



# *Hispanic-Caribbean Sunday*

## Skirt Steak

BY CHEF ADRIANA URBINA

SERVES 4

### KNOW AHEAD:

This recipe calls for a 6-10 hour marinade.

INGREDIENTS → 1 Hispanic-Caribbean Sunday Skirt Steak  
Seasoning Card:

- 1 tsp (2 pods) Smoked Pimentón Paprika
- 1 tsp (2 pods) Ancho Chile Pepper
- 1 tsp (2 pods) Adobo Chili Blend
- 1 tsp (2 pods) Lemon-Garlic Powder

SERVE WITH →

- Crunchy Squash and Pineapple Salad
- Colombian Coconut Buns

RECIPE SEASONING CARDS  
BY CHEF ADRIANA URBINA  
AVAILABLE AT [EATOCCO.COM](http://EATOCCO.COM)

### FRESH

- 1 lb skirt steak (look for a ½-1-inch thick, bright red cut, ideally with a little fat for a more tender and flavorful dish)
- ½ cup fresh orange juice
- ⅓ cup fresh lime juice
- 4 garlic cloves minced
- ½ cup fresh chopped cilantro

### PANTRY

- ⅔ cup olive oil
- ¼ cup soy sauce
- ¼ cup tamarind concentrate
- 3 Tbsp apple cider vinegar or red wine vinegar

## INSTRUCTIONS

- 1. MARINADE:** Except for the skirt steak, add all ingredients to a blender and blend until smooth to make the marinade. Put the steak in a ziplock bag, pouring the marinade on top. Refrigerate for 6-7 hours, depending on how thick the meat is, but no more than 10 hours – the meat gets tougher and drier after that.
- 2. COOK:** Remove the skirt steak from the marinade and clean away any excess marinade with the back of a knife – there should not be any chunks or finely chopped herbs on each steak as it goes to grill. Use a paper towel to dry the meat well. Heat a grill or cast iron pan until it's hot (do not add oil, so you get a nice sear). When the cooking surface is ready, liberally season the steak with salt and pepper. Cook the steak over medium-high heat for 4-5 minutes on each side for medium rare. The steaks should look golden brown and slightly charred.
- 3. SLICE:** Allow the steaks to rest for 5-7 minutes before cutting – this is very important! If you slice too soon, the juices won't properly settle into the meat and give it that delicious, tender quality. Cut against the grain into thin slices. Serve immediately and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*