

# MAKE THIS RECIPE STEP-BY-STEP

## INGREDIENTS YOU'LL NEED -

Prairie Street Co Boneless  
Flanken

Extra virgin olive oil

1 small yellow onion,  
diced

1 carrot, diced

½ teaspoon mustard  
powder

½ teaspoon ground ginger

¼ teaspoon cayenne

½ teaspoon smoked  
paprika

½ teaspoon garlic powder

½ teaspoon onion powder

¼ cup brown sugar

2 cups veal or beef stock

2 cups dry red Kosher  
wine, such as Cabernet  
Sauvignon

Kosher salt

Ground black pepper

## Preparation

- 1 Preheat your InstaPot on SAUTE mode.
- 2 Cut your Boneless Flanken into 3 to 4 pieces so they can sear easily in the InstaPot. Season with coarse salt and ground black pepper.

## Cook

- 3 In your hot InstaPot, add a drizzle of olive oil and sear each of your Boneless Flanken pieces. Once nicely seared, set aside.
- 4 Using a wooden spoon, saute your onion and carrot, being careful to lift the fond from the bottom of the pan. Keep stirring and then add all of your spices: mustard powder, ground ginger, cayenne, smoked paprika, garlic powder, onion powder, and brown sugar. Once fragrant, about 2 minutes, add your dry red kosher wine. Stir to combine. Allow the wine to reduce for about 5 minutes and then add your veal or beef stock. Add your meat back into the InstaPot with all of your ingredients.
- 5 Lock your lid and set to PRESSURE COOK mode on HIGH and cook for 1 hour.
- 6 After 1 hour, let the InstaPot vent before removing the lid.

## Plating

- 7 Enjoy your BBQ Boneless Flanken as part of a delicious meal or on its own! The sauce can be blended and reduced further if you want a thicker BBQ sauce.

Bete'avon!

