

Perfect Skirt Steak (Grilled or Pan-Seared): Juicy & Tender Every Time

Skirt Steak: Master the Grill or Pan for Incredibly Juicy and Flavorful Results



OVEN
500°F

TIME
30 min

TEMP
140°F

PRINT
Recipe Card

INGREDIENTS

- 1-1.5 lbs (450-700g) skirt steak
- 2 tbsp olive oil
- Salt and freshly cracked black pepper
- 3 tbsp soy sauce (or reduced-sodium tamari)
- 2 tbsp fresh lime juice
- 2 cloves garlic, minced
- 1 tsp ground cumin or smoked paprika

DIRECTIONS

- Step 1: Prep the Steak** Pat the skirt steak very dry with paper towels. This is a crucial step for achieving a good sear and crust. Trim any excess silver skin (a tough, silvery membrane) or large, hard pieces of fat from the steak.
- Optional: Marinate for Enhanced Flavor.** In a shallow dish or resealable plastic bag, combine all the optional marinade ingredients: 3 tbsp soy sauce, 2 tbsp olive oil, 2 tbsp lime juice, 2 cloves minced garlic, and 1 tsp cumin or smoked paprika. Add the steak, ensuring it's well coated. Let it marinate in the refrigerator for 1-4 hours. Skirt steak is thin, so even 30 minutes of marinating helps infuse flavor quickly! For deeper flavor, you can marinate it overnight (up to 12 hours).
- Step 2: Cook the Steak**
- Option 1: Grill** Preheat your outdoor grill or indoor grill pan to high heat (450-500°F / 230-260°C). You want it screaming hot to get a perfect sear. Lightly oil the grates directly or brush a little olive oil onto the steak itself. Place the skirt steak on the hot grill. Grill for 2-3 minutes per side for medium-rare. Skirt steak is thin, so it cooks very quickly. Use an instant-read thermometer for accuracy if desired (130-135°F / 54-57°C for medium-rare). Remove the steak from the heat and transfer it to a cutting board. Let it rest for 5-10 minutes before slicing. This allows the juices to redistribute, ensuring a tender and juicy result.
- Option 2: Pan-Sear** Heat a cast-iron skillet or other heavy-bottomed pan over high heat until it is very, very hot and almost smoking. Add a drizzle of olive

oil to the hot pan. Carefully place the skirt steak in the hot skillet. Sear for 2-3 minutes per side, without moving it around too much during cooking on each side. This allows a beautiful crust to form. Remove the steak from the pan and transfer it to a cutting board. Let it rest for 5-10 minutes before slicing.

6. **Step 3: Slice Properly** This is perhaps the most critical step for tender skirt steak! Locate the grain of the meat (the direction in which the muscle fibers run). You'll notice they often run diagonally across the steak. Always slice skirt steak against the grain into very thin strips (about ...-inch thick). This shortens the muscle fibers, making the meat incredibly tender and easy to chew. Slicing with the grain will result in tough, chewy steak.

SWAPS & NOTES

Skirt Steak: Ensure you're buying skirt steak, which is a thin, long cut.

There are inside and outside skirt steaks; both work well, but outside skirt steak is generally more tender.

Olive Oil: Use good quality olive oil for both brushing and the marinade.

Seasoning: A generous seasoning of salt and freshly cracked black pepper is essential for a good crust and flavor.

TIPS FOR SUCCESS

Don't overcook: Skirt steak is lean and thin, making it prone to getting tough if cooked beyond medium-rare or medium.

Aim for 130-140°F (54-60°C) internal temperature.

Let it rest before slicing: This crucial step allows the juices to redistribute throughout the meat, ensuring every bite is tender and juicy.

Don't slice it immediately after cooking!

More recipes: [ChefManiac.com](https://chefmaniac.com)

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