

This recipe was developed friend and colleague, by Shawnee Halligan. It was included among the recipes in the first incarnation of *Fix, Freeze, Feast*. Lindsay and I kept a few gems from the second book as a thank you to our early supporters. Here's what Shawnee says of her creation, "We love the combination of sweet and tangy flavors in this one. Plum preserves are sometimes hard to find. Feel free to substitute a different fruit preserve."

## 50/50 Flank

MAKES 2 ENTRÉES, 6 SERVINGS EACH

1 tray (about 3 pounds, two steaks) flank steak

3/4 cup olive oil

1/2 cup balsamic vinegar

1/2 cup plum preserves

1/4 cup Dijon-style mustard

1/4 cup honey

1 tablespoon dried onion flakes

1/2 teaspoon salt

2 teaspoons minced garlic

1/2 teaspoon black pepper

2 one-gallon freezer bags, labeled

1. Rinse and trim each steak as desired. Place one steak in each freezer bag.
2. In a medium bowl, whisk together olive oil, balsamic vinegar, plum preserves, Dijon-style mustard, honey, onion flakes and salt; divide marinade evenly over the steaks.
3. Into each bag measure 1 teaspoon minced garlic and 1/4 teaspoon pepper.
4. Seal and freeze.

### TO COOK ONE ENTRÉE

1. Completely thaw one entrée in the refrigerator.
2. Prepare a medium fire in a gas or charcoal grill.
3. Cook steak for 15 to 20 minutes for medium-rare to medium. Turn occasionally and baste as desired. Do not baste during final 5 minutes of cooking. Discard remaining marinade.

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