

Beef Flank Steak With Mustard-Caper Sauce
(Easy Basics For Good Cooking)

4 tablespoons butter or margarine
1 flank steak (about 1 ½ lbs.)
3 tablespoons dry vermouth or dry white wine
1 tablespoon Dijon mustard
¼ teaspoon Worcestershire
1 ½ tablespoons capers, drained well
Watercress (optional)

Place meat on grill (medium to high heat) and grill until meat is browned on both sides but still pink in center when slashed (6 to 7 minutes total).

Transfer meat to a carving board and cover loosely to keep warm. Over low heat, melt the 4 tablespoons butter or margarine. Mix in vermouth, mustard, Worcestershire, and capers; stir briskly to blend. Cut meat across the grain into thin, slanting slices. Spoon sauce over meat. Garnish with watercress, if desired.

Makes 4 servings.