

**INGREDIENTS:**

- 4 thin-cut pieces of skirt weighing about 250g each
- 2 tablespoons each Worcestershire sauce and olive oil
- 1 tablespoon Old Bay seasoning
- 1 teaspoon wholegrain mustard
- 1 crushed garlic clove

**TIME:** 20 mins + 24 hrs**SERVING:** 4 people

Mix the sauce, oil, seasoning, mustard and garlic together, place in a large freezer bag, add the steaks, coat well and refrigerate for 24 hours. Allow to return to room temperature. Heat and lightly oil a heavy-based frying pan and fry for two and a half to three minutes each side or alternatively barbecue for the same length of time.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**