



TRY THESE MARINADES TO PLEASE YOUR PARTY!



From Cy's FAMOUS Meat Department
Try 2 great marinades for your London broil straight from
Cy's Meat Department!

Teriyaki Marinade for London Broil

Ingredients:

- 1 cup soy sauce
- 1 cup teriyaki sauce
- 1 cup Shurfine Coke
- 1 jalapeno pepper, seeded and chopped
- 2 cloves garlic, chopped

Aisle

- Aisle 4
- Aisle 4
- Aisle 2
- Produce
- Produce



Directions:

Prep Time: 1 day
Total Time: 1 day

1. 1 Combine marinade ingredients and pour into a large zippered freezer bag.
2. 2 Pierce London broil several times with sharp fork and place in bag with marinade.
3. 3 Refrigerate overnight or at least 8 hours.
4. 4 Grill for 10 to 15 minutes per side or according to desired

Herb-Rubbed London Broil

Ingredients:

- (2 1/2 lb) london broil beef, about 1 1/2 inches thick
- 1 tablespoon dried rosemary
- 1 tablespoon dried marjoram
- 1 tablespoon dried thyme
- 1 1/2 teaspoons salt (kosher preferred)
- 1 1/2 teaspoons fresh ground pepper

Aisle

- Meat
- Aisle 6
- Aisle 6
- Aisle 6
- Aisle 6
- Aisle 6

Directions:

Prep Time: 5 mins
Total Time: 20 mins

1. Rinse steak and pat dry.
2. In small mixing bowl, combine rosemary, marjoram, and thyme.
3. Crush with fingers until finely crumbled.
4. Stir in salt and pepper.
5. Rub both sides of steak with herb mixture, patting evenly.
6. Broil 1/2 inch from heating element on high, 5 minutes for rare meat, 6 minutes for medium-rare.
7. Turn and broil for 5 more minutes, 6 minutes for medium-rare.
8. Remove from oven and let rest for 5 minutes.
9. Slice thinly, across the grain.