

Dress up the grill this summer with skirt steak

Skirt steak is one of the most adaptable cuts of beef; it can be grilled, broiled, braised or featured in fajitas and stir fry. It's a dense meat – my youngest daughter calls it “chewy steak – and very popular in my household (both my girls prefer skirt steak to any other cut.)

The skirt steak is cut from the plate section of the cow, between the brisket and the flank. Due to its fibrous texture, a skirt steak requires a bit of attention prior to cooking. You'll need to use your meat tenderizer to break up the fibers – a fun way to relieve the day's stress. This meat is a great sponge to soak up your favorite marinade or test a new recipe.

If you're barbecuing for a group, skirt steak is a better option than individual steaks. It cooks quickly and goes a long way. You can feed several people with just a few steaks since most cuts weigh in around 1 ½ - 2 pounds. Slice it against the grain to make sure it's “chewable.” So dress up your grill – and your next family dinner or gathering – with some inexpensive, versatile and delicious skirt steak!

Marinated skirt steak with smashed Yukon gold potatoes

2 1 ½ -2 pound skirt steaks

1 cup olive oil

One medium shallot, diced

¼ cup red wine vinegar

2 tablespoons each: dried oregano, Dijon mustard, kosher salt

1 tablespoon garlic powder

3 pound small Yukon gold potatoes

4 tablespoons butter

1-2 tablespoons each: milk and sour cream

Kosher salt, pepper



Marinate steaks: Mix together olive oil, red wine vinegar, diced shallots, dried oregano, Dijon mustard, salt and garlic powder. Pour marinade into a large Ziploc bag.

Use a meat tenderizer and pound steaks on both sides. Remove any thin membrane that may be attached to the steak. Place steaks into the bag and marinate at room temperature for one hour or in the refrigerator for 3-4 hours. (Discard marinade after use.)

Boil potatoes: Set a large pot of water to boil. Once boiling, add one tablespoon kosher salt. Carefully place potatoes into the pot and cook until tender, about 30-35 minutes.

Grill steaks: While potatoes are cooking, grill steaks over medium high heat. Shake off excess marinade and place steaks on the grill with the top of the steak at the “10 o'clock” position. Grill for about 3 minutes then rotate steaks to “2 o'clock” position (to get the grill grid marks) for another 2-3 minutes. Flip and repeat process on opposite side for medium to medium-rare.

Place steaks on large platter and cover with foil for 10-15 minutes.

Finish potatoes: When potatoes are fork tender, drain water. Return to pot and smash with a large fork or potato masher. Remove any large peels. Add butter, milk, sour cream and salt/pepper to taste.

Prepare dish for serving: Slice steaks against the grain into 1” thick pieces. Serve with smashed potatoes.