

FLAP STEAK WITH HERB-HAZELNUT SALSA

SERVES: 2

INGREDIENTS

For the steak:

- 1 lb flap steak (or try skirt or hanger steak)
- olive oil
- fine sea salt
- freshly ground black pepper

For the salsa:

- 1/4 cup hazelnuts, chopped
- 1/2 cup fresh flat-leaf parsley, minced
- 1/4 cup fresh chives, snipped
- 2 teaspoons fresh tarragon, minced
- 2 teaspoons capers, rinsed
- 1 medium shallot, minced
- 2 tablespoons red wine vinegar
- 1/4 cup extra-virgin olive oil
- fine sea salt
- freshly ground black pepper

METHOD

1. Heat a skillet over medium-high heat on the stovetop.
2. Add the chopped hazelnuts to the skillet and toast until fragrant (about 5-10 minutes). Stir frequently to prevent the hazelnuts from burning.
3. Place the hazelnuts in a medium-sized bowl. Add fresh herbs, capers, and minced shallot.
4. Stir in the red wine vinegar and olive oil. Season with salt and pepper. Set aside.
5. Light the grill.
6. Rub the flap steak with olive oil and season liberally with sea salt and freshly ground black pepper.
7. Cook the meat on the grill over moderately high heat for about six minutes per side. Remove from the grill and let rest for at least five minutes on a cutting board.
8. Slice the meat against the grain and serve with the herb salsa.