AMERICAN

London Broil

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**10 min + 4 hr marinating**	**15 min**	**Broil**	**Inside round**

Ingredients

- 900 g (2 lb) inside round steak, about 4 cm (1½ in) thick

MARINADE

- 80 ml (⅓ cup) soy sauce
- 60 ml (¼ cup) olive oil
- 2 tbsp balsamic vinegar

MARINADE (CONT.)

- 1 tbsp Worcestershire sauce
- 4 cloves garlic, minced
- 1 tbsp Dijon mustard
- 1 tbsp brown sugar
- 1 tsp black pepper

Steps

1. Whisk the marinade ingredients together. Place the steak in a zip bag or dish, pour in the marinade, and marinate in the fridge for 4 to 12 hours, turning once.
2. Take the steak out 30 minutes before cooking so the chill comes off. Wipe off excess marinade and pat dry.
3. Set an oven rack 10 cm (4 in) below the broiler (grill) and heat the broiler to high for 5 minutes. Put the steak on a rack over a foil-lined tray.
4. Broil for 6 minutes, until the top is deeply browned. Flip and broil another 5 to 7 minutes. For medium-rare, a thermometer should read 52°C (125°F) in the centre; inside round is best not cooked past medium.
5. Move the steak to a board and rest for 10 minutes. The temperature will rise another 3 to 5°C (5 to 8°F).
6. Slice very thinly against the grain at an angle. Spoon the pan juices over the slices.

Notes

- **Slicing is key:** inside round is lean, so thin slices across the grain are what keep it tender.
- **Grill option:** cook over a hot grill for 5 to 6 minutes per side with the lid closed.
- **Serving:** great with baked potatoes and a green salad, or in sandwiches the next day.
- **Freezer:** freeze the raw steak in its marinade for up to 3 months; thaw overnight in the fridge, and it marinates as it thaws.