



LA FAMIGLIA

FLANK STEAK WITH GARLIC-BARBERA SAUCE

This is a recipe we received from a friend a couple of years ago and we recently tried it with our new 2005 La Famiglia Snows Lake Vineyard Barbera. The smoky, black cherry, red currant and earthy flavors are fantastic with the flank steak drizzled with the garlic-wine sauce! It is also a fun recipe for guests because it is relatively simple and prep-to-eat time is 90 minutes. It serves 8 and is best if the meat is rare to medium rare.

INGREDIENTS

- 2 medium heads garlic
- 3 pounds flank steak
- salt to taste
- 1 tablespoon and 1 teaspoon freshly ground black pepper
- 1/2 cup butter
- 1/2 cup chopped green onions
- 2 cups dry red wine

DIRECTIONS

1. Cut head of garlic in half, place on a square of foil, and drizzle with olive oil. Wrap. Bake at 400 degrees F for 45 minutes. Squeeze roasted garlic cloves out of skins, and mash into a puree. Set aside.
2. Sprinkle steak with salt and a generous amount of freshly ground pepper. Heat a large heavy skillet over medium high heat, but do not add fat. When hot, cook seasoned steak until seared and well browned on both sides, about a minute per side. Reduce heat to medium, and add 2 tablespoons of the butter. Continue to cook for 3 to 5 minutes on each side. Remove meat, and keep warm. Pour off the fat in the skillet, and add the scallions and La Famiglia 2005 Snows Lake Vineyard Barbera. Bring to a boil, and whisk in the garlic puree. Boil until the wine is reduced by half, and is thick and syrupy. As it boils, scrape up browned bits with a wooden spoon. Stir in the meat juices that have accumulated under the steak. Boil for another second or so. Remove from the heat, and stir in the remaining 2 tablespoons of butter until it is incorporated into the wine sauce.
3. Quickly slice the meat against the grain, into thin strips. Arrange on a hot platter, and pour the sauce down the center of the slices. Serve at once.