

London Broil

3 cloves garlic, minced
½ cup soy sauce
2 T vegetable oil
2 T ketchup (of course, I leave this out)
1 t dried oregano
1 t ground black pepper
2 pounds round steak

In a small bowl, mix together garlic, soy sauce, oil, ketchup, oregano, and black pepper. Pierce meat generously with a fork on both sides. Place meat and marinade in a large, resalable plastic bag. Refrigerate up to 8 hours. Preheat grill for medium high heat. Lightly oil grate, and place steak on grill. Cook for 5–8 minutes per side, depending on thickness. Do not overcook, as it is better on the rare side. For best results, cut with knife in a slanted position. Carve thin slices across width (grain) of steak.

Note: London broil may be broiled. Place on broiler rack 4–5 inches from heat 10 minutes. Flip; baste with remaining marinade, if desired. Broil 10 minutes longer or until desired doneness is reached.