



UNLOCK THE MAGIC OF YOUR CONVECTION KITCHEN!

[www.convectionkitchen.com](http://www.convectionkitchen.com)

## GRILLED SKIRT STEAK

Broiling is a quick-cooking method but when using such high heat it is important to be well organized and have everything at the ready. Remember these important tips.

Self-cleaning ovens have a catalyst that absorbs smoke and particulate matter at high temperatures but it is advisable to still run the overhead ventilation to keep the kitchen air clean.

Organize the oven racks before you heat the oven, follow the manufacturer's recommendations for the pre-heat time and always broil with the door closed. Not closing the door can damage the electronics.

The same cooking instructions can be used for gas ovens that use an Infra-Red broiler, which also excels at retaining moisture while searing.

I used a marinated skirt steak from Trader Joe's and it was good but I feel the results with fresh skirt steak that has had a dry rub are even more flavorful.

### For the steak

1lb fresh or marinated skirt steak  
If using fresh steak, give it a dry rub with your favorite BBQ seasoning and drizzle it with a little vegetable oil. If using marinated steak, blot the steak to remove excess liquid and drizzle with a little vegetable oil.

### For the broiled corn salsa

2 cups corn kernels (defrosted if using frozen corn)  
1 jalapeno pepper, coarsely chopped  
½ small sweet onion or 1 shallot, coarsely chopped  
½ tsp ground cumin, (optional)  
2 cloves garlic, minced  
½ cup fresh cilantro leaves, chopped  
1 lime, juiced

### Preparation

Turn on your overhead ventilation or downdraft on medium speed to set the airflow in the kitchen.

Electric Convection ovens - heat the oven in the Convection Broil Mode Hi or 500 degrees.

Gas Ovens - heat the oven in the Broil Mode.

Place the meat on a 2-piece oven broil pan. Place in the oven close to the top



**Grilled Skirt Steak and Corn Salsa**

heating with at least a 3" clearance. Close the door and set the timer for 6 minutes. If the meat is nicely seared then turn it otherwise cook for a few minutes longer. Cook for a few minutes less on the 2nd side and remove the meat from the hot pan to rest when it comes out of the oven.

Combine the corn with the jalapeno and onion and toss with enough vegetable oil to coat. Spread onto a rimmed baking sheet and broil in the Convection Broil mode Hi or 475 degrees until the corn begins to char. Remove from the oven and scrape into a bowl, cool for a few minutes then stir in the garlic, cilantro, and lime juice. Season with sea salt and freshly cracked pepper.

Slice the meat into thin slices against the grain and serve with the broiled salsa. Makes 2 - 3 servings

WRITE YOUR NOTES: