

PERFECT SOY-GRILLED STEAK

(adapted from Mark Bittman)

¼ cup soy sauce

1 teaspoon peeled and minced ginger

½ teaspoon peeled and minced garlic (I omitted)

1 tablespoon agave nectar

Freshly ground black pepper to taste

Juice of 1/2 lime

1 flatiron steak

salt to taste

Mix together the first 6 ingredients in a bowl. Place the steak in a plastic bag or tight container and add the sauce. Marinate while you heat the grill, or if possible, longer. Season lightly with salt right before grilling.

For rare meat, grill about 3 minutes a side for steaks less than an inch thick. For larger or more done steak, increase the time slightly.

Sous-vide preparation: after marinating the steak, remove it from the soy-based sauce and place in a vacuum bag. Seal it and place it in a water-bath set to 134 F for three hours. Remove from the bag, discard any accumulated liquid and sear on a very hot grill for a minute each side.

Let it rest for a few minutes before slicing and serving.