



## Recipes

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### Shredded Flank Steak

Serves 1

#### Ingredients:

1.5 lbs. Flank Steaks  
1 tsp. Kosher Salt  
2 tsp. Black Peppers  
1 tsp. Ground Rosemary  
.75 oz. Garlic , sliced  
6 oz. Portabella Mushrooms , thinly sliced  
4 oz. Yellow Onions , sliced  
2.5 oz. Dry Sherry  
16 oz. Beef Stock

#### Directions:

1. Rub flank steak with salt, pepper and rosemary.  
Place flank steak on preheated griddle pan to sear both sides.
2. Place seared flank steak, garlic, and mushrooms in small hotel pan and top with sherry and beef stock.  
Tightly wrap with foil and place in preheated 350° F oven for approximately 1 hour and 45 minutes or until steak is tender. Let cool and drain excess liquid.
3. Shred meat when it cools.
4. Label, date and refrigerate.