



2022 THE PENNANT

Grilled Flat Iron Steak

with Parsley-Caper Sauce

Flat iron steak supports the blend's dark fruit; a fresh caper-herb sauce adds contrast to cassis and barrel spice.

Serves 4 | Prep 20 min | Cook 15 min

INGREDIENTS

- 1 1/2 lb flat iron steak
- 1 tbsp olive oil; 1 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 cup finely chopped parsley
- 2 tbsp capers, rinsed and chopped
- 1 small garlic clove, minced
- 3 tbsp extra-virgin olive oil
- 1 tbsp red wine vinegar
- 1/2 tsp lemon zest

DIRECTIONS

1. Heat grill to medium-high. Coat steak with 1 tbsp oil, salt and pepper.
2. Mix parsley, capers, garlic, extra-virgin oil, vinegar and lemon zest; set aside.
3. Grill steak 5-7 min per side, to 145°F, adjusting for thickness. Rest at least 3 min.
4. Slice thinly across the grain and spoon over sauce. Serve with crisp roasted potatoes.

POUR & SERVE

Serve slightly cool; taste before choosing a brief decant.