



### **Jack's Grilled London Broil**

from Jack Pleasant, Sunset Ridge Buffalo Farm

For a 1 to 3 lb. London Broil Roast

Marinade: (Lawry's Steak and Chop Marinade or make your own, for example)

½ cup olive oil

1 tsp. fresh ground pepper

1 tsp. kosher salt

½ tsp. fresh clove garlic, minced

Sliced purple onion

1 to 2 Tbsp. balsamic vinegar

Wine (optional)

Directions:

Place marinade ingredients in a zip lock bag with roast. Massage marinade into meat. Marinate 1 hour or longer. Remove roast from marinade and bring to room temperature in 20 to 30 minutes. Place roast on grill set at 375 to 400 degrees. Test with meat thermometer, bringing to desired doneness. Jack recommends 143 degrees (perfect medium rare). Depending upon thickness, it usually cooks to 143 degrees within 20 to 30 minutes. He usually only turns once. Take off grill and cover with foil and allow to rest for 5 to 10 minutes.

To serve, slice at an angle. Serve with tossed salad, baked potato and fresh asparagus!