

Cleveland County Kitchen
February, 2015
Food of the Month - Beef

Marinated Top Round Steak - From Chef Adam Smith, Neal Senior Center

½ cup chopped shallots
¼ cup low sodium soy sauce
3 T. fresh lemon juice
3 T. balsamic vinegar
1 T olive oil
2 tsp. fresh thyme
1 tsp. dried oregano
4 garlic cloves, minced
1 (2-pound) boneless top round steak, trimmed
cooking spray
½ tsp salt
¼ tsp. freshly ground black pepper



Combine first 8 ingredients in a large zip-top plastic bag. Pierce steak with a fork. Add steak to bag; seal. Marinate in refrigerator for 2 hours, turning every 30 minutes.

Preheat broiler

Remove steak from bag; discard marinade. Scrape shallots and garlic from steak; discard shallots and garlic. Place steak on broiler pan coated with cooking spray. Sprinkle steak evenly with salt and pepper. Broil 4 inches from heat for 6 minutes on each side or until desired degree of doneness. Let stand 10 minutes before slicing against the grain.

Made Available by:

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