

Cleveland County Kitchen
February, 2015
Food of the Month – BEEF
Chef Adam Smith – Neal Senior Center



London Broil

Ingredients:

½ cup Chopped Shallots	1 Teaspoon Dried Oregano
¼ cup Low-Sodium Soy Sauce	4 Garlic Cloves
3 Tablespoons Fresh Lemon Juice	1 (2 pound) Boneless Top Round Steak, trimmed
3 Tablespoons Balsamic Vinegar	½ teaspoon Salt
1-1/2 teaspoon Worcestershire Sauce	¼ teaspoon Freshly Ground Black Pepper
1 Tablespoon Olive Oil	Cooking Spray
2 teaspoons Fresh Thyme	

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:

NC Cooperative Extension
Cleveland County Center
130 South Post Road, Suite 1
Shelby, NC 28152
704-482-4365
cleveland.ces.ncsu.edu
clevelandcountykitchen.org