

Lolli`s London Broil

Lolli Johnson - Land O Lakes, FL
Treasure Classics - National LP Gas Association - 1985

Servings: 8

3 1/2 pounds boneless top round, approx. two inches thick

*Seven Seas "Viva Italian" salad dressing
freshly ground black pepper
SWEET/HOT GERMAN MUSTARD*

4 ounces Coleman's dry mustard (Be sure to use Coleman's as other dry mustards will not thicken properly)

*1 cup malt vinegar
2 eggs, beaten
3/4 cup sugar*

Preparation Time: 10 minutes

Grill: 15 minutes

Use fresh, not previously frozen, top round. Place the meat on a cutting board and shake on enough dressing to coat the meat. Pierce the meat with a cooking fork. Turn to the other side and repeat. Place the meat in a plastic bag. Seal and refrigerate for at least one hour.

Preheat a gas grill to very hot.

Season each side of the meat with fresh black pepper, pressing into the meat with your hand.

Place the meat on the grill until it is gray in color approximately 1/2 inch up the side. Turn with tongs and sear the second side for 1 minute. Turn the heat to medium and cook for 4 to 5 more minutes. Remove with tongs to a hot platter. Let the meat rest for 5 minutes to set the juices.

Carve in thin slices across the grain. Serve with Bearnaise sauce on the side or Sweet/Hot German Mustard sauce. The meat will be rare to medium. If you prefer well done, do not cook longer as the meat will toughen. Instead, after carving, place slices in a HOT frying pan and stir quickly.

Making the mustard: In a bowl, combine the dry mustard and malt vinegar. Mix well and let set in the refrigerator for twenty-four hours. Place in a saucepan and add the beaten eggs and sugar. Stir with a wire whisk. Bring to a slow boil, let cook for 5 minutes, stirring constantly to prevent scorching. After cooling, pour into a pint jar.

Per Serving (excluding unknown items): 91 Calories; 1g Fat (12.1% calories from fat); 2g Protein; 19g Carbohydrate; 0g Dietary Fiber; 53mg Cholesterol; 18mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1 1/2 Other Carbohydrates.