

Thin Beef Steak – *Sabanita de res*

Ingredients (for one plate)

8 oz (225 g) Sirloin steak, about ½ inch (1.25 cm) thick

Oil

Salt

Pepper

Sides: Asparagus, potatoes, or other vegetables (in the photo at the bottom, with Pickled Salad, and Mexican Style Asparagus)

Start with a steak that is not too thick, about half an inch (1.25 cm) or thinner (photo below, left). Press steak down gently with one hand, and slice the meat with a sharp knife horizontally at half of its thickness, starting on the rounder side of the steak, and cutting around the edge (second photo below); continue advancing the knife towards the other side of the steak, rotating as needed (third photo below). Unfold the top half of the steak as the knife moves to the edge, being careful not to separate the ends (fourth photo below). The finished butterfly cut results in a steak that is half the thickness, and double the surface area, of the original (photo below, right):



Right before serving, heat up a griddle or a skillet, adding just a little oil, then place the steak on the hot surface, seasoning with salt and pepper, then pressing down with a spatula to keep the meat from buckling. After one minute, flip and cook the other side for another minute. Season with more salt and pepper, to taste, and serve immediately with side dishes, for example, as shown below, with Mexican style asparagus, and a side of pickled potato and sunchoke salad:

