

## Solving the Mystery Behind London Broil

By John Rizzo

So you're in the grocery store looking for that perfect cut of beef and you spot the "London Broil". But what exactly is London Broil? Is it flank steak? Round steak? Shoulder Steak? Actually it could be any of these cuts of meat; in fact London Broil is a very generic term that refers to the method of cooking. If you want London Broil, look for a very lean cut of beef, with the grain going in one direction all the way through. Ideally, it should be between 1½ to 2 inches thick; length and width are of no significance.

London broil can be broiled or gilled; both will give you good results, so choose your favorite method. These are generally tough cuts of meat and require marinating to help soften the fibers as well as add flavor to the meat. Additionally, it's very important to cut the meat thin, against the grain, and on the bias (diagonally).

Meat, especially beef, should marinate for at least a day or longer completely covered in marinade or turned frequently. Marinades need either acid or some type of enzyme to effectively break down the fibers of the meat. Many fruit juices, vinegars and wine all work well in accomplishing this task. I like to poke the meat with a thick fork about every half inch or so, all the way through the meat, from top to bottom and side to side. This not only physically breaks some of the fibers, but allows the marinade to penetrate the meat from the inside out.

When cooking London Broil, cook it hot and fast to your desired temperature. If using the broiler, make sure it's pre-heated to its highest temperature and if grilling, cook it on high with the lid closed. Turn it frequently so that it cooks evenly.

The following temperature chart will give you an idea as to how long to cook your London Broil, but keep in mind, that you should probably cook it slightly less than your preferred doneness; it will "bleed out" a little.

Rare	120° - 125°
Medium-rare	130° - 135°
Medium	140° - 145°
Medium-well	150° - 155°
Well done	160° and above

After your beef reaches that desired temperature, let it "set up" for about 10 minutes at room temperature before slicing. And as previously stated use a good sharp knife and cut it thin, against the grain, and on the bias. If it's cut too thick; it will be tough; the marinating process can only do so much.

Now that you fully understand the London Broil concept, you can pick and choose your own cut of beef, the cooking method, and the type of marinade; creating your own signature recipe.

### London Broil

Yield: 6 Servings

Beef, Cut as stated above	2 Lbs
Onion, minced:	1 medium
Garlic, Minced:	1 1/2 tsp.
Soy Sauce	1/2 Cup
Sugar	4 tsp.
Red Wine	2 TBL
Vegetable Oil	2 TBL

*Read the entire article before making this recipe.*

In a medium mixing bowl, combine all ingredients with the exception of the beef; mix well. Poke the beef with a fork several times and place it in a container just slightly larger than the meat, or in a re-sealable freezer bag; cover with the marinade. Let marinate for at least one full day or longer; frequently turning the meat. Before cooking, pull the meat from the refrigerator and let it reach room temperature. This will hasten the cooking time and help keep the meat from getting too crisp on the outside.

Preheat your broiler or grill and cook the beef to the desired doneness; let it set up for ten minutes before slicing.