

London Broil Roast Beef

The past few years, “London Broil” roast beef has been showing up in deli cases. Tastes pretty good. However, you don't always know what they put in it, and it's *really* expensive. You can make great roast beef for about half the price and have the peace of mind knowing that you're not ingesting any preservatives, nitrates, or other unknown things. A warm freshly cooked roast with also makes a quick appetizing meal for guests. Just add some instant Idahoan potatoes and you have a full comfort food meal. This roast takes a few hours to marinade, but prep time is minimal, and it cooks quickly.



Ingredients

2 to 2-1/2 pound beef shoulder clod roast (London Broil)
1 cup beef stock
2 TBS brown sugar
2 TBS soy sauce
1 TBS Balsamic vinegar
1 TBS Worcestershire sauce
2 cloves garlic, chopped small dice
1/4 yellow onion, diced
4 sprigs fresh thyme
2 TBS Lodi olive oil
1/2 tsp salt
1/2 tsp black pepper

Preparing the Meat

Combine the beef stock, brown sugar, soy sauce, vinegar, Worcestershire sauce, garlic, onion, and thyme in a 2 gallon Zip-Loc bag and put the meat in the bag. Make sure most of the air is pushed out and the bag is sealed. Rotate and press on the bag to evenly spread the marinade mixture around the meat. Place the bag on a plate and refrigerate at least 4 hours. Turn the bag over a couple of times to make sure the marinade soaks into all parts of the meat. If you don't have a big enough Zip-Loc bag, you can put all the marinade mix in a 9x13 casserole dish with an air tight cover. Just remember to turn and baste the meat every hour or so.

Preheat the oven broiler with the rack in the middle of the oven or just above the middle. Remove the meat from the bag. Clean off any garlic or onion bits. Pat the meat dry. Rub both sides of the meat with olive oil and season both sides with salt and pepper. Place the meat on a broiler pan and broil 9 minutes. Turn the meat over and broil for 9 minutes. Check the internal

temperature with a digital readout thermometer. The internal temperature should be 125 to 135 degrees (medium rare). If it has not reached that temperature, broil for another 2 to 3 minutes and check the temperature again. If you prefer to grill instead of broil, you can cook the meat on a grill set to about 450 degrees for the same amount of time. When the roast is fully cooked, put the meat on a carving board with a channel to catch the juice, cover with aluminum foil, and let it rest 10 minutes.

Slice the meat across the width of the cut into very thin slices. Cut on the bias to get larger slices.

TIPS AND TRICKS

This recipe is for a piece of meat that is about 1-1/2 inch thick. If you get one that is thinner, you will want to limit the marinade to only two hours or so and check the internal temperature of the meat more often while it's broiling or grilling to make sure that the center doesn't get warmer than 135 degrees. If you get a cut that is thicker than 1-1/2 inches, cook it longer on each side (maybe 12-15 minutes).