

GRILLED SKIRT STEAK WITH FREGULA & ITALIAN FRYING PEPPERS

LYNMAR ESTATE • CHEF DAVID FRAKES

Serves 8

Ingredients

- 1 c. olive oil
- 4 ea. garlic cloves, 2 minced, 2 thinly sliced
- 1 tsp. thyme, chopped
- 5 lbs. skirt steak
- 1 lb. Italian frying peppers, cut into 2" pcs.
- 1½ lb. fregula
- 1 bch. parsley, leaves only
- ½ c. sherry vinegar

Directions

In a small bowl, combine ¼ c. of the olive oil with the minced garlic, thyme and pinch of salt and pepper. Rub skirt steak with the oil mixture and let stand at room temperature for 1 hour.

Meanwhile, heat ¼ c. of the oil in a large skillet. Add the peppers and cook over medium heat, stirring occasionally, until lightly browned, about 8 minutes.

Add the sliced garlic and cook, stirring, until it softens, about 2 minutes. Transfer the peppers to a large bowl.

Cook the fregula in a large pot of boiling salted water, stirring occasionally, until al dente, about 11 minutes. Drain the fregula well and let cool.

Add the fregula to the peppers along with the parsley leaves, sherry vinegar, and the remaining cup of oil. Season generously with salt and pepper and toss well.

Cook steak, let it rest, then cut it into 5" lengths.

Thinly slice the steak and serve with fregola and peppers.

