

## **How to cook [Bavette](#)**

Drizzle steak with oil then season it with salt and pepper.

Heat oil in a cast-iron pan over medium-high heat.

Sear steak flipping every 3-5 minutes. Press down the edges to get an even cook.

Remove from heat when internal temp reaches 135 degrees F.

Let rest for 5 minutes.

Slice against the grain and enjoy!

## **A nice way to cook Bavette**

Ingredients

2 x 250g/9oz bavette or flank steak

1 tbsp sunflower oil

For the marinade

1 tbsp soy sauce

2 tbsp olive oil

3 garlic cloves

thumb-sized piece ginger, grated

juice ½ lemon, reserve lemon half

1 tbsp balsamic vinegar

1 tbsp honey

1 rosemary sprig.

## **Method**

### STEP 1

For the marinade, mix all the ingredients together in a bowl. Place the steaks in a shallow dish, pour marinade over to coat the meat completely. Cover, chill and leave to marinate overnight.

### STEP 2

Scrape the marinade off the steaks and rub each steak with a drop of sunflower oil. Heat a [griddle pan](#) until very hot, then rub the steaks with the reserved lemon half and cook with the rosemary sprig for 3-4 mins each side for medium-rare, 1 min longer if you prefer it cooked more. Rest for 5 mins before serving with mash or chips.