

Posted on 5 May 2014

by ewfood

Whiskey Glazed Flat Iron Steaks with Grilled Sweet

Ingredients

1/4 cup whiskey
2 tsp brown sugar
2 tbsp olive oil
3 cloves garlic, minced
400g flat iron steaks
1 large sweet potato
1 tbsp + 1 tsp olive oil
1/2 teaspoon white balsamic vinegar
Kosher salt and freshly ground black pepper

Preparation

1. Combine the brown sugar, ¾ teaspoon salt, whiskey and ½ teaspoon pepper until the sugar and salt are dissolved. Then stir tablespoon of olive oil and add two of the minced garlic cloves.
2. Add the steaks to the marinade and let stand for 20 minutes at room temperature.
3. Remove the towels and use paper towels to dry. Pour the marinade in a small pot and boil for 2 to 3 minutes until slightly reduced so that the sugar does not burn.
4. In a separate pot, cut the sweet potato into wedges and cover with cold water and add little salt.
5. Bring to boil over medium heat while reducing the heat until sweet potato is tender for about 15 minutes.
6. Drain the sweet potatoes and toss it with 1 tablespoon olive oil and the remaining minced garlic clove.
7. Preheat a grill pan over medium heat. Grill the steaks for about 3 to 5 minutes per side for medium rare while brushing with the marinade.
8. Transfer the steaks to a plate and rest for 10 minutes. Add the potatoes to the pan and grill until well-marked and crispy for 5 minutes.
9. Then transfer the potato wedges to a bowl and toss it with oil, vinegar, salt and pepper.
10. Serve the remaining glaze over the steaks and put the potatoes and vegetable of your choice on the side.

Cooks Note