

Tamarind-Marinated Flank Steak

Servings : 4

Amount	Measure	Ingredient - Preparation Method
2	pounds	flank steak, sirloin, skirt steak or top blade steak
3	tablespoons	olive oil
1		onion - coarsely chopped
3	cloves	garlic - sliced
1	tablespoon	whole mustard seeds
1/2	cup	rice wine vinegar
1/4	cup	dark molasses
2	tablespoons	tamarind paste
1	tablespoon	black peppercorns
1	tablespoon	whole coriander seeds
1/2	teaspoon	cardamom seed
		peanut oil for pan-frying
		kosher salt and ground pepper
		Coconut Rice

Place steak in a shallow dish.

Heat the olive oil in a pan and saute the onion over low heat until soft, about 10 to 15 minutes. Add the garlic and mustard seeds, stirring until the seeds pop. Add the vinegar, molasses, tamarind paste, peppercorns, coriander and cardamom. Continue to cook until the mixture reduces enough that you can scoot it to one side of the pan without having to spread it out. Remove from heat, allow to cool, and spoon over the meat, coating both sides generously. Marinate for 1 hour on the counter or up to 24 in the refrigerator.

After the steak has marinated, scrape away any large bits of marinade and then rub with olive oil.

To grill, sear for 3-5 minutes on each side. To pan-fry, heat peanut oil until almost smoking and sear on each side for 3 minutes.

Salt and pepper the steak and tent for 5 minutes.

Slice across the grain and serve with coconut rice.

*

Coconut Rice

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1/2	cup	coconut water
1	cup	freshly grated coconut
1	cup	boiling water
1 1/2	cups	jasmine rice
1	teaspoon	kosher salt

Transfer 1 cup of coconut to a bowl and cover with boiling water. Let the mixture sit for one hour before straining the water into a cup with the coconut water, reserving grated coconut. Add plain water to the mixture for a total of 2.5 cups liquid. Combine rice, coconut liquid, salt and 1/4 cup grated coconut in a saucepan. Cook, covered, for 12 to 15 minutes or until liquid is evaporated and rice is tender. Garnish with a fine grating of coconut.