

## London Broil

**1 LONDON BROIL MARINADE:**  
**1/8 CUP WORCESTERSHIRE SAUCE**  
**1/2 CUP SOY SAUCE**  
**1/8 CUP RED WINE VINEGAR**  
**1/8 CUP BALSAMIC GLAZE**  
**1/8 CUP BROWN SUGAR**  
**1 TSP. DRY MUSTARD**  
**1 TSP. BLACK PEPPER**  
**1 TSP. MEAT TENDERIZER**  
**JUICE OF ONE LEMON**  
**2 GARLIC CLOVES PRESSED**  
**1/8 CUP FRESH CHOPPED ROSEMARY**  
**OR USE 2 TSP. DRIED ROSEMARY**

Combine above marinade ingredients - place in a gallon zip lock bag with steak. Marinate 24 hours. Take out of refrigerator 1 hour prior to grilling. Preheat oven to 400 degrees. (Preheat pan/skillet in oven while oven preheats)

Grill steak on HOT grill pan on stovetop 2 minutes per side. Place steak on preheated broiler pan or skillet. Broil steak 5 minutes then turn over and broil 5 more. The steak should be a medium cook. If you want a longer cook, just continue to broil until it reaches the desired temperature. Use a meat thermometer inserted into thickest part of steak. Remove steak from oven and out of pan. Rest on cutting board 5 minutes. Carve against grain at a diagonal cut. Enjoy.

*Option: Sauté fresh mushrooms in a little olive oil with onions, then add 1/2 cup of left-over marinade and serve with steak.*