SUNDAY RIVER RANCH®

TEXAS WAGYU BEEF

WAGYU RECIPE COLLECTION

Wagyu Flank Steak

with Balsamic Glaze & Roasted Garlic Potatoes

A tender, flavorful Wagyu cut with a rich balsamic glaze and perfectly roasted garlic potatoes.



Bold Sear • Tangy Glaze • Ranch Raised

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Wagyu Flank Steak

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PREP 15 MIN | COOK 35 MIN | SERVES 4

INGREDIENTS

- [ ] 1.5-2 lb Sunday River Ranch Full-Blood Wagyu flank steak
- [ ] 1.5 lb baby potatoes, halved
- [ ] 1 whole garlic bulb, top trimmed
- [ ] 2 tbsp olive oil, divided; kosher salt and black pepper
- [ ] 1 tsp chopped fresh rosemary; 1 tsp fresh thyme
- [ ] 1/2 cup balsamic vinegar; 1 tbsp honey
- [ ] 1 small shallot, finely minced; 1 tbsp unsalted butter

DIRECTIONS

1. Roast the potatoes and garlic.

Heat oven to 425°F. Toss potatoes with 1 tbsp oil, rosemary, salt and pepper. Wrap garlic in foil with a little oil. Roast 25-35 minutes, turning potatoes once, until golden and tender.

2. Make the balsamic glaze.

Simmer vinegar, honey and shallot in a small saucepan for 6-10 minutes until lightly syrupy. Remove from heat and whisk in butter. Keep warm; do not reduce until sticky.

3. Prepare the steak.

Pat flank steak dry, rub with remaining oil, and season with salt, pepper and thyme. Heat a cast-iron skillet or grill to medium-high.

4. Sear and check temperature.

Sear approximately 3-5 minutes per side, depending on thickness. Use an instant-read thermometer; avoid cooking by time alone.

5. Rest, slice and serve.

Rest 5-10 minutes. Slice thinly against the grain and drizzle with balsamic glaze. Serve with potatoes and soft roasted garlic.

RANCH TIP

Flank steak has a pronounced grain: slice very thinly across it for the most tender bite. For medium-rare preference, aim for about 130-135°F after resting; USDA recommends 145°F with a 3-minute rest for whole beef steaks.