

# Bloody Mary Flank Steak

Recipe courtesy of [Guy Fieri](#)

## Ingredients

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- 1 cup vegetable juice  
(I use Mr & Mrs T's Bold and Spicy Bloody Mary Mix)
- 1/2 cup vodka (use a good one)
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon hot sauce  
(Smoked Tabasco is my favorite)
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1/2 tablespoon crushed garlic
- 1 teaspoon onion powder
- 1 teaspoon celery seed
- 1 tablespoon prepared horseradish
- 4 tablespoons olive oil
- 1 ½ to 2 pound flank steak



## Directions

Thoroughly mix all the ingredients except for the flank steak in a 1-gallon zip lock bag. Add the flank steak. Marinate in the refrigerator for at least 8 and up to 24 hours.

Preheat the grill to high or heat a skillet over high heat. Remove the flank steak from the marinade and wipe the excess liquid off with paper towels. Grill or pan sear both sides, then lower heat to medium and cook to medium rare.

Let the flank steak rest, covered, with a clean towel for 5 to 10 minutes. Cut on the bias against the grain and serve.

Mix up a batch of Mustard Butter and split a loaf of Ciabatta bread in half to open it up. Butter both sides and lay it open on a hot grill to melt the butter and toast the bread.

Build your monster sandwich, and then cut it down to serving size sections. You probably need a good Cabernet Sauvignon or Zinfandel to go with it. Enjoy!

## NUTRITION INFO

Serving Size: 1 (232 g)  
Servings Per Recipe: 3

AMT. PER SERVING	% DAILY VALUE
<b>Calories 526.4</b>	
Calories from Fat 277	53%
<hr/>	
Total Fat 30.8g	47%
Saturated Fat 7.7g	38%
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Cholesterol 61.9mg	20%
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Sodium 1190.0mg	49%
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Total Carbohydrate 7.6g	2%
Dietary Fiber 1.1g	4%
Sugars 4.0 g	16%
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Protein 33.0g	66%