

LONDON BROIL WITH HORSERADISH SAUCE

Serves 4 - 6

Ingredients:

Stryker Farm Grass Fed London Broil

Salt

Cracked pepper

Olive oil

For the sauce:

1/2 cup sour cream

2 tablespoons prepared horseradish

1 teaspoon Worcestershire sauce

1 teaspoon fresh lemon juice



London Broil is a very lean cut of meat so it's easy to overcook. This preparation creates very rare, super tender beef, excellent for slicing and sandwiches, Serve it with the horseradish sauce and a side of your favorite roasted vegetable.

Instructions:

1. Allow the beef to reach room temperature. Pat it dry and rub in olive oil. Liberally apply salt and cracked pepper
2. Preheat to oven to 425°F
3. Heat a cast iron skillet until it's smoking.
4. Place the beef in the pan and sear for 2 minutes. Flip and sear the other side for 2 minutes.
5. Put the skillet in the oven and heat the beef for about a half hour.
6. Remove the steak from the skillet and allow it to rest for 5 minutes.
7. While the steak is resting, combine sour cream, horseradish, Worcestershire sauce, and lemon juice in a small bowl. Season with salt and pepper to taste.
8. Slice thinly across the grain and serve on crusty bread and slathered with the horseradish sauce.

