

## Flat Iron Steak

Written by Pam

Thursday, 21 May 2009 19:09 -

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A few years back I had never heard of this steak cut. But I have quickly grown to love it. It's a long, fairly lean but tender steak. I can cut it to feed all 4 of us. The price has gone up a bit since they first hit the market and became more popular, but it's still a good deal when you want steak. It grills great, even without a marinade. I often grill it up with just a little salt and pepper. If you have never tried it I recommend you add it to the list and give it a try when you fire up the grill this summer.



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