

## Marinated Grilled Flank Steak

### The line up of ingredients is:

1-1 ½ pound flank steak  
½ cup canola oil  
½ cup Tamari  
2 tbsp minced garlic  
1 can of gluten free beer 473 ml  
1 cup Ribena black current syrup  
1 Tbsp Franks hot sauce  
2 Tbsp tarragon leaves  
2 Tbsp dry mustard  
1 cup brown sugar

Preheat grill to 375 F

Season the beef with salt and pepper. In a blender combine all marinade ingredients. Place beef in a zip lock bag and pour the marinade over the beef. Seal bag and refrigerate 3-4 days.

Grill beef on a preheated 375F grill for 8 minutes, turn meat and grill for 7 minutes more. Remove, cover with foil and let stand for 10 minutes.