

## Flank Steak

- 1½ cups vegetable oil
- ¼ cup soy sauce
- ¼ cup Worcestershire sauce
- 2 tablespoons dry mustard
- 2 teaspoons salt
- 1 tablespoon pepper
- ½ cup red wine vinegar
- ½ teaspoon parsley
- 2 garlic cloves, peeled, ends removed, minced
- ½ cup lemon juice
- 2 pounds flank steak, trimmed and

scored

In a large bowl or plastic bag combine vegetable oil, soy sauce, Worcestershire sauce, dry mustard, salt, pepper, red wine vinegar, parsley, garlic and lemon juice. Add flank steak to marinade, then cover and refrigerate, turning occasionally. Marinate several hours or overnight. Preheat grill or broiler. Remove flank steak from marinade. When grill or broiler is hot, place flank steak on grill or on a broiling tray with rack. Grill or broil five minutes, turn over and continue grilling or broiling until desired doneness. Makes four to six servings.

## Sesame-Lime Marinade

- 1 tablespoon lime peel, finely shredded
- ½ cup lime juice

- 3 tablespoons vegetable oil
- 1 tablespoon sesame oil
- ¼ teaspoon salt
- 4 chicken breasts, washed, patted dry
- 2 tablespoons honey
- 1 teaspoon sesame seeds

In a large bowl or plastic bag combine lime peel, lime juice, vegetable oil, sesame oil and salt. Add chicken to marinade. Cover and refrigerate for 1 to 4 hours, turning occasionally. Preheat grill or broiler. Remove chicken breasts from marinade. Reserve ¼ cup marinade. In small bowl, combine ¼ cup marinade, honey and sesame seeds. Grill or broil chicken 15 minutes, turning to brown as necessary. Baste chicken with marinade-honey mixture several times while cooking. Makes four servings.