



The flat iron steak should not be cooked past medium temperature or it will get a little tough. It's best at medium-rare. Most of the time, fresh ground pepper is all you need. Let's get right to it.

#### Ingredients

Flat iron steak  
fresh ground black pepper  
 Worcestershire sauce (optional)

#### Directions

As always when grilling steak, it is important to allow the meat to warm up before we throw it on the grill so that it cooks evenly. Allow your flat iron steak to sit on the kitchen counter for around 30 – 45 minutes prior to grilling. This is a good time to rub it down with the pepper and if desired, let it sit in just enough Worcestershire sauce to cover the bottom of the plate. If using the sauce, flip it once after about 20 minutes.

Once the flat iron steaks have warmed up to around room temperature, it's time to grill. Place the steak over the hottest part of your medium-high grill (check by placing your hand about 2 inches above the grate).

Cook the flat iron steak for about 4 minutes (lift one side carefully to check your grill marks), then rotate 45 degrees to create those nice crosshatch grill marks.

Cook for another 2 – 3 minutes after rotating (again, times vary, we just want a nice seared crust like shown in the photo above).

Now using tongs (NEVER puncture your steak), flip the steaks over to the other side.

Repeat the process on this side of the steak, cook for 3 – 4 minutes, rotate, cook for another 2 – 3 minutes.

Remove from the grill and place on a platter, but let it sit for about 5 minutes before you cut into the flat iron steak to let the juices re-distribute.

Most flat iron steaks have a line of gristle running right down the middle. Some people like to slice the flat iron into two separate steaks to avoid this tough meat. It's up to you.

Slice the steak thinly against the grain and serve.