

# Try it Today!

## Flank Steak

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Flank Steak can be used in a variety of dishes including London Broil. Not only can this particular steak be grilled, it can also be pan fried, or braised. Similar to pot roasting, braising allows the meat to cook slowly in liquid increasing its tenderness.

Flank steak comes from the most exercised muscle of the cow, the belly muscle, and is best sliced across the grain. Even though it tends to be a tough meat, it is extremely flavorful especially when marinated. Flank steak is a very lean cut of meat and is a great source of protein.

*Oswego*  
**Dining**

