

To: [REDACTED]
From: [REDACTED]
Sent: Fri 6/3/2016 3:03:12 PM
Subject: Marinated Hanger Steak? or Burgers for Bday!?

[REDACTED] decided to burgers tomorrow night with salad, Tom, Moz (keeping it simple since we are gone all day) I will make your cake.. [REDACTED] making guac for you! But I saw a recipe for hanger steak today when i was riding my bike...I plan to go to Stew Leonards ...i think they have good meat (for burger or steak) Being it is your birthday , what do you prefer:
Hanger Steak:

Steak marinade:

1/3 cup dry white wine
1/3 cup Dijon (smooth) mustard
1 tablespoon dark brown sugar
1 teaspoon Cayenne
2 teaspoons sesame seeds
2 teaspoons kosher salt

5. Cook the steak: Drizzle the steak with the grapeseed oil and season the steak on all sides with salt and pepper. Use a pair of metal tongs to gingerly place the steak on the grill. Cook to medium-rare, 5 to 6 minutes on each side. The total cooking time will be 10 to 12 minutes for medium rare (or an internal temperature of 130°F. Remove the steak and allow it to rest on a cutting board for 10 minutes.

6. Serve the steak: To make for more tender eating, slice the steak against the natural grains (or lines) in the meat. Taste for seasoning. Arrange it on its own platter.