



London Broil

London Broil is one of those things that's more of a cooking method than a particular cut of meat. Although traditionally it was prepared with flank steak, London Broil is a term often associated with a thick steak that can be cut from a number of different lean areas in the animal. These days most would associate London Broil with beef top round, which is a great piece of lean meat that's perfect for the grill.

A few things that make a London Broil what it is are: 1) Marinating the meat well ahead of time, perhaps a day in advance. This will give great flavor to the meat, and will tenderize it a bit before cooking. 2) Serving it rare, only a little more rare than a roast beef, and cut into thin slices. Cut across the grain, these slices are great as is with some grilled veggies, or made into a sandwich.

This recipe is an Argentinean take on a London Broil.

Chimichurri Sauce (A double recipe for both marinade and dipping sauce)

Ingredients

1 cup, of Italian parsley
½ cup olive oil
1/3 cup red wine vinegar
2 cloves of garlic
¾ tsp red pepper flakes
½ tsp salt
A good squeeze of lemon juice

In a food processor or blender combine and puree all ingredients together.

London Broil Instructions

Season meat with salt and pepper on all sides (use a light hand on the salt if you chose to marinate ahead of time). Allow your meat to reach room temperature before cooking.

Once the grill is hot, cook your London Broil for about 10 minutes on each side. Make sure you have a good char on both sides. Your meat thermometer should read 125-130 degrees for medium rare.

After cooking, allow the meat to rest for 5-10 minutes before serving. This step is crucial in cooking any meat. Lastly, enjoy!