

Flank Steak with a Mustard Rub

MADE IN NAPA VALLEY



INGREDIENTS:

1/3 cup mustard (Herb Dijon, Hot Sweet or your favorite)

1/4 cup Spicy American Barbecue Herb Rub

2 pounds flank steak

Salt (preferably kosher or sea salt) and freshly ground pepper

DIRECTIONS:

Prepare the grill. In a small bowl, combine the mustard and Spicy American Barbeque Herb Rub to form a paste. Sprinkle both sides of the steaks with salt and pepper. Place the steaks on a foil-lined baking sheet and rub with the mustard paste, covering both sides with a generous amount. Let marinate for 30 minutes to 1 hour.

Place the steaks on the grill, and sear, turning to get a nice brown crust on both sides, about 5 minutes. Cook for another 6-8 minutes, turning every couple of minutes. Check for doneness by cutting into the thickest part of the steak, which should be pink in the center for medium rare. Transfer to a cutting board and cover with aluminum foil for 5 minutes before slicing on the diagonal and serving.

Serves 4