



Grilled London Broil

Oscar · 29/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

4 hrs 20 mins

Description

A zesty and flavorful summertime favorite This recipe should marinate a 1 to 1 12 pound cut Triple the recipe for four pounds

Ingredients

- - 1 ½ pounds top round
- London Broil cut - 1 tablespoon meat tenderizer - ½ cup vegetable oil - 2 teaspoons lemon juice - 2 teaspoons seasoning salt - ¼ teaspoon lemon pepper - 2 cloves garlic
- minced - 4 teaspoons chopped fresh parsley - 2 teaspoons tarragon vinegar

Instructions

1. Score top and bottom of meat with a 1 1/2 inch square pattern
2. and score the side. Sprinkle meat liberally with unseasoned meat tenderizer
3. then pierce with fork 1/8 inch apart and at least half-way through the meat on both sides. Sprinkle lightly with water
4. and rub in tenderizer. Place on a plate
5. cover
6. and set aside for an hour. In a small bowl
7. mix together oil
8. lemon juice
9. seasoned salt
10. lemon pepper
11. garlic
12. parsley
13. and tarragon vinegar. Pour marinade over meat
14. reserving a portion to be used for brushing (Note: DO NOT mix the reserved marinade with the meat; set aside for later). Pour remaining marinade over meat
15. recover dish and refrigerate for three hours
16. turning every half hour. Preheat grill for hot heat. Lightly oil grate
17. and position it 2 inches above the coals. Place meat on grill
18. and cook for 5 minutes. Turn meat over
19. brush with marinade
20. and cook for another 5 minutes.