

# **Spice-Rubbed Flank Steak with Spicy Peach-Bourbon Sauce**

**Serves: 8**

## **Ingredients**

### **Sauce:**

Vegetable Oil	1 teaspoon
Vidalia Onion, chopped	¾ cup
Garlic, minced	2 cloves
Peach Nectar	1 ½ cups
Brown Sugar	3 tablespoons
Cider Vinegar	2 tablespoons
Bourbon	3 tablespoons
Ketchup	2 tablespoons
Worcestershire Sauce	1 ½ tablespoons
Red Pepper, crushed	½ teaspoon
Fresh Lime Juice	1 tablespoon

### **Steak:**

Brown Sugar	1 tablespoon
Garlic Powder	1 ¼ teaspoons
Ground Cumin	1 ¼ teaspoons
Salt	1 teaspoon
Ground Coriander	1 teaspoon
Paprika	1 teaspoon
Dry Mustard	¾ teaspoon
Freshly Ground Black Pepper	¾ teaspoon
Flank Steaks, trimmed (1lb)	2 each

## **Method of Preparation**

1. Gather all ingredients and equipment
2. To prepare sauce, heat oil in a medium saucepan over medium-high heat
3. Add onion and garlic; sauté 5 minutes
4. Add peach nectar, brown sugar, and vinegar; bring to a boil
5. Cook until reduce to 1 cup (about 15 minutes)
6. Add bourbon, ketchup, Worcestershire, and red pepper;
7. Cook over medium heat 2 minutes, stirring occasionally
8. Remove from heat and stir in lime juice; cool slightly
9. Pour the sauce into a blender and process
10. Prepare the grill
11. To prepare steak, combine all of the ingredients (brown sugar thru the black pepper)
12. Rub over both sides of steak
13. Place steak on grill rack coated with cooking spray
14. Grill 7 minutes on each side or until desired degree of doneness
15. Cut steak diagonally across the grain
16. Serve with sauce