

# Sous Vide & Seared Flank Steak

Yield: 2 serves

Flank steak is an underrated cut of beef that packs a lot of beefy flavor. Once you try this, you'll be looking for the next flat iron to eat!

## Ingredients

- 2 pieces Flank Steak
- 1 Large sweet potato
- 2 T olive oil
- 2 T Worcestershire Sauce
- 1 T Anjou Pear Vinegar
- 1 T Rice Vinegar
- 1 Knotty Wood BBQ Rub
- Salt to taste
- Pepper to taste

## Notes

Served with air fried sweet potatoes.



## Instructions

1. Season your flank steaks with salt and pepper or your favorite beef rub (seasoning).
2. Coat the steak 30% more than you normally would as you need this for the sous vide process to keep the flavor as the au jus is extracted from the meat.
3. Make your marinade combining all wet ingredients and mix in a small container.
4. Place meat in a ziploc bag or vac sealed bag and place into the refrigerator for 6-24 hours. 24 is ideal.
5. Set your sous vide to 125°F for 90-120 minutes (and you can even do 2-3 hours).
6. Remove from fridge and empty the marinade. Seal the meat in a vacuum seal bag or place in a new ziplock bag and use the immersion method in the sous vide.
7. Start your sous vide cooking now.
8. While the sous vide is running, peel the sweet potato and cut it into strips like french fries (about 1/4" x 1/4" which will crisp nicely but leave soft centers on the fries).
9. Season potatoes with salt, pepper and Knotty Wood BBQ Rub (which is VERY unique and is my go to everything rub as it works with almost every protein and every vegetable).
10. 30 minutes prior to the sous vide finishing, pre-heat your air fryer and then set it to 400°F for 15 minutes and then place sweet potatoes inside but be careful not to stack them.
11. At the 7 minute mark open the air fryer and shake potatoes. Then let it run the final 8 minutes or adjust the time shorter if needed based on your desired crispness or softness you like.
12. Take the flat iron steak out of the sous vide and dry it off completely. Then place pan on stove on med high to high to get the pan ripping hot.
13. Sear both sides for no longer than 30 seconds per side and check with an instant thermometer to make sure you do not exceed 127-130F and remove immediately at that temperature and rest the steak 5-7 minutes.
14. Take out sweet potato fries, slice your flat iron and enjoy.