



Grilled Flat Iron Steak Pizzaiola

Servings: 6

Preparation Time: 20 minutes

Cook Time: 1 hour 20 minutes

Start to Finish Time: 1 hour 40 minutes

DIFFICULTY: 1-5 - 4

Tender grilled flat iron steak in a rich San Marzano tomato sauce with mushrooms, red wine, garlic, and Italian cheeses, served sizzling in cast iron.

- 2 1/2 pounds beef, steak, flat iron
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 8 ounces cremini mushrooms, thinly sliced
- 1 tablespoon unsalted butter
- 4 large garlic cloves, thinly sliced
- 1/4 teaspoon red pepper flakes (optional, but recommended)
- 2 tablespoons tomato paste
- 1/2 cup dry red wine
- 1 28-oz can San Marzano whole peeled tomatoes (crushed by hand)
- 1 teaspoon dried oregano
- 1 tablespoon unsalted butter (for finishing sauce)
- 1 tablespoon Parmigiano-Reggiano cheese, freshly grated (for finishing sauce)
- 1 tablespoon Pecorino-Romano, freshly grated (for finishing sauce)



Additional freshley grated Pecorino-Romano, for serving

Serving Ideas: Serve family-style directly from the cast iron skillet with crusty Italian bread to soak up the rich sauce. Pair with creamy polenta, garlic mashed potatoes, or pasta, and a simple arugula salad..

Preheat the grill to medium-high heat, approximately 450–500°F.

1. PREPARE THE STEAK (10 minutes):

Trim the flat iron steak cutting the end square, reserving usable pieces of beef for browning in the skillet.
Pat the steaks dry and season with 1 teaspoon kosher salt and 1/2 teaspoon black pepper. Allow to stand at room temperature for approximately 20–30 minutes.

2. GRILL THE STEAK (10 minutes):

Grill the steak for approximately 3–4 minutes per side, depending on thickness, until the internal temperature reaches 120–125°F for rare.

Remove from the grill, loosely tent with foil, and allow to rest for 8–10 minutes. Set aside until ready to slice and add to the sauce.

3. BROWN THE STEAK TRIMMINGS (8 minutes):

Heat 1 tablespoon olive oil in a 12-inch cast iron skillet over medium-high heat.

Add the reserved steak trimmings and brown thoroughly on all sides, approximately 4–6 minutes, developing a deep brown crust.

Remove and discard the trimmings, leaving the flavorful browned bits and rendered juices in the skillet.

4. SAUTÉ THE MUSHROOMS (15 minutes):

Reduce the heat to medium. Add the remaining tablespoon olive oil and 1 tablespoon butter.

Add the mushrooms and sauté for approximately 6–8 minutes, stirring occasionally, until their moisture evaporates and they become tender and lightly golden.

5. SIMMER THE SAUCE (25 minutes):

Add the crushed red pepper flakes, if using.

Add the crushed San Marzano tomatoes, dried oregano, remaining 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper. Stir thoroughly and bring to a gentle simmer.

Stir in the tomato paste and cook for approximately 1 minute, allowing it to darken slightly and develop a deeper flavor.

Pour in the red wine, scraping the bottom of the skillet thoroughly to release the browned beef and mushroom bits.

Cook uncovered over medium-low heat for approximately 15–20 minutes, stirring occasionally, until the sauce thickens and develops a rich, concentrated flavor.

Simmer for 2–3 minutes, until the wine has reduced by approximately half.

Return the sautéed mushrooms to the skillet during the final 10 minutes of simmering, allowing them to absorb the flavors of the sauce and become tender. Taste and adjust the seasoning as necessary.

6. FINISH SAUCE WITH BUTTER AND CHEESE (5 minutes):

While the sauce simmers, slice the rested flat iron steak against the grain into approximately 1/4-inch-thick slices.

When the sauce is finished simmering, add the sliced steak and any accumulated juices to the cast iron skillet.

Return the skillet to low heat and gently fold the steak into the sauce, coating each slice thoroughly.

Cook over low heat for approximately 2 minutes, allowing the steak to reheat and the flavors to meld together. Avoid bringing the sauce to a vigorous simmer, which could overcook the steak.

7. FINISH AND SERVE (5 minutes):

Remove the skillet from the heat immediately after reheating the steak. Sprinkle additional freshly grated Romano cheese evenly over the steak and sauce.

Bring the 12-inch cast iron skillet directly to the table, placing it on a heat-resistant trivet. Serve immediately, family-style, allowing guests to help themselves to the sliced steak and rich mushroom-tomato sauce.



Per Serving (excluding unknown items): 466 Calories; 31g Fat (63.0% calories from fat); 37g Protein; 4g Carbohydrate; 1g Dietary Fiber; 142mg Cholesterol; 725mg Sodium; 2g Total Sugars; trace Vitamin D; 111mg Calcium; 3mg Iron; 751mg Potassium; 381mg Phosphorus.

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