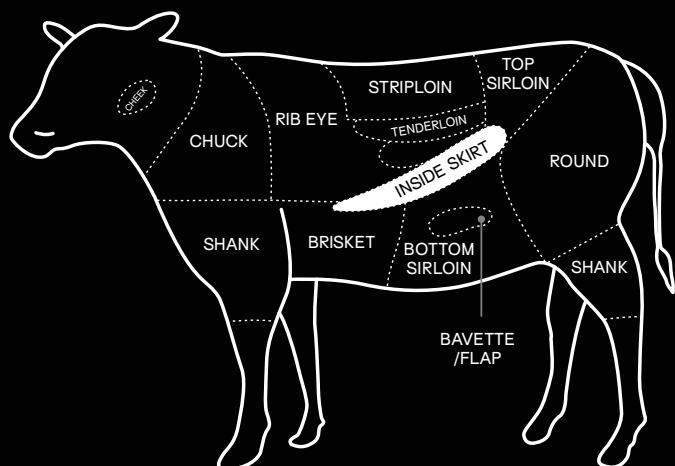


US: Inside/Outside Skirt 121D & 121C

AU: Inside Skirt 2205/Outside Skirt 2190



Best for high heat cooking, live fire



Broil



Grill



Pan-Sear

Part of the short plate primal and located on either side of the abdomen wall just below the ribs, skirt steak is either of two long, flat, well-marbled muscles: the diaphragm and the abdominal.

Skirt steaks are versatile and flavorful, with more chew than other steaks. With a coarse grain, they easily take on marinade which can help with tenderization. When cooked on high heat, the characteristic high degree of marbling imparts an outstanding flavor and richness. Slice it thick against the grain before serving to ensure maximum tenderness.

Our mate Chef Pam Smith and Chef Jamie Carawan conceived this [#aussome dish](#) – an adobo-crusted and seared grassfed skirt steak served over smoked ancient grains, summer corn and okra sauté and roasted veggies. A 6oz portion is just right, serving up a balanced plate with heaps of veggies and good grains that no carnivore can say no to!

Dish Inspiration



[Grilled grassfed skirt steak with warm mushroom salad](#)



[American "fiesta" Aussie skirt steak salad](#)



[Mint julep and molasses grassfed skirt steak](#)



[Make a big impact with a balanced plate](#)