

FLANK STEAK WITH ARGENTINIAN CHIMICHURRI

Cook: 131°F (55°C) for 2 to 12 hours • Serves: 4 to 8

Flank steak is one of my favorite cuts because it is full of beefy flavor and has a nice bite to it. Serving it with chimichurri, a flavorful garlic and parsley-based sauce, is very popular in Argentina and other South American countries. This version isn't a truly authentic Argentinian chimichurri but it comes pretty close.

Because I like the bite of flank steak I usually only cook it enough to heat it through, about 2 to 3 hours, but if you let it go for 10 to 12 hours it turns out really tender. You can make the chimichurri sauce several days ahead of time and store it in the refrigerator.



Ingredients

For the Flank Steak

2 pounds flank steak
(900g)
1 teaspoons garlic powder
½ teaspoons ground cumin
½ teaspoons ancho chile
powder
Salt and pepper

For the Chimichurri

1 bunch fresh parsley
⅛ cup fresh oregano
6 garlic cloves, coarsely
chopped
3 tablespoons red wine
vinegar
3 tablespoons lime juice
1 cup olive oil
1 teaspoon paprika
½ jalapeno, deseeded and
coarsely diced
Salt and pepper

To Assemble

Cucumber, sliced
Carrots, thinly sliced
Cherry tomatoes, quartered
Parsley leaves

For the Flank Steak

At least 2 to 12 hours before serving
Preheat a water bath to 131°F (55°C).

Mix together the spices in a bowl. Salt and pepper the steak then coat with spices. Place the steak in a sous vide bag then seal. Cook the flank steak for 2 to 12 hours.

For the Chimichurri

At least 10 minutes before serving
Combine all the ingredients in a blender or food processor and process until combined well, leaving a few larger pieces of the ingredients in the chimichurri. Pour the chimichurri into a container and reserve until serving. It will last in the refrigerator for several days.

To Assemble

Remove the cooked steak from the sous vide bag and pat dry. Lightly salt the outside of the steak then quickly sear it until the meat is just browned. Cut across the grain into thin slices.

Make a small pile of the cucumber, carrots, and cherry tomatoes then place some slices of flank steak over it. Top with the chimichurri and some parsley then serve.

Modernist Notes

I will usually mix in 0.15% xanthan gum to help hold the chimichurri sauce together so it better coats the steak. Just add it in when you are blending the ingredients together.