



WHEATON MEAT CO

GRILLED FLANK STEAK

WITH ASIAN SLAW

2026 FLANK STEAK CONTEST: 1ST PLACE WINNER
SUBMITTED BY CAROLYN RALPH

STEAK:

- 1.5 lbs. WMCo flank steak
- 1 garlic, minced
- ¼ c. soy sauce
- ¼ c. vegetable oil
- 1 tbsp. grated fresh ginger

ASIAN SLAW:

- 3 tbsp. sugar
- ¼ c. seasoned rice vinegar
- 2 jalapeno peppers, thinly sliced into rounds
- 2 tsp. soy sauce
- 1 tbsp. fresh grated ginger
- 5 c. thinly sliced Napa cabbage
- 1 c. carrots, julienned
- ½ c. chopped mint (to taste)
- salt & pepper to taste

1 Mix soy sauce, oil, ginger, and garlic in zip top bag. Add flank steak and marinate in fridge 1-3 hours, turning occasionally.

When ready to cook, preheat grill.

2 Stir sugar and vinegar in a small saucepan over medium heat until sugar dissolves. Remove from heat; add jalapenos, soy sauce, and ginger.

3 Place cabbage, carrots, and mint in a medium bowl. Pour vinegar mixture over vegetables and toss to coat. Season with salt and pepper.

4 Grill steak about 4 minutes per side. Allow to rest 10 minutes before carving into thin slices. Divide slaw between plates and top with the beef.