

The Perfect Flat Iron Steak

August 13th, 2025

This recipe serves: 4

Prep Time: 02:00

Cook Time: 00:15

The Flat Iron Steak is a part of the Chuck primal (encompassing the front shoulder) however, it is a much more tender cut than the typical Chuck Roast. The Flat Iron is from the same cut as the Top Blade, (located under the shoulder blade) except that the Flat Iron is cut lengthwise (instead of cross-cut), in order to remove the cartilage that is found in the Top Blade. While the Flat Iron can be cooked using a Sous Vide for an hour or two. In my opinion, the Flat Iron Steak is best suited for grilling or broiling. And it only takes about 10 minutes for a medium-rare steak that is amazingly tender.

Ingredients:

1 lb Flat Iron Steak

Marinade

1 Teaspoon Dried Parsley

1 Teaspoon Dried Oregano

1 Teaspoon Chopped Cilantro

1 Tablespoon Apple Cider Vinegar

1 Clove Garlic, minced

1 Tablespoon Olive Oil

Directions:

In a small bowl, mix the marinade ingredients. Whisk until fully incorporated.

Marinate the Steak from 2 to 6 hours.

Set the top oven rack in the middle of the oven.

Place the Flat Iron Steak on a large sheet pan.

Broil the Steak for 5 minutes.

Flip the Steak and broil another 5 minutes.

Remove from the oven and rest the Steak for 10 minutes.

Slice the Steak across the grain.

Serve.