

London Broil

Sweet Grass Ranch | September 2006



- 2 CUPS DRY RED WINE
- 2 TBSP. BALSAMIC VINEGAR
- 5 CLOVES GARLIC, MINCED
- 2 TSP. GROUND CUMIN
- 1/2 TSP. GROUND CINNAMON
- 1 TSP. SALT
- 1/2 TSP. BLACK PEPPER
- 1/4 TSP. CRUSHED RED PEPPER
- 2 LB. BEEF FLANK STEAK

For marinade, in a medium bowl combine wine, vinegar, garlic, cumin, cinnamon, salt, pepper, and crushed red pepper. Set aside.

Score the flank steak to allow the marinade to penetrate. Place the meat in a resealable plastic bag set in a shallow dish. Add marinade. Seal bag and marinate in the refrigerator for 4 to 8 hours, turning occasionally.

Place beef on the rack of an uncovered grill directly over medium coals. Grill 17 to 21 minutes or until an instant-read thermometer inserted in center registers 145° for medium-rare doneness or 160° for medium doneness. (Or, preheat gas grill. Reduce heat to medium. Place meat on rack over heat. Cover; grill as above.) Thinly slice meat against grain. Season to taste with salt and pepper. Makes 6 servings.