

# Greenfield Highland

## Eye of the Round, London Broil Steak, or Skirt Steak

servings: 3-4 prep time: 3 hours or overnight for marinating  
cook time: 6-10 minutes total time: 20 minutes dairy-free, gluten-free

### Ingredients

- 1-1½ lb steak
- 2 Tbsp olive oil
- 2 tsp lemon juice
- 2 tsp wine vinegar
- 2 tsp maple syrup
- 2 cloves garlic, minced
- ¼ tsp fresh ground pepper
- ¼ tsp salt
- 4 tsp fresh chopped parsley  
(optional)

### Directions

Mix all ingredients and pour over steak in a glass or non-porous dish. Put in refrigerator for three hours or overnight, turning steak at least once. Remove from refrigerator half an hour before cooking to bring to room temperature. Cook on a hot grill, pan fry or broil for 3-5 minutes/side, depending on thickness of the steak. Remove steak from heat, let rest for five minutes. Then slice diagonally across the grain into thin slices, approximately ¼" thick.

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