

Smoked Beef Flat Iron Steak With Herbed Ghee

You can expect juicy and tender results with this steak recipe. Beef Flat Iron Steak is marinated, smoked, finished in a skillet and topped with an herbed ghee.

INGREDIENTS

- 1 beef Flat Iron Steak (about 1-1/2 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon dried sage
- 4 tablespoons softened ghee or butter
- 1 tablespoon fresh parsley, minced
- 1 tablespoon fresh oregano, minced



1.25
Hours



6
Servings



42 Cal





22g
Protein

COOKING

- Combine Marinade ingredients in small bowl. Place beef Flat Iron Steak and Marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 30 minutes.
- Add wood chunks, chips or pellets to smoker according to manufacturer's instructions. Preheat smoker to 225°F.
- Remove steak from marinade; discard marinade. Add steak to smoker according to manufacturer's instructions. Set timer for 10 to 15 minutes, depending on desired smoke flavor.
- Meanwhile, combine ghee, parsley and oregano in small bowl. Using parchment paper to hold butter mixture, roll it back and forth to form 2-inch diameter log. Wrap and refrigerate for 30 minutes or until firm.
- When steak is done smoking, carefully remove from smoker.
- Heat large skillet over medium heat until hot. Place steak in skillet; cook 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks, keep warm. Season with salt and pepper, as desired. Serve with Herbed Ghee, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		21.8g	93mg		1g	22g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com