c Chopped onion
- 4 Cloves garlic, minced
- 1/4 c Chopped fresh parsley
- 1 ts Oregano
- 1 ts Fresh ground black pepper
- 1/2 c Olive oil
- 1/4 c Red wine vinegar
- 2 tb Lemon juice
- 1/4 c Water

Directions

Combine all ingredients for the Chimichuri Sauce. Score each side of the steak about 1/8 to 1/4" deep and rub in the sauce, reserving some of the sauce to serve with the meal. Place the meat and marinade in a ceramic or glass pan and marinate overnight in the refrigerator. Remove the meat and extra sauce from the refrigerator and allow to sit at room temperature before grilling. Grill the meat over charcoal or under a broiler until medium-rare. Carve the steak immediately across the grain into strips about 1/4" thick and serve with extra sauce. If the meat is allowed to sit before carving, it will toughen.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

12. August Goerg's Grilled Steak (Spiessbraten August Goerg)

tag: [grilled steak](#)

Yield: 6 Servings

Ingredients

- 1 Shallot or small onion cut into small pieces
- Freshly ground black pepper
- 1 p Mace
- n
- 1 lg Steak (just over 1 lb), at least 1 1/4 inches

Directions

((Note: Per Horst Scharfenberg, this recipe originated in the town of Idar-Oberstein in the 19 th century, when gemstone prospectors returning from South America created their own version of gaucho-grilled steaks. The dish was then further refined by Scharfenberg's mentor August Goerg. K.B.))

Per person: thick, trimmed

Mix together the shallot or onion with the pepper and mace. Insert a few shallot pieces into the steak using the point of a small knife. Coat the steak with the shallot mixture, pressing it in so it will adhere.

Remove the loose shallot pieces and grill the steak (over a fire of oak logs, says August Goerg, from which the bark has been removed).* Take the steaks off the grill while they are still pink inside. Sprinkle them with salt.

*Note: A special grill is used, suspended with 3 chains from an iron tripod and constantly swinging through the flames.

From: THE CUISINES OF GERMANY by Horst Scharfenberg, Simon & Schuster/Poseidon Press, New York. 1989 Posted by: Karin Brewer, Cooking Echo, 8/92

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

13. Carne Asada (Grilled Strip Steak Smothered in Green Chile)

tag: [grilled steak](#)

Yield: 1 Servings

Ingredients

- 8 oz New York strip steak
- 1 Garlic clove; split in half
Salt to taste
- 1/2 c Green Chile Sauce
- 2 tb Grated mild cheddar cheese

Directions

The recipes below are from the Rancho de Chimayo Cookbook -- certainly one of my favorite New Mexican restaurants!

Preheat the grill or broiler Trim the steak of any exterior fat. Rub both sides of the steak with the garlic clove and then salt to taste. Let the meat come to room temp before cooking it.

Grill or broil the steak to the preferred doneness, turning it once. Remove the meat and place it on a heatproof plate. Top it with the green chile sauce and sprinkle the cheese over all. Place the plate under the broiler until the cheese melts. Serve immediately. Posted to MM-Recipes Digest V4 #250 by Cindy Wysocki <cyssocki[at]trail.com> on Sep 19, 1997

14. Grilled Flank Steak #3

tag: grilled steak

Yield: 6 Servings

Ingredients

- 1 c Soy sauce
- 1/2 c Brown sugar
- 1/2 c Unsweetened pineapple juice
- 1/2 c Italian salad dressing
- 1/2 c Red wine vinegar
- 1/2 c Worcestershire sauce
- 1 ts Salt
- 1 ts Garlic powder
- 1 1/2 lb Flank steak

Directions

From: kmeade[at]ids2.idsonline.com (The Meades)

Date: Tue, 14 May 1996 13:48:23 -0400

Recipe by: Elizabeth Powell Prepare a marinade of all ingredients and marinate steak overnight. Broil steak over hot charcoal fire for 5 to 10 minutes on each side, depending on degree of rareness desired. Slice thinly across the grain.

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MASTERCOOK RECIPES LIST SERVER

MC-RECIPE DIGEST V1 #83

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

15. Grilled Flank Steak #1

tag: grilled steak

Yield: 6 Servings

Ingredients

- 1 (3-lb) flank steak
- Lawry's seasoned salt
- Lawry's seasoned pepper
- Worcestershire sauce
- Liquid smoke

Directions

Generously sprinkle one side of the steak with seasoned salt, seasoned pepper and Worcestershire sauce. Sprinkle lightly with Liquid Smoke. Turn steak and repeat on the other side. Cover and marinate for at least 3 hours in refrigerator. Remove from and leave at room temperature for 1 hour before cooking. Grill over charcoal for 7 to 8 minutes on each side. Turn steak 4 times during cooking. Slice on diagonal to serve. Yield: 6 servings.

WILLIAM D. HAUGHT

From <Traditions: A Taste of the Good Life>, by the Little Rock (AR) Junior League. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

16. Grilled Beef Steak W/grav

tag: grilled steak

Yield: 100 Servings

Ingredients

7 1/2 c WATER; WARM
1 1/2 g WATER; HOT
a
4 g WATER; UKEWARM
a
9 cn BEEF STRIP LOIN STEAK
1 3/6 Dozen EGGS SHELL
3/16 cn MILK; DRY NON-FAT L HEAT
1 1/4 lb FLOUR GEN PURPOSE 10LB
1/4 cn SOUP GRAVY BASE BEEF
1 1/4 lb SHORTENING; 3LB
1 lb SHORTENING; 3LB
lb PEPPER BLACK 1 LB CN
1/16 lb PEPPER BLACK 1 LB CN
1/4 lb SALT TABLE 5LB

Directions

Recipe Number: X37008

SERVING SIZE: 1 STEAK

From the <Army Master Recipe Index File> (actually used today!). Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

17. Grilled Faux Salisbury Steak

tag: [grilled steak](#)

Yield: 1 Servings

Ingredients

- 3 lb Ground beef
- 1 m Onion, chopped fine
d
- 4 tb Garlic powder
- 3 tb Paprika
- 2 tb Onion powder
- 2 tb Worcestershire sauce
- 2 tb Tabasco sauce
- 2 tb Cumin
- 2 tb Black pepper
- 2 tb Nuoc mam
- 3 c Beef broth
- 4 tb Flour

Directions

This was supposed to be a salisbury steak recipe...it turned out tasting more like grilled meatloaf, but the end result wasn't too bad.

In a large bowl, mix all ingredients together well except beef broth and flour. Shape meat into steak sized oval patties, and grill over hot oak or hickory coals until browned on both sides, about 4 minutes per side.

Put meat into a cast iron skillet, add beef broth and flour, and cook over medium heat for an additional 10-15 minutes, stirring frequently. When flour has cooked, remove from heat and serve. If you want a thicker gravy, add more flour to the pan at the start.

You can add sliced mushrooms to the gravy also. Top each "steak" with a cooked onion ring for that authentic K&W or Morrison's Cafeteria ambiance <GRIN>. Posted to bbq-digest V4 #043

Recipe by: Tom Solomon

From: Tom Solomon <bigheat[at]earthlink.net>

Date: Mon, 30 Dec 1996 10:24:10 -0800 (PST)

18. Garlic Steak

tag: [grilled steak](#)

Yield: 4 Servings

Ingredients

- 1 lb Beef top round steak, cut 1 inch thick
- 1/4 c A-1™ Steak Sauce
- 2 tb Vegetable oil
- 1 ts Cracked black pepper
- 2 Cloves garlic, crushed

Directions

Combine steak sauce, oil, pepper and garlic. Place steak in bag; add marinade, turning to coat. Close bag securely and marinate in refrigerator for at least 1 hour, turning once. Remove steak from marinade; place steak on broiler in broiler pan so surface of meat is 3-4 inches from heat. Broil 15 to 18 minutes to desired doneness (rare to medium rare) turning once.

NOTES : We have grilled this recipe with same success.

Posted to MC-Recipe Digest V1 #654 by Diana Stephens <mdstephe[at]ix.netcom.com> on Jul 1, 1997

Compiler Profile

Nickname : tamrin

Gender :

Website :

Location :

Favourite food :

About :