

### Fast Teriyaki Flank Steak Recipe

<b>Required:</b>	
<b>Ingredients:</b>	4-6 flank steaks 4-6 pineapple slices 1 Tbsp salad oil 1/2 cup soy sauce 1/4 cup sugar 2 Tbsp sherry (optional) 1 tsp ginger 1 clove garlic, crushed
<b>Notes:</b>	main course can be cooked in skillet instead of Dutch oven
<b>Instructions:</b>	Put steaks in a plastic container with a lid. Mix all ingredients except pineapples and pour over steaks to marinate. Let sit for 1.5 hours. Preheat Dutch oven to 375-400 degrees. Lift steaks from marinade and fry in oven for about 2 minutes. Brush with marinade. Fry another 2 minutes. Add pineapple, brush with marinade and cover. Cook 3 minutes more or until desired doneness. Serve over rice.