

London Broil with Red Wine and Mushroom Sauce

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Ingredients

2 lbs. top round (London Broil) – trimmed of fat
unflavored meat tenderizer – to coat
1/3 cup olive oil
1/4 cup chopped fresh parsley
1 Tbls. lemon juice – preferably fresh
2 Tbls. minced garlic
2 tsp. tarragon vinegar
1/2 tsp. black pepper
2 cups sliced fresh mushrooms
1 Tbls. olive oil
1 cup dry red wine
2 cups beef broth
1 Tbls. cornstarch
1/4 tsp. dried rosemary – crushed
1/4 tsp. black pepper
1/4 tsp. dried thyme
salt – to taste

Directions

Sprinkle meat tenderizer over meat to coat entirely, including sides.

Score meat in diagonal, criss-cross pattern on both sides, about 1/4" deep.

Allow to sit, covered, at room temperature for 1 hour.

Combine olive oil, parsley, lemon juice, garlic, vinegar, and black pepper in plastic zipper bag.

Place meat in bag, coat with marinade, and refrigerate for at least 4 hours, turning every hour.

Sauté mushrooms in olive oil until liquid evaporates; remove from heat.

In saucepan, whisk together wine, broth, and cornstarch then stir in rosemary, pepper, thyme, and salt.

Cook over medium heat, stirring constantly.

When sauce begins to thicken, stir in mushrooms.

Reduce heat to low and keep warm.

Place meat on a broiler pan and broil, 4" from heat source, until brown on

both sides. Meat inside will be rare/medium rare.

When meat is cooked, slice into 1/8" – 1/4" thin pieces, across the grain.

Arrange meat slices on plates and pour mushroom sauce over.