

Steak Bavette

~inspired by *The Bullet That Missed*~

1.5 lbs flank steak
Flaky sea salt
Ground black pepper
3-5 sprigs of fresh thyme
1 Tablespoon minced fresh thyme
3 Tablespoons vegetable oil
3 Tablespoons unsalted butter
1 small white onion, minced
1 cup of your favorite red wine
¾ cup beef broth



After letting your flank steak rest at room temperature for 20-30 minutes, rub the sea salt, black pepper, and minced thyme onto both sides of the meat.

Heat your 14" cast iron skillet on medium-high with the vegetable oil, and get it simmering. Carefully place the steak (lay it down away from you so any splatters go the other way) into the skillet and sear both sides for 2-3 minutes each.

Transfer the cast iron skillet into a pre-heated 400° oven and cook until a meat thermometer reads around 130° (for medium rare). Remove the steak from the oven and place it on a cutting surface, covering it with foil to let it rest again while preparing the sauce.

Put the skillet back on the stove over medium heat and heat the butter until melted. Add the minced onion and brown it for 2-3 minutes, then add the wine and beef broth, then finally the sprigs of thyme. Let it boil and lower the heat slightly, allowing the sauce to reduce for 8-10 minutes so that you end up with about 2/3 cup of sauce. Take out the thyme sprigs and make sure the sauce has been stirred to be well-combined.

Slice the steak into strips (against the grain) and place the steak portions onto dinner plates, drizzling the sauce over the top just prior to serving.