



London broil alton brown

07-03-2007, 11:18 Am Location: New Jersey 1508 posts, read 5,610,915 times Reputation: 1446 Hello Grillers-I'm once again going to try to make edible London Broil for a BBQ grill. I am a great example of Food 911. I can't seem to get it right. Always too tough, too burnt, too spicy, too much BBQ sauce..... I'm not grasping how to slice meat with a taste of the grain concept. YES- I need a picture with charts and arrows. What is one of them? Please, before I ruin another London Broil, can someone walk me through this mystery dish. Thank you!! 07-03-2007, 11:36 1343 posts, read 4,820,605 times Reputation: 871 Alton Brown had an episode about London Broil, from marinating to sedation, his show Good Eats Not Too Long Ago. I 'll find it . I'll come back to you! Can't find that show, but the food network site, type London Broil. They even have a video on how to slice meat agianst grain! Good luck! Last updated at ssg II; 07-03-2007, 07-03-2007, 08:13 Location: Long Beach, CA 2071 posts, read 11,401,320 times Reputation: 1778 To cook London Broil without it being too tough, slice it as thin as possible before grilling. You may also want to brush it with a little melted butter and garlic. I prefer New York steaks or Rib Eye.... 07-03-2007, 09:04 LOCATION: Ataman, Florida 2267 posts, read 2,761,912 times Reputation: 685 I always premarinate cut meat like London Broil... something sour will break down the tough portion of the meat. I have a friend who uses Italian salad dressing. I would be more likely to use a combination of olive oil and lime juice with some garlic thrown away. You can also get a meat tenderizer put on a steak before hand as well. The lower the temperature and the slower you cook the meat, which is tough, the more tender it will be when your draw. I have a breast piece in the refrigerator, I go for the season, and just let the heat threaten the meat. I set the oven at 150 and cook until done. 07-05-2007, 10:48 525 posts, read 2210862 times Reputation; 485 yup, chief with LB marinate, marinate, marinate, marinate. Easy Marinade: Equal parts Italian sauce and Terraki Sauce (Kikoman or similar) freshly ground garlic and marinate for at least 24 hours The thing with slicing is thin. The basis against the grain is not slicing flat from top to bottom, slice as sideways from top to bottom as possible. In other words, your first few slices should be very small as you start from the end, slicing at a 45 degree or more angle. Honestly, if you marinade long enough, the cut off will not affect the softness. Try! 07-05-2007, 3:43 AM Location: Hopewell New Jersey 1393 posts, read 7.278.326 times Reputation: 1042 JUSTSAYNO Man al for practical purposes what you're working on great 07-05-2007, 05:14 525 posts, read 2210862 times Reputation: 485 vup use this marinade for a lot. Chicken on sticks, ala chix with veggies skewered on the grill, it's perfect. Whenever I see Italian sauce on sale I stock. With the base liquids you can add something to taste and it will come out delish every time (I also set aside a good portion before adding meat for dipping) try it..... You like it 07-08-2007, 12:09 153 posts, read 389,992 times Reputation: 347 When London Broil goes on sale I ask the butcher to grind it in a hamburger and pack it a £2 package freeze. There is no smelly fat or fat dripping pan. I haven't bought a hamburger in years. 07-08-2007, 02:18 AM 11359 posts, read 46.868.099 times Reputation: 15.428 After marinating. Alton's trick was to cook the whole steak directly on the bed of coal, searing it with very high heat. Remove from the coals (after searing on both sides). and wrap the aluminum foil for 5 minutes or so to allow it to relax. Slice very thin across the grain so that the meat fibers are as short as possible. Never slice a pre-grill steak... very thin pieces will overcook immediately over the hot fire, and will lose all the juice because of the large surface area of the meat. 07-08-2007, 5:34 AM Location: Tampa baby! 3258 posts, read 8,307,099 times Reputation: 1841 use marinade soy sauce, minced garlic and lemon juice. It's great if you have fresh veggies like Zucchini or Yellow Squash. Marinating something even an hour in an acidic mixture helps, but if you don't use vinegar or lemon juice, you could actually marinade for a couple of days in the refrigerator. Thinly sliced on the angle and against the grain is the key to LB, and there is no overcooking it. Serve is moderate to moderate to moderate to moderate to moderate to post and access all our very popular forum features. It's free and fast. More than \$68,000 in prizes have already been given to active posters in our forum. Additional giveaways are planned. Detailed information about all US cities, sweats and postal indices on our site: City-data.com. Page 2 07-09-2007, 7:33 Am Location: New Jersey 1508 posts, read 5,612,056 times Reputation: 1446 Noone got sick and we all enjoyed London Broil. Thanks for all the good advice. I DID marinate overnight, poked lots of holes in the meat w/fork, and used a meat tenderizer. I seasoned & amp; marinated w/ garlic powder, paprika, kosher salt, pepper and drowned the whole thing in a bottle of red wine. It hit the red hot grill (gas) and cooked for several minutes on each side. I sliced it v e r y t h i n..... and yum! The next day my dad nuked some slices and loaded up to 2 pieces of bread w/ketchup. I'm following. Repeat yum. 07-09-2007, 09:50 AM Location: Tampa baby! 3258 posts, read 8309399 times Reputation: 1841 Originally Posted by NewHomeHappy Nobody got sick and we all enjoyed London Broil. Thanks for all the good advice. I DID marinate overnight, poked lots of holes in the meat w/fork, and used a meat tenderizer. I seasoned & amp; marinated w/ garlic powder, paprika, kosher salt, pepper and drowned the whole thing in a bottle of red wine. Red wine was a great idea. You might have made a great red wine cherry cut to serve with it. Mmmmm. 02:34 PM Location: Tennessee 4739 posts, read 7788780 times Reputation: 2961 London broil is actually a way of cooking no meat cut, the first London broils to hit the market was Bomerang take off the elephant's ear or the hind guarter of beef, not being traded that way today. Only two sides and two boomerangs exist in full beef and for this reason and the popularity of this cut of beef all london broils are now cut from a piece of top round or inside round depending on your part of the country. The broil of beef grain in the upper round of London broil facing down, and needs to be reduced to a bias so that it has to be on offer. Early cutting techniques from grannys cookbook cover london broil cuts no longer traded and should be ignored because grain on the sides and boomerangs run east and west when lyeing flat. 07-09-2007, 03:33 AM Location: Tampa baby! 3,258 posts, read 8,309,399 times Reputation: 1841 My family lives in So Dakota, and I couldn't even find anything called the London Broil grocery store. Just have to buy a thing called Side steak. 07-13-2007, 12:39 5090 posts, read 14,118,520 times Reputation: 6,954 London broil is actually a way of cooking no meat cut, the first london broils to hit the market was Bomerang taking off the shoulder of beef and side pull off an elephant's ear or the back quarter of beef, not being traded that way today. Only two sides and two boomerangs exist in full beef all london broils are now cut from a piece of top round or inside round depending on your part of the country. The broil of beef grain in the upper round of London goes north and south, looking at the London broil facing down, and needs to be reduced to a bias so that it has to be on offer. Early cutting techniques from grannys cookbook cover london broil cuts no longer traded and should be ignored because grain on the sides and boomerangs run east and west when lyeing flat. I learned at the Culinary Institute of America where I graduated that London Broil is a flank that is broiled. On all the menus that I saw when I worked in NYC for over 30 yrs---. At that time , many The kitchens were classically trained European chefs. The side is not drawn in the back guarter - it is the flank and comes from the abdomen (rectus abdominus is a muscle). London Broil is a descriptive term for dish, broiled marinated flank, not a way of cooking. I see top round described as London Broil but this is probably the only development of the title because the limited supply side and Top Round (Inside Round) was used as a bad substitute. It is not the same or equivalent quality. I've never seen the bottom round (outside round) used as a replacement for London Broil because this muscle is tighter and is braised to tenderize. However, as cooking and language do evolve, the word London Broil means may change the overall use and the original meaning may be lost. I've never heard a reference to any beef cut like a boomerang, and I can't find any reference to the internet, but there are many terms that aren't common. Moreover, I have never heard elephant ears as a term applied to the beef hindguarter, but only as a reference to the term muscle, which refers to the beef side. And again the flank is not from the hindguarter - it is from the side, so it is called the side. As for cooking a side steak: it lends itself to good oil and acid marinade, guicky and broiled rarely. It is traditionally served with bernaise sauce or brown sauce (espanol.) 07-13-2007, 11:07 5090 posts, read 14,118,520 times Reputation: 6954 Correction to my previous post Quote: Originally Posted by livecontent I learned at the Culinary Institute of America, where I graduated that London Broil is a flank that is broiled. On all the menus that I saw when I worked in NYC for over 30 yrs---. At that time, many kitchens were well-trained European chefs. The side is not drawn in the back guarter - it is the flank and comes from the abdomen (rectus abdominus is a muscle). London Broil but this is probably the only development of the title because the limited supply side and Top Round (Inside Round) was used as a bad substitute. It is not the same or equivalent quality. I've never seen the bottom round (outside round) used as a replacement for London Broil because this muscle is tighter and is braised to tenderize. However, as cooking and language do evolve, the word London Broil means may change the overall use and the original meaning may be lost. I've never heard a reference to any beef cut like a boomerang, and I can't find any reference to the internet, but there are many rules that use that are Total. Moreover, I have never heard elephant ears as a term applied to the beef hindquarter, but only as a reference to the term muscle, which refers to the beef side. And again the flank is not from the hindguarter - it is from the side, so it is called the side. As for cooking a side steak: it lends itself to good oil and acid marinade, guicky and broiled rarely. It should be 5 minutes so that the juices can stabilize and cut into thinly over the grain. It is traditionally served with bernaise sauce or brown sauce (espanol.) I need to apologize, I made a mistake in this previous post.:. I realized that as soon as I posted. The flank is technically part of the hindguarter. However, sometimes the abdomen, which includes the side, was removed before sending the hind guarters in some areas. In addition, the plate and breast piece were removed from the foreguarters. I tried to say that: the flank is a separate muscle and not cut from any other part of the hind guarter. 08-17-2007, 09:45 Location: Tennessee 4739 posts, read 7,788,780 times Reputation: 2961 Quote: Originally Posted by livecontent I need to apologize. I made a mistake in this previous post.:. I realized that as soon as I posted. The flank is technically part of the hindguarters. I tried to say that: the flank is a separate muscle and not cut from any other part of the hind guarter. True, so I declare that there are only 2 sides of all beef. Also, I had'nt pointing out that the back guarter and elephant ear was the same, the elephant's ear contains the side and has the abdominal fat you mentioned. The flank is called the flank because it flanks steakloin or wraps around. That said, if you worked at the Waldorf then you knew Sam, who was executive chef before 1984, He left the Waldorf and came to Boneventure in Fort Lauderdale Fla. and I was able to work with him for about 3 years. 08-17-2007, 12:52 PM Location: NJ 12,284 posts, read 32,970,731 times Reputation: 5,262 Quote: Originally Posted by JustSayNo Yup, lock with LB's marinate, ma slicing is thin. The basis against the grain is not slicing flat from top to bottom, slice as sideways from top to bottom as possible. In other words, your first few slices should be very small as you start from the end, slicing at a 45 degree or more angle. Honestly, if you marinade long enough, do not cut will not Softness. Try! I remembered this post last weekend when I made a London broil and you are 100% correct. i threw a London broil with a ziploc with montreal steak spices and soy sauce the night before marinated for 24 hours and it was remarkable. Thank you. 08-17-2007, 6:21 AM Location: In Outland 6023 posts, read 12,559,655 times Reputation: 3535 Some of the cheapest and toughest hunks of meat seem to have the best flavors, the trick is to prep, cook and cut it so that it turns into good food! The question is, is a skirt steak just like a side steak? I need to find a good local soarce for a proper cut of beef that is tradiationaly used by Authentic carne asada 08-17-2007, 08:16 Location: Home is where we park it. 3099 posts, read 8560173 times Reputation: 3221 Absolute lightest marinade ... Italian sauce. Liz Please register to post and access all our very popular forum features. It's free and fast. More than \$68,000 in prizes have already been given to active posters in our forum. Additional giveaways are planned. Detailed information about all US cities, sweats and postal indices on our site: City-data.com. Page 3 Quote: Originally Posted by KittensPurr If you pound meat with a hammer, do you still need a marinade? I thought the marinade was adding flavor only? For chefs, did you pound every meat before using? I've never marinated as I intensely dislike bottles of Italian sauce & amp; soy/terraki sauces that were mentioned in flavors. After risk sounding like a child, what else could I use... how many hours / days can you leave in the refrigerator safely marinade? By the time I read this, I hadn't realized we had pro chefs onboard. I'm loving this board more... more everyday ... Thank you... VV This is true marinades, in most cases, are to add flavor. The effect of marinating on tenderizing would depend on the time. However, Brining, which is sometimes confused with marinades changes the structure of the protein, so that it will retain more moisture, as well as add flavor - the current anger is in brine turkeys before roasting. Sometimes brining and marinating are interchangeable and used together. A good example of the meat that is pounded then marinated is the skirt steak because there are long elongated muscles that would not be tendered with the quick type of cooking that skirt steak is used for. Beef from Inside Round doesn't need to be pounded, but may be where you'd like to flatten a steak like Roladen. However, the lower round should be improved by pounding if, for example, making a Swiss steak – it will tenderize faster for braising liquids and even steaks = = but it is not necessary. The same procedures that apply to the eye layer as the lower layer. I believe that the stitch needs a little pounding. Any tender steak that you grill, broil, babies would n't have been pounded like could draw moisture and no need as a strip of steak, top sirloin, fillet, rib steak (it is sometimes pounded to spread it, and make it flatter – but very gently). How long will the marinade? Beef I wouldn't marinate any more in that 4-6 hours – although it's time I have marinated beef, poultry and pork overnight. Fish is a good 1 hour, certainly an exception seviche. Now I know some dishes require longer marinades and some point out shorter marinades. However, it depends on the use of marinades and the use of the product, such as smoked meat, the marinade longer, and of course salted beef in the traditional way is a marinade save much longer, and of course salted beef in the traditional way is a marinade save much longer. I'm just talking about marinade save much longer, and of course salted beef in the traditional way is a marinade save much longer. this is a problem, marinade is a working process and sour is the growth of other organisms. And it can cause the growth of dangerous pathogens or to taste - so marinating is mainly carried out in cooled conditions. So get rid of the marinade, unless in some dishes the marinade is fully cooked or included in some sour dishes. There is a lot of controversy during marinating. I therefore expect different opinions and criticisms. Again I am talking only about simple marinade is variable, so the increase in pathogens is a concern and unwanted acid may not be acceptable. As a note: When writing this, I noticed that I used the correct shape of Marinade, which is a noun and marinated part that is a transient verb, and Marinating is Gerund. I never did both, consciously, for differences until I realized that spell checking would be a marinade and marinade cares???? well it was interesting and I need a life. Page 4 Quote: Originally Posted by confusedTee Walmart has it in its aisle with all the steak sauces...... Don't say it's the best out there.. It works for me and I love it.. I never came across any homemade marinades that gave me justice.. again they were the ones I was making.. I'm sure there are wonderful marinades out there..... I have a very tender and tasteful meat set in restaurants.. but MINE never tasted the same Hi Tee – Thanks. Not Walmart's in Boston, but if it's there maybe Target has it, too? I've never been to Target, but it's 1-mi away... I hear there is Starbucks, so I think I won't leave empty-handed! Now that I know what a bottle looks like, I'll find it if it's around these parts! Thanks again for sharing. LC - Nothing to add other than to say I really appreciate you... pro chefs sharing their knowledge here. I love to cook, as it seems many here do... I know I talk alone says I'm loving the experience of all of you who are so willingly taking the time to offer insider info. I've just ventured into the Food Forum, but will come back often to see what cookin' ... Juk, Yuk, Yuk, (Couldn't help myself!) Have a great week, all... VV VV

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