

WADE FAMILY FLANK STEAK

CREATED BY DORIS WADE (ISHAM FIELDING WADE'S WIFE & MIKE WADE'S GRANDMOTHER), SHARED BY KAREN WADE

Prep Time 20 minutes (24hrs of marinating) | **Cook Time** 15 minutes | **Serves** 8 people

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Wade Family Flank Steak

2 lbs flank steak

½ cup white, clear rum

½ cup soy sauce

1/4 cup honey

½ TBL Kitchen Bouquet

Isham “Ike” Fielding Wade first visited the Wenatchee Valley in 1909, he was a young college student looking to make money out West before starting school, and football, at Brown University. Ten years later, he would make Wenatchee his home and instill in his family a commitment to the land and the community.

Fast forward nearly 100 years and four generations later, we are proud to share our proprietary red blend, Tribute, with you. As the name suggests, this wine, and the entire winery is just that...a tribute to the vision that Ike and his wife, Doris Wade, instilled in their family. With this recipe from Doris’ kitchen we are honored to share our family traditions with you.

Method

1. First, pour yourself a glass of wine. Mike and I suggest the 2017 Tribute or the 2017 Malbec for this recipe.
2. In a large mixing bowl, combine soy sauce, rum, and Kitchen Bouquet. Mix together.
3. In a separate smaller bowl, measure out honey. (Typically we use TM Ranch’s honey or we like to use unfiltered honey that’s sourced from the hives that pollenate our apple and cherry orchards.)



4. Microwave the honey for 10 - 30 seconds, just long enough to loosen it up.
5. Combine honey with other wet ingredients. Stir until honey is incorporated.
6. Place flank steaks in baking trays, like a Pyrex, and pour marinate over the flank steaks. Be sure to cover both sides.
7. Set in fridge, flip the steaks after 15 minutes of marinating.
8. The next day, after flank steaks have marinated for a bit pull them out of the fridge and bring to room temperature. We suggest, enjoying a glass of wine with your family while you wait.
9. After a bit, throw the flank steaks on the grill for about 7 minutes a side.

10. Once cooked, slice the meat against the grain and serve hot.

Tips

- For best flavor, we suggest marinating the flank steaks for at least 24 hours.
- Usually, when I am making this recipe I double it and freeze the other half. Its a great back up to have on hand after a long day at the winery or after a day out on the Lake.
- If you want to save on dishes, combine all the wet ingredients with the honey, then heat up. Plus you can place the flank steak in a zip lock and pour the marinate into the bags.

