

BBQ Flank Steak & Mushroom Sauce

Marinate 1 lb. flank steak in

½ c soya sauce
½ c sesame oil
3 Tbsp. red wine vinegar
2 garlic cloves, minced

Put this all in a zip lock bag, marinate for 2-12 hours
BBQ steak 10 minutes per side (approximately). Slice thinly on slant.

Mushroom Sauce

3 Tbsp. butter
3 Tbsp. vegetable oil
2 c beef stock
4 tsp. Dijon mustard
4 tsp. coarse grain mustard
½ c whipping cream
1 lb. fresh mushrooms

Cut mushrooms into ½ inch strips. Melt butter and oil over med. Heat. Add mushrooms and cook 3 minutes. Mix in 1 cup beef stock and mustards. Over high heat, reduce by half (5 minutes). Add ¼ c stock and reduce by half (repeat 4 times). Stir in cream. Cook until it coats spoon (3 minutes). Serve sauce over flank steak, saving remainder to serve on the side.