SPLIT FILLET (LONDON BROIL)

Makes 4-6 servings.

For steak lovers this cut of meat is one of the leanest. It does shrink a bit after broiling or grilling, but it cooks quickly and is easy to slice as well as to serve.

This marinade also goes well with other cuts of meat.

INGREDIENTS

- 1½ pounds split fillet (London broil)

MARINADE

- 2 garlic cloves, peeled
- ½ teaspoon sugar
- ½ teaspoon kosher salt
- 1½ tablespoon Dijon Mustard
- 1 tablespoon olive oil
- Freshly ground black pepper

PREPARATION

1. Coarsely chop the garlic on a cutting board. Sprinkle with sugar and salt. With a knife, crush into a paste. Combine the paste with the other ingredients. Coat the steak with the marinade on both sides and place in a non-reactive dish, such as Pyrex. Cover with cling wrap and refrigerate for a couple of hours. Bring to room temperature before cooking.

2. Preheat the broiler or grill. If broiling cover the whole broiling pan, which comes with most ovens, with heavy foil. Then make a large “shallow basket” with a piece of heavy foil, crimping it at the corners so that the juices do not spill out. Set the basket on the broiler pan.
3. Place the meat in the basket and broil close to the heat source for 5 minutes on each side for rare meat.
4. Remove from the oven and cover the meat with the existing foil for 2 minutes, so that the juices can flow back to the tissue (that’s if you like your meat rare).
5. I like to cut the fillets into ½ inch slices.