



INGREDIENTS

Flank steak

For the brine

200 ml water

0.44 lbs/200 grs salt

Rosemary bunch

PREPARATION

1 - Prepare your brine: mix the water and the salt and take it to the fire until it boils. Use a rosemary bunch to spread the brine all over the flank steak during all the cooking process. Keep it hydrated!

2 - If you consider the flank steak is too fatty, you can take out a little bit of the fat layer. But do not take all the fat, because this is what is going to boil and give flavour and moisture to the piece of meat.

3 - Set up the fire: we would need to keep it with good heat below and flames on top. Always use two kinds of wood to achieve this. We recommend “red quebracho” for heat and “white quebracho” for flames.

4 - Place the flank steak on the asador, making sure the thickest part is exposed to the flames first. Cook for 2 hours on medium heat.

5 - Turn it over and cook for 2 more hours.

6 - Serve with your favourite side dish and enjoy!



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DIFFICULTY
3/5

SERVES
4-6

COOK TIME
4 HS

PREP TIME
5'