

## HANDBOOK

THE TECHNIQUE

**Steak in a Flash** Fire up the broiler to wake up your winter cooking.

A gloriously simple marinade infuses quick-cooking flank steak with bold flavor.

FOOD STYLING: MARGARET MONROE DUCKEY; PROP STYLING: CLAIRE SPOLLEN

produced by JOSH MILLER photography by GREG DU PREE

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## LONDON BROIL

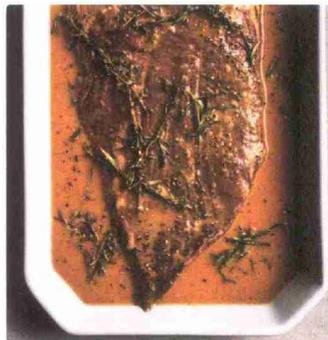
**COME JANUARY,** it's easy to get lost in the bubbling comfort of long-braised meats and hearty stews. But on these short, cold days, I like to shake up the monotony of midwinter cooking with the drama of fire. I beat back the winter blues by cranking up my broiler to create golden brown crusts, sizzling char, and crispy bits that can't be won from roasting. Hence my love for London broil. Traditionally prepared with flank steak or top round, this classic is the perfect dish for big-impact weeknight cooking. And whether your broiler is gas or electric, the following approach leads to deliciously charred results.

Averaging about a half inch in thickness, flank steak is an ideal cut of beef for broiling, as it takes, on a generous amount of color while maintaining a beautifully rosy, perfectly medium interior. Here, I've marinated the steak in a punchy mix of vinegar and mustard—ingredients you probably have in your pantry right now. Feel free to riff on this basic flavor profile with your favorite vinegar-based barbecue sauce, Italian style dressing, or soy-ginger marinade—just beware of sugary sauces that can burn quickly under the licking flames.

Most essential to building anticipation (and big, beefy flavor) is a long rest on a bed of woody herbs, which allows the meat to carryover cook while the juices settle. Thinly sliced, there is no easier—or more versatile—way to serve steak in a flash. **MARY FRANCES HECK**

### BROIL LIKE A CHEF

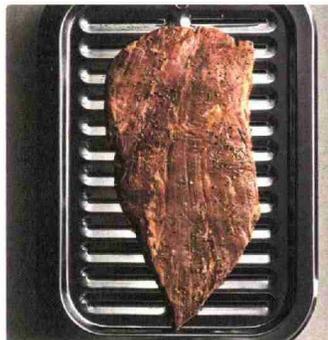
Many restaurant kitchens use high-powered broilers (known in the industry as salamanders) to flame-broil steaks and other foods. While your oven's gas or electric broiler is up to the task for this recipe, an outdoor broiler like the Cajun Bayou Broiler will give you pro-level fire-power at home. (\$730, [cajunfryer.com](http://cajunfryer.com))



1

#### MARINATE STEAK

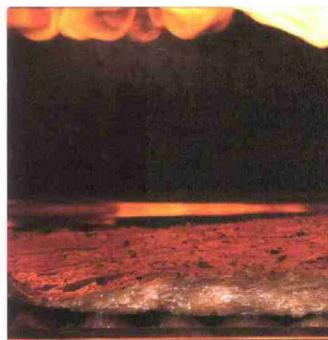
Pour marinade over steak in a baking dish or a resealable plastic bag. Marinate steak in refrigerator at least 2 hours or up to 24 hours.



2

#### PREPARE FOR BROILING

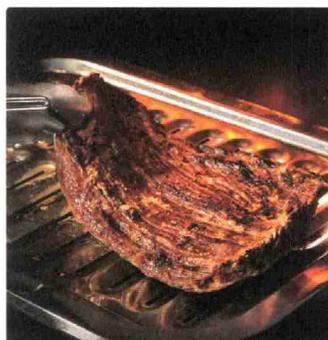
Remove steak from marinade; pat dry. Place on a broiler pan; brush both sides of steak with neutral oil.



3

#### BROIL FIRST SIDE

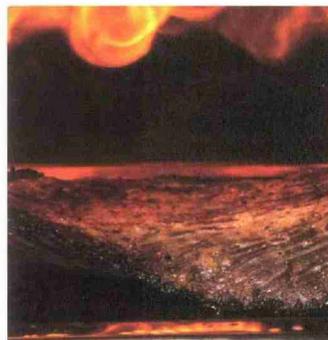
Broil steak 3 to 4 inches from heat source until top is browned, about 5 minutes.



4

#### FLIP STEAK

Carefully remove pan from oven. Using tongs, flip steak. Return pan to oven.



5

#### BROIL SECOND SIDE

Continue broiling steak until desired temperature is reached, 2 to 3 minutes for medium-rare. Remove steak from oven.



6

#### LET STEAK REST

Place cooked steak over herbs on platter; loosely cover with aluminum foil, and let rest 10 minutes. Carve as directed.



## London Broil with Rosemary and Thyme

ACTIVE 25 MIN; TOTAL 2 HR 50 MIN  
SERVES 4

*Red wine vinegar and Worcestershire sauce effortlessly infuse quick-cooking flank steak with bold flavor. Pile the thinly sliced steak on crusty rolls for sandwiches, or serve with buttery baked potatoes and a salad of hearty winter greens.*

- 1 (1½-lb.) flank steak, trimmed
- ½ cup red wine vinegar
- 3 Tbsp. neutral oil (such as grapeseed), divided
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. Dijon mustard
- 2 Tbsp. kosher salt
- 1 Tbsp. light brown sugar
- 6 garlic cloves, grated
- 1½ tsp. black pepper
- 2 cups mixed woody herb sprigs (such as rosemary and thyme)

1. Place steak in a gallon-size ziplock plastic bag or baking dish. Combine vinegar, 2 tablespoons oil, Worcestershire sauce, mustard, salt, brown sugar, garlic, and pepper in a bowl, and whisk until salt and sugar are dissolved. Pour marinade over steak, distributing marinade evenly. Marinate steak in refrigerator at least 2 hours or up to 24 hours.

2. Remove steak from refrigerator; let stand at room temperature 15 minutes. Remove steak from bag, and transfer to a paper towel-lined plate; pat dry. Discard marinade. Rub steak with remaining 1 tablespoon oil, and place on a broiler pan or on a wire rack set inside an aluminum foil-lined rimmed baking sheet.

3. Arrange herbs on a platter; set aside. Preheat oven to high broil with rack positioned 3 to 4 inches from heat source. Place broiler pan in preheated oven, and broil steak 5 minutes. Carefully remove broiler pan from oven; flip steak using tongs, and return to oven. Continue broiling until desired temperature is reached, 2 to 3 minutes for medium-rare (125°F to 135°F). Remove steak from broiler pan, and place on bed of herbs on platter. Tent with foil, and let rest 10 minutes.

4. Transfer steak to a cutting board, and carve against the grain into ¼-inch-thick slices. Arrange steak slices on bed of herbs on platter. Serve immediately.

—MARY FRANCES HECK

WINE Robust California Cabernet:  
2017 J. Lohr Seven Oaks