

Mom's Flank Steak and Rice Piquant Recipes

Marinade

¼ C soy sauce
2 Tbs salad oil
1 Tbs wine vinegar
2 Tbs honey
½ tsp. ground ginger
1 clove garlic, peeled and sliced

Mix above together and pour over scored flank steak. Marinate at least ½ day—overnight is best. This also works very well with boneless, skinless chicken breasts. Grill over charcoal—6 minutes on one side and 5 minutes on the other (same for chicken). Allow the meat to rest for about 5 minutes. Slice on the diagonal and serve.

Rice Piquant

1 C water
¾ stick of butter or margarine
1 can beef consommé
1 C uncooked rice
Parsley and sliced onion, mushrooms, almonds, etc.

Warm the butter and water and consommé. Add to rice in a casserole dish. Slice onions (and whatever else you are using) over the top. Place in a 350 degree oven and bake for 45 minutes uncovered and 15 more minutes covered.