



Gin and Spice Flank Steak

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons peppercorns black
- ☐ 1.5 lbs flank steak
- ☐ 2 tbsp hendrick's gin
- ☐ 4 teaspoons juniper berries dried divided
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup whipping cream

☐ 1.5 teaspoons allspice whole

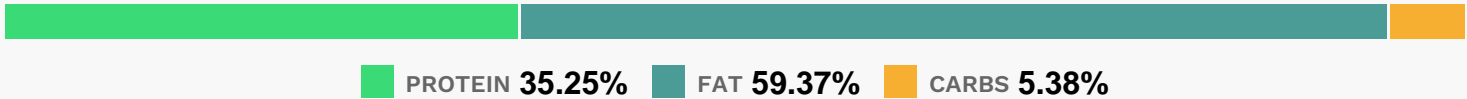
Equipment

- ☐ knife
- ☐ pot
- ☐ grill

Directions

- ☐ In a spice grinder, grind 2 tsp. juniper berries, the allspice, and peppercorns until coarsely ground.
- ☐ Add salt and whirl to mix.
- ☐ Trim fat from steak. Rinse meat, pat dry, and rub all over with oil. Pat and rub spice mixture onto both sides.
- ☐ In a 2-qt. pot, bring broth and remaining 2 tsp. juniper berries to a boil over high heat and boil until reduced by 3/4.
- ☐ Add cream and 2 tbsp. gin and boil over medium-high heat until reduced by half.
- ☐ Lay steak on an oiled cooking grate over a solid bed of very hot coals or highest gas heat (you can hold your hand 1 to 2 in. above grate for only 1 to 2 seconds); cover gas grill. Cook until firm when pressed on thin end but still quite pink inside (cut to check), 8 to 10 minutes; turn over halfway through. Meanwhile, reheat gin sauce over medium-low heat and, if more zip is desired, add 1 tbsp. gin.
- ☐ Transfer steak to a carving board with a well (to catch juices). With a sharp knife, carve steak into thin, wide slices across the grain, holding the knife at a low angle to meat.
- ☐ Transfer steak to a warm platter; scrape drippings and juice from board into gin sauce.
- ☐ Serve meat slices with sauce.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:13.434347756531%

Nutrients (% of daily need)

Calories: 310.71kcal (15.54%), Fat: 19.66g (30.24%), Saturated Fat: 9.63g (60.21%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.93g (1.03%), Cholesterol: 101.66mg (33.89%), Sodium: 468.78mg (20.38%), Alcohol: 1.67g (100%), Alcohol %: 1.08% (100%), Protein: 26.26g (52.51%), Selenium: 34.43µg (49.19%), Vitamin B3: 7.67mg (38.34%), Vitamin B6: 0.71mg (35.31%), Zinc: 4.48mg (29.88%), Phosphorus: 261.45mg (26.14%), Vitamin B12: 1.12µg (18.65%), Potassium: 476.46mg (13.61%), Vitamin B2: 0.2mg (11.83%), Iron: 2.07mg (11.5%), Manganese: 0.19mg (9.56%), Vitamin A: 450IU (9%), Vitamin B5: 0.81mg (8.06%), Magnesium: 30.98mg (7.74%), Copper: 0.13mg (6.45%), Vitamin E: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.02%), Calcium: 58.3mg (5.83%), Vitamin K: 5.52µg (5.26%), Folate: 16.56µg (4.14%), Vitamin D: 0.48µg (3.17%), Fiber: 0.54g (2.18%)