

London Broil

September 28th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 06:00

The London Broil is not a cut of meat. Instead, it is a specific preparation for a roast. The London Broil is typically made with a lean cut, usually the Top Round, or sometimes the Bottom Round. However, these cuts can become tough if they are cooked improperly. The secret to the perfect London Broil is a good marinade, with a high acidic content, and then a quick broil under high heat. While the London Broil can be prepared using the Sous Vide, the ideal preparation utilizes the high heat of the broiler.

Ingredients:

1.5 to 2 pound Top Round or Bottom Round Roast

Marinade

3 Tablespoons Orange Juice

2 Tablespoons Balsamic Vinegar

2 Tablespoons Worcestershire Sauce

2 Tablespoons Soy Sauce

2 Tablespoons Dijon Mustard

1/2 Teaspoon Garlic Powder

Vegetable Oil, for searing, if using the Sous Vide

Directions:

Mix all ingredients in a gallon-sized zip-top bag or a Sous Vide bag.

Add the London Broil.

Vacuum out all the air and seal the bag.

Refrigerate for up to 8 hours.

Freeze up to 6 months.

Broiler Preparation

Allow the London Broil to come to room temperature, for about an hour.

Remove the London Broil from the bag. Discard the Marinade and use a paper towel to dry the London Broil well.

Medium Rare:

Broil on high for about 4 minutes.

Flip and broil another 2 minutes.

Ensure that the internal temperature reaches at least 125° F.

Sous Vide Preparation

Sous Vide at 131° F for 6 hours.

Remove the bag from the Sous Vide.

Remove the London Broil from the bag. Reserve about 1/4 Cup of the Au Jus and discard the remaining Au Jus.

Use a paper towel or a clean towel to dry the London Broil thoroughly.

Heat a pan over medium-high heat and sear the London Broil for 90 seconds per side.

Rest the London Broil, lightly covered, for 10 minutes.

Cut the London Broil into thin slices on the bias, ensuring to cut across the grain.

Splash or drizzle a few tablespoons of Au Jus across the Roast.

Serve with potatoes and a dollop of Creamy Gorgonzola Sauce.