

Marinated Skirt Steak with Quick-Pickled Feta

Serves: 4

Ingredients:

The Steak:

4 Tablespoon	Canola Oil / Divided
2 Pound	Skirt Steak
	Kosher Salt
	Black Pepper / Freshly Ground
6 Clove	Fresh Garlic / Peeled and Grated with a Micro Plane
2 Tablespoon	Worcestershire Sauce
2 Sprigs	Fresh Rosemary / Stemed and Leaves Coarsely Chopped
2 Teaspoon	Fennel Seed / Toasted and Crushed

The Vinaigrette:

4 Ounces	Feta Cheese / Lightly Crumbled
2 Tablespoon	Red Wine Vinegar
2 Tablespoon	Mexican Oregano / Dried
	Extra Virgin Olive Oil

Directions:

For the steak: Heat a cast iron or heavy-bottomed skillet and add half of the oil. When the oil begins to smoke lightly, season the steak on both sides with salt and use a pair of tongs to carefully drop it into the hot oil in the skillet. Cook it on the first side for 1 minute and then turn it on the second side for another minute. In a small bowl, stir together the garlic, Worcestershire sauce, rosemary, and fennel seeds. Remove the steak from the skillet; it will still be barely cooked. Use the back of a spoon to spread the garlic mixture on both sides of the steak and allow it to rest for 10 minutes. Refrigerate for a few hours and allow it to marinate or simply sear it again and serve.

For the vinaigrette: In a small bowl, combine the feta cheese with the red wine vinegar, oregano, and olive oil. Stir to blend. Set aside

To assemble: When ready to serve the steak, wipe out the grease and anything sticking to the bottom of the skillet. Heat the skillet again and add the remaining 2 tablespoons oil. Sear the steak again and cook to desired temperature. For medium rare, cook for 3 to 4 minutes on each side. Remove the steak from the skillet and place it on a flat surface. Cut against the natural grain of the meat to tenderize. Top with the feta dressing. Serve immediately.

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