



Korean-Style Grilled Hanger Steak with a Pickle Bar for the Beach



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings beef
- ☐ 1 large beets yellow washed peeled
- ☐ 0.3 cup plus
- ☐ 0 piece daikon radish washed peeled
- ☐ 10 garlic clove peeled chopped
- ☐ 2 tablespoons ginger chopped
- ☐ 1 kohlrabi bulb green washed peeled

- ☐ 2 tablespoons kosher salt
- ☐ 1.3 cups soy sauce low-sodium
- ☐ 1.5 teaspoons pepper
- ☐ 8 servings savory vegetable
- ☐ 1 bunch radishes red french
- ☐ 1 large beets red washed peeled
- ☐ 0.3 cup rice vinegar
- ☐ 1.5 tablespoons sesame oil
- ☐ 2 pounds fat-trimmed beef flank steak (3 to 4 steaks total)
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 1.5 cups rice vinegar
- ☐ 2 lb seeded/seedless watermelon seedless firm trimmed
- ☐ 3 cups citrus champagne vinegar

Equipment

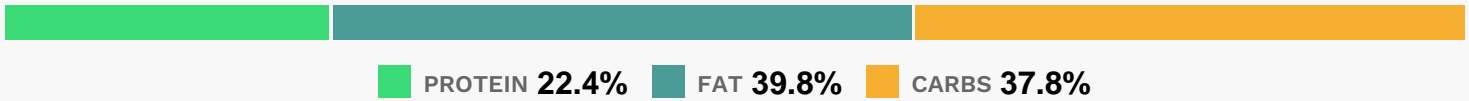
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ mandoline

Directions

- ☐ Whisk vinegars, sugar, and salt in a bowl with 3 cups water until sugar dissolves. Halve French radishes. Slice kohlrabi, beets, daikon, and black radish into very thin (1/16-in.) slices--easiest using a mandoline or food processor with slicing blade.
- ☐ Cut watermelon into 1-in. dice. Put each vegetable or fruit in its own jar, gently tamp it down, and cover with brine. Chill, covered, 1 day.

- ☐ Whisk soy, sugar, corn syrup, rice vinegar, garlic, ginger, sesame oil, and pepper in a bowl with 1/2 cup water. Put beef in a 1-gal. resealable bag, add marinade, and chill overnight, turning a couple of times.
- ☐ Heat grill to medium-high (450). Oil cooking grate with a wad of oiled paper towels. Lift steak from marinade (throw away marinade). Grill steak with lid down, turning as needed, until grill marks appear, 7 to 10 minutes total for medium-rare.
- ☐ Transfer to a platter and let rest 10 minutes.
- ☐ *Black radishes have snowy white interiors and a spicy kick. Find them at farmers' markets and some grocery stores.
- ☐ Make-ahead & packing tips: Make pickles and marinate beef 1 day ahead. Bring pickles to beach in jars and beef in its bag, all kept chilled.

Nutrition Facts



Properties

Glycemic Index:83.48, Glycemic Load:41.19, Inflammation Score:-10, Nutrition Score:35.776521532432%

Flavonoids

Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 835.25kcal (41.76%), Fat: 36.75g (56.54%), Saturated Fat: 14.18g (88.65%), Carbohydrates: 78.5g (26.17%), Net Carbohydrates: 71.24g (25.91%), Sugar: 58.13g (64.59%), Cholesterol: 129.52mg (43.17%), Sodium: 3413.79mg (148.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.54g (93.08%), Vitamin A: 5315.24IU (106.3%), Zinc: 10.61mg (70.74%), Selenium: 43.24µg (61.77%), Vitamin B12: 3.7µg (61.69%), Vitamin B3: 11.3mg (56.51%), Vitamin B6: 1.06mg (52.88%), Phosphorus: 483.41mg (48.34%), Manganese: 0.89mg (44.53%), Vitamin C: 36.24mg (43.92%), Potassium: 1359.39mg (38.84%), Vitamin B2: 0.64mg (37.62%), Iron: 6.48mg (36%), Folate: 135.73µg (33.93%), Magnesium: 125.42mg (31.35%), Fiber: 7.26g (29.04%), Vitamin B1: 0.35mg (23.1%), Copper: 0.41mg (20.35%), Vitamin B5: 1.13mg (11.31%), Calcium: 103.27mg (10.33%), Vitamin E: 0.73mg (4.89%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.2µg (1.32%)