



You will need: a bowl, a knife, a plate, a frying pan, a fork or tongs, Worcestershire sauce, mustard (any kind), oil (any kind, like olive, canola, etc.), salt and pepper, one flank steak (these generally run one to two pounds)



Make a marinade by mixing equal parts **Worcestershire** sauce, **mustard**, and **oil** in a bowl. Add a generous pinch of **salt** and a few grinds of **pepper**.



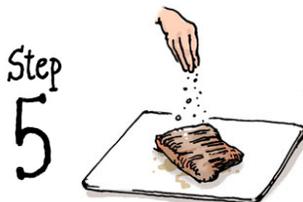
Cut the flank steak in half against the grain (that is, make your cuts perpendicular to the striated lines you see in the meat), so it will fit on the plate one half on top of the other. **Pour the marinade** over both pieces, **rubbing it in** with your fingers on all sides. **Let the steak sit** uncovered at room temperature for **20 minutes**.



Heat your frying pan over medium-high heat until hot, add a **drizzle of oil**, and heat until the oil shimmers. Add one of the steak halves to your pan.



Cook two to three minutes on one side for medium rare. **Don't check the steak** or move it around while it's cooking, because you'll destroy the savory brown crust that's forming. **Flip the steak** with a fork or tongs and **cook the other side** in the same manner.



Remove the steak from the pan, season it with a generous **pinch of salt**, then **let the meat rest** while you **cook the other half**. Let the second half rest before slicing.

*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.



To serve, **slice the meat** against the grain.

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Illustrations by Bill Russell. Find this online at www.chow.com/stories/11470.