

## London Broil – Traditional Marinated

### Ingredients:

1 ½ - 2 pound London Broil  
¼ C. olive oil  
1 T. Bragg's Liquid Aminos  
2-3 garlic cloves, minced  
1 T. dried thyme  
3 T. lemon juice  
½ t. salt  
¼ t. pepper

### Directions:

Pierce London Broil with a knife on both sides. Combine remaining ingredients in a large zip-top bag. Add meat to bag; seal. Place bag in a dish in case it leaks. Marinate in refrigerator 4 – 24 hours. Turn over half-way through.

After marinating let meat come to room temperature before broiling.

Preheat broiler to high.

Remove meat from bag; discard marinade. Scrape garlic pieces from meat; discard garlic. Place meat on broiler pan or baking sheet. Broil 4 inches from heat for 4 – 6 minutes on each side or until desired degree of doneness. About 8 total minutes for rare; 10 total minutes for medium rare; 12 total minutes for medium well. Longer times will dry it out.

Remove from oven and cover with an aluminum foil tent for 5 minutes. Keep in mind the meat continues to cook a little during tenting time.

Slice the meat thinly, against the grain.

*Recipe by Knight Family Farm*

## Pan Grilled London Broil

### Ingredients:

1 ½ - 2 pound London Broil  
2 t. dry mustard powder – or to taste  
½ t. salt – or to taste  
¼ t. pepper – to taste  
4 T. butter, softened to room temperature

### Directions:

Remove thawed meat from refrigerator 2 hours before cooking to bring to room temperature.

Preheat oven to 325°.

Heat a large, cast iron skillet to medium high heat. Rub the dry-mustard into both sides of the meat. Add the salt and pepper. Rub the soft butter over both sides of the meat. Place the meat in the hot pan. Let cook for 2 – 3 minutes on each side; check before flipping to make sure it has nicely browned.

Put the skillet in the preheated oven for 15 minutes or so.

Use a meat thermometer to test the internal temperature of the meat. Remove from oven at 130° for medium rare (the meat will continue to rise in temperature for a few minutes after you pull it out). You can also test for doneness by using a small sharp knife and cutting into the center to check the color. Or, if the meat is brown on both sides and it is weeping red juice, it's done.

When done, remove from the oven, tent with aluminum foil, and let sit for 5 minutes before cutting into it.

Cook the meat only to medium rare, as cooking it further will make it tough and dry it out.

Slice the meat thinly, against the grain. Serve with pan juices if desired (very good!)

*from: simplyrecipes.com*