

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.