



London Broil I

Oscar · 29/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

8 hrs 30 mins

Description

London broil most often refers to a thick flank steak broiled and thinly sliced but can also refer to thick cuts of sirloin or top round

Ingredients

- - 3 cloves garlic
- minced - ½ cup soy sauce - 2 tablespoons vegetable oil - 2 tablespoons ketchup - 1 teaspoon dried oregano - 1 teaspoon ground black pepper - 1 (2 pound) flank steak or round steak

Instructions

1. In a small bowl
2. mix together garlic
3. soy sauce
4. oil
5. ketchup
6. oregano
7. and black pepper. Pierce meat with a fork on both sides. Place meat and marinade in a large resealable plastic bag. Refrigerate 8 hours
8. or overnight. Preheat grill for medium-high heat. Lightly oil the grill grate. Place steak on the grill
9. and discard marinade. Cook for 5 to 8 minutes per side
10. depending on thickness. Do not overcook
11. as it is better on the rare side.