



Bottled with love, for the joy of living

FLANK STEAK & BLUEBERRY BALSAMIC COULIS
PAIRED WITH
2017 CABERNET SAUVIGNON
MADRONE RIDGE VINEYARDS
SONOMA VALLEY

INGREDIENTS

1.5 pounds flank steak

MARINADE

1 cup extra virgin olive oil

1/2 cup high quality balsamic vinegar

3 garlic cloves, minced

2 Tbsp rosemary, chopped

1/4 tsp salt

1/4 tsp pepper

BLUEBERRY BALSAMIC VINEGAR

2 Tbsp high quality balsamic vinegar

1 cup fresh blueberries

1 tsp brown sugar

1 Tbsp freshly squeezed lemon juice

INSTRUCTIONS

Lay out flank steak on cutting board or parchment paper. Score the steak with a knife to allow marinade to seep into the steak. Set aside.

Put marinade ingredients in a small bowl. Stir until well combined. Transfer meat & marinade to a double-lined freezer bag. Be sure all parts of the meat get covered in the marinade by squishing it all around. Let it rest for at least 30 minutes or overnight if possible.

Turn on the oven's broiler.

On a roasting rack, cook the meat under the broiler for 6 minutes per side for medium-rare cooked steak. Take steak out of the oven once both sides have cooked & let rest for 10 minutes.

While steak is resting, combine all ingredients in a small sauce pan. Over medium heat, boil blueberry mixture until blueberries break down and sauce is reduced (about 6-8 minutes).

Pour blueberry balsamic sauce over cut steak.

Dare to Pair!

The intensely balanced backbone of acidity and tannin in this new Cabernet can be toned by the protein and fat of the steak while the rich berry pie notes of the fruit in this wine will be heightened by the blueberry coulis with nods to the subtle herbaceous side via the rosemary in this dish.