

Toronto Kosher Classic Kosher Recipes

BAKED LONDON BROIL

Ingredients

- 1 (2 pound) top round London broil
- 1 (28 ounce) can stewed tomatoes
- garlic salt to taste



Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
 2. Place the roast in a roasting pan, pour stewed tomatoes over it, and season with garlic salt.
 3. Roast for 2 1/2 to 3 hours, until fork tender.
 4. Let stand for about 10 minutes at room temperature before carving and serving.
-

GRILLED LONDON BROIL

Ingredients

- 3 cloves garlic, minced
- 1/2 cup soy sauce
- 2 tablespoons vegetable oil
- 2 tablespoons ketchup
- 1 teaspoon dried oregano
- 1 teaspoon ground black pepper
- 1 (2 pound) flank steak or round steak



Instructions

1. In a small bowl, mix together garlic, soy sauce, oil, ketchup, oregano, and black pepper. Pierce meat with a fork on both sides. Place meat and marinade in a large resealable plastic bag. Refrigerate 8 hours, or overnight.
2. Preheat grill for medium-high heat
3. Lightly oil the grill grate. Place steak on the grill, and discard marinade. Cook for 5 to 8 minutes per side, depending on thickness. Do not overcook, as it is better on the rare side.