



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

---

## *Grilled Skirt Steak with Compound Butter*

---

Recipe provided by chef Linda Hoffman and included in *America The Great Cookbook* in 2017.

This is our FAVORITE recipe for skirt steak. Marinate the skirt steak for 2-5 hours prior to cooking, or even better, overnight. Longer marinade times impart more of the flavors into the meat.

### **Ingredients**

Red Wine  
Balsamic Vinegar  
Maple Syrup (NOT pancake syrup)  
Slices of garlic  
1-2 lb. Grassfed Skirt Steak  
1/2 cup compound butter (recipe below)

### **Directions**

Use equal parts of red wine, balsamic vinegar, and maple syrup, 1/8 cup of each ingredient per pound of beef. Mix together, adding garlic. Place meat in glass or stainless-steel bowl. Pour marinade over the meat. Cover and refrigerate, turning occasionally if you can, until time to cook.

Before grilling, season beef with salt and pepper, as desired. Place skirt steak on hot grill. Sear on one side, flip, sear on second side. Reduce heat and continue to cook until medium-rare to medium. Total cooking time on a good, hot grill should be only a few minutes.

Remove steak from grill, and allow to rest for 5-10 minutes. Slice thinly. Serve with compound butter on the side, to spread on the meat.

### **Notes from Cindy:**

This is also a wonderful marinade for other grilling steaks: New York Strip, Ribeye, or Sirloin.

If you need to pan-fry the steak rather than grill, the marinade makes a great sauce - simply pour the marinade into the pan after cooking the steaks. Boil until reduced by about half, slightly thickened and syrupy. Remove from heat. Stir in small bits of cold butter. Pour reduced sauce over steaks and serve.

### **Compound Butter**

Compound butter may be made up to one week ahead, wrapped tightly and refrigerated. Remove from refrigerator well ahead of your meal so that the butter softens for serving.

### **Ingredients**

1/2 cup softened butter  
2 garlic cloves, minced  
pinch salt  
freshly ground black pepper

3-4 sprigs fresh parsley chopped fresh chives or green onion tops  
juice of 1/2 lemon OR 1 Tbsp. white wine

### **Directions**

Blend all ingredients in food processor or blender until smooth, perhaps reserving a few snippets of fresh herbs to garnish the top.

Seasoning variations. Use seasoning combinations to compliment your meal.

\*add chive flowers, or sun-dried tomatoes, or fresh basil, or cilantro

\*add jalapeno and cilantro, and use lime juice instead of lemon juice

\*add curry powder and red onion