

Best London Broil Marinade: My Secret to a Tender Steak

1 1/2 lbs London Broil (flank steak or top round)



TIME
30 min

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INGREDIENTS

1 1/2 lbs London Broil (flank steak or top round)

1/2 cup soy sauce

1/4 cup red wine vinegar

2 tablespoons olive oil

2 tablespoons Worcestershire sauce

2 tablespoons brown sugar

2 cloves garlic, minced

1 teaspoon dried oregano

1/2 teaspoon black pepper

Swaps and Notes:

London Broil: As mentioned, this is typically a flank steak or top round. Flank steak is my personal favorite for its flavor and grain.

Soy Sauce: Low-sodium soy sauce is a great option if you're watching your salt intake.

Red Wine Vinegar: Balsamic vinegar or apple cider vinegar can be used as a substitute, but red wine vinegar provides the classic tangy flavor.

Brown Sugar: Honey or maple syrup would also work well as a sweetener.

Herbs: You can swap the dried oregano for dried thyme or a pinch of rosemary if you like.

Step-by-Step Instructions:

Prepare the Marinade: In a medium bowl, whisk together the soy sauce, red wine vinegar, olive oil, Worcestershire sauce, brown sugar, minced garlic, dried oregano, and black pepper. Stir until

the brown sugar is completely dissolved.

Marinate the Steak: Place the London Broil in a large, resealable plastic bag or a shallow dish. Pour the marinade over the steak, making sure it's completely covered. Squeeze out any excess air from the bag and seal it tightly.

Refrigerate: Place the steak in the refrigerator and let it marinate for at least 4 hours, but ideally overnight (8-12 hours) for the best results. Don't marinate for more than 24 hours, as the acidity can start to break down the meat too much.

Prepare for Cooking: When you're ready to cook, remove the steak from the refrigerator and let it sit at room temperature for about 30 minutes. This helps it cook more evenly. Discard the leftover marinade.

Cook the Steak: Preheat your grill or a cast-iron skillet to medium-high heat. Cook the London Broil for 5-7 minutes per side for medium-rare, or longer for your desired doneness. Use a meat thermometer to check for doneness-130°F for medium-rare is a good target.

Rest and Slice: This is a crucial step! Remove the steak from the heat and place it on a cutting board. Let it rest for at least 10 minutes. This allows the juices to redistribute, ensuring a tender and juicy result.

Slice Against the Grain: When you're ready to slice, use a sharp knife and cut the steak against the grain into thin slices. This is the most important tip for tenderness!

Tips for Success:

Marinate Long Enough: The real magic of this recipe is in the marinade time. Don't skimp on it! A long marinade is what breaks down the muscle fibers and infuses the meat with flavor.

Rest the Steak: As mentioned above, letting the steak rest is non-negotiable. If you slice it too soon, all the delicious juices will run out onto your cutting board, leaving you with dry meat.

Cut Against the Grain: London Broil has very visible muscle fibers. Cutting perpendicular to them (against the grain) shortens those fibers, making each slice much more tender to chew.

High Heat, Short Cook Time: You want a good sear on the outside without overcooking the inside. Use a hot grill or skillet for best results.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 300 kcal

Carbohydrates: 8g

Protein: 30g

Fat: 15g

Saturated Fat: 5g

DIRECTIONS

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11. **High : Heat, Short Cook Time:** You want a good sear on the outside without overcooking the inside. Use a hot grill or skillet for best results.
12. **Serving Suggestions and Pairings:** This London Broil is fantastic as the centerpiece of a meal. It pairs beautifully with roasted potatoes, a simple side salad, or steamed vegetables. You can also slice it thin and use it for sandwiches the next day. This hearty meat dish would go well with some other delicious meals, like this Cajun Chicken Sausage Gumbo or these Easy Cheesy Chicken Sliders with Marinara Garlic Butter for a satisfying feast.
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15. **Protein:** 30g
16. **Fat:** 15g
17. **Saturated : Fat:** 5g
18. **Cholesterol:** 70mg
19. **Sodium:** 900mg
20. **Fiber:** 1g
21. **Sugar:** 5g
22. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. **Storage and Leftover Tips:** Leftover London Broil can be stored in an airtight container in the refrigerator for 3-4 days. It's excellent for making sandwiches or adding to a salad. To reheat, you can slice it and warm it gently in a skillet with a little beef broth to keep it from drying out.
24. **More Recipes You'll Love:** If you enjoy savory, comforting, and hearty meals, you might also like these other recipes:
25. **These : Easy Turkey Wings** are my favorite comfort food for lazy Sundays

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