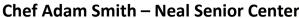
Cleveland County Kitchen February, 2015

Food of the Month – BEEF





London Broil

Ingredients:

½ cup Chopped Shallots

¼ cup Low-Sodium Soy Sauce

3 Tablespoons Fresh Lemon Juice

3 Tablespoons Balsamic Vinegar

1-1/2 teaspoon Worcestershire Sauce

1 Tablespoon Olive Oil

2 teaspoons Fresh Thyme

1 Teaspoon Dried Oregano

4 Garlic Cloves

1 (2 pound) Boneless Top Round Steak, trimmed

½ teaspoon Salt

¼ teaspoon Freshly Ground Black Pepper

Cooking Spray

Preparation:

- 1. Combine first 9 ingredients in a large zip-top plastic bag. Pierce steak with a fork. Add steak to bag, seal. Marinate in refrigerator for 12 hours, turning once mid-way.
- 2. Preheat broiler.
- 3. Remove steak from bag; discard marinade.
- 4. Scrape shallots and garlic from steak; discard shallots and garlic.
- 5. Sear on all sides with large, hot skillet; (Min. 4 minutes each side)
- 6. Place steak on broiler pan coated with cooking spray.
- 7. Sprinkle steak evenly with salt and pepper.
- 8. Broil 4 inches from heat for 6 minutes on each side or until desired degree of doneness.
- 9. Let stand 10 minutes before slicing against the grain of the meat.

Made Available by:

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