

# Beef Favorite

## Flat Iron Steak



Great for casual entertaining or quick family meals, the Flat Iron steak is well-marbled and tender. In fact, it's the second most tender beef cut – after the Tenderloin!

Look for the Flat Iron in the supermarket under its “official” name – Beef Shoulder Top Blade Steak (Flat Iron).

To season Flat Iron steaks, use a rub or simple marinade for flavor. Try these for starters!

### Red Wine-Basil Vinaigrette Marinade

*1/3 cup red wine vinaigrette*

*1/2 teaspoon dried basil  
leaves*

Combine ingredients in food-safe plastic bag. Place Flat Iron steaks in bag with marinade; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours for flavor. Makes 1/3 cup marinade, enough for 1 pound of steaks.

### Garlic-Spice Rub

*2 tablespoons chopped  
fresh cilantro*

*2 tablespoons olive oil*

*3 large cloves garlic, minced*

*2 teaspoons ground cumin*

*1 teaspoon paprika*

Combine ingredients in small bowl. Press evenly onto both sides of Flat Iron steaks just before cooking or in advance and refrigerate. Makes enough for 1 to 1-1/2 pounds of steaks.

## WHAT'S IN A NAME?

The “flat iron” nickname was coined many years ago because the original Shoulder Top Blade Steak, which is typically rectangular at one end and arrow-like at the other, loosely resembles the shape of an “old-style” flat iron.

Today, the “flat iron” name is used only in reference to the new Shoulder Top Blade Steak (Flat Iron). This steak results from an innovative cutting method that removes the tough internal connective tissue of the top blade muscle. It yields two to three rectangular steaks (about 8 ounces each). Flat Iron steaks can also be cut into strips for stir-fry or pieces for kabobs.



## FLAT IRON STEAK COOKING GUIDELINES

The thickness of Beef Shoulder Top Blade Steaks (Flat Iron) is naturally determined and varies from 3/4 inch to 1-1/4 inches. For this reason, in recipes, this cut is called for by weight, not by thickness.

### WEIGHT

### COOKING TIME (minutes)

*Medium Rare (145°F) to Medium (160°F)*

**GRILL** Use medium heat (gas grill) or medium coals (charcoal grill)\*. Grill covered; turn occasionally.

**8 ounces each**

**Charcoal: 10 to 14 Gas: 12 to 16**

**BROIL** Preheat broiler for 10 minutes. Place steaks on rack in broiler pan. Position so surface of steaks is 3 to 4 inches from heat. Turn once.

**8 ounces each**

**15 to 20**

**PAN-BROIL** Heat heavy, nonstick skillet 5 minutes over medium heat. Place steaks in preheated skillet (do not overcrowd). Do not add oil or water; do not cover. Turn once.

**8 ounces each**

**13 to 15**

All cooking times are based on beef removed directly from refrigerator. Salt after cooking.

\*Medium coals will no longer be flaming and will be covered with gray ash.

**Nutrition information per 3-ounce serving of cooked Flat Iron steak:** 189 calories; 11 g fat (4 g saturated fat; 5 g monounsaturated fat); 71 mg cholesterol; 65 mg sodium; 0 g carbohydrate; 0 g fiber; 21 g protein; 3.3 mg niacin; 0.3 mg vitamin B6; 5.0 mcg vitamin B12; 2.5 mg iron; 32.2 mcg selenium; 7.7 mg zinc.



Funded by  
The Beef Checkoff

### For information, contact:

National Cattlemen's Beef Association  
9110 East Nichols Avenue  
Centennial, CO 80112  
Tel: 303.694.0305  
[www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)