

Smoked London Broil

Skip broiling your London broil in the oven, and fire up the smoker for the most amazing smoked London broil ever. This meat is marinated and infused with great smoky flavor for a top-notch steak.

Smoked London Broil

Ingredients

1 1 ½-2 pound top round roast also labeled London Broil

Smoked London Broil Marinade

½ cup olive oil
¼ cup red wine vinegar
¼ cup honey
2 Tablespoons Worcestershire sauce
1 ½ teaspoons black pepper
1 ½ teaspoons salt
1 teaspoon red pepper flakes
5 sprigs fresh thyme
5 cloves garlic minced

Instructions

- 1. Make the marinade.** Combine all ingredients for the marinade in a zip top bag or a non-reactive glass bowl.
½ cup olive oil, ¼ cup red wine vinegar, ¼ cup honey,
2 Tablespoons Worcestershire sauce, 1 ½ teaspoons black pepper,
1 ½ teaspoons salt, 1 teaspoon red pepper flakes, 5 sprigs fresh thyme, 5 cloves garlic
- 2. Mix and massage.** Place the London broil in the marinade, and massage or toss the steak to ensure it is evenly coated on all sides.
1 1 ½-2 pound top round roast
- 3. Marinate the steaks.** Place the bag or container of marinating steak in the refrigerator and allow the steak to marinate for 4-8 hours.

4. **Preheat.** Heat your smoker to 225 degrees F with your favorite hardwood. I love oak, cherry, or pecan for this recipe.
5. **Smoke the London broil.** Remove the steak from the marinade, shaking lightly to remove any excess herbs. Place the meat on the smoker and close the lid. Smoke for 45 minutes, or until the internal temperature reaches your desired doneness, 125 degrees F for rare, or 135 degrees F for medium rare. I don't recommend cooking London broil any more done than this, for the sake of texture and tenderness.
6. **Sear.** If you want to add a nice crust to your steaks, preheat a cast iron skillet over medium high heat. Drizzle the pan with about 1 tablespoon of avocado oil. When the oil starts to shimmer, place the smoked London broil in the pan and cook for 2-3 minutes per side, or until nicely browned.
7. **Rest, slice, and serve.** Transfer finished London broil to your cutting board and allow to rest for 5-10 minutes before slicing, thinly, against the grain. The slices should show circular muscle fibers, not long strands of muscle, and break apart easily when pulled.