



Uncle Bucks Hawaiian London Broil (Round) Steak

Prep time: 5 minutes ~ Cook time: 6-8 minutes per side
Total time: 30 minutes ~ Serves 6

What you'll need...

680g - 1kg London Broil or Flank (Round Steak)
 ¼ cup reduced sodium soy sauce
 1 bottle Kikkoman Teriyaki Marinade & Sauce or Similar
 1 cup pineapple juice • 1-inch piece of ginger, sliced
 2 large sprigs of rosemary • Olive oil • salt & pepper or favourite spices

To Create:

- ➔ In a 9x13 baking dish, add ½ bottle of marinade pineapple juice, ginger, and rosemary. Whisk to combine.
- ➔ Add London Broil/Flank Steak, ensuring it is covered with marinade. Add extra teriyaki and pineapple juice if necessary. Cover with plastic wrap and marinate in fridge for at least 12-24 hours.
- ➔ Remove steak from fridge about 30 minutes prior to cooking. Taking chill off helps meat cook evenly.
- ➔ Heat BBQ to high. Remove steak from marinade and pat dry with paper towels. Drizzle lightly with olive oil and rub it in to coat (prevents sticking to grill). Season with salt and pepper or favourite spices and set aside.
- ➔ For glaze, pour remaining marinade into small saucepan. Bring to a boil and then simmer uncovered until slightly thickened and reduced by half.
- ➔ Grill/BBQ steak about 6-8 minutes on each side (medium-rare), brush with glaze between each turn. Increase cooking time for temperature preference or size/thickness of steak.
- ➔ Remove from grill and let rest at least 10 minutes so juices can evenly distribute. Thinly slice on an angle and serve with vegetables or side dishes.

Uncle Bucks Apple Pie Skillet Cake

Prep time: 10 Minutes ~ Cook time: 20 minutes
Total time: 30 minutes ~ Serves 6-8

What you'll need...

½ cup unsalted butter (softened) • 2/3 cup brown sugar
 ½ tsp. vanilla extract • 1 large egg • 1 cup all-purpose flour
 ½ tsp. baking powder • ½ tsp. baking soda
 1 ¼ cup heavy whipping cream, cold • 1-½ tsp. cinnamon
 ¼ tsp. salt • 1/2 cup buttermilk
 2 large apples (thinly sliced & cored)
 1 tbsp. cinnamon sugar (make your own by mixing 4-parts sugar to 1-part cinnamon).

To Create....

- ➔ Preheat oven to 400° and grease a 9" cast iron skillet.
- ➔ With electric hand mixer, beat butter and brown sugar for 2-3 minutes until light and fluffy. Add egg and vanilla, continue to beat until smooth. Can also mix by hand.
- ➔ In separate bowl, mix together flour, baking powder, baking soda, cinnamon, and salt.
- ➔ With hand mixer on low, begin adding small amount of flour mixture. Then alternate and add small amount of buttermilk. Keep alternating until both are added. Mix until just combined.
- ➔ Pour batter into skillet and distribute evenly.
- ➔ Cut apples into thin slices and arrange on top of batter, starting from center, in overlapping circles, and working out to the edges. Make sure skillet is covered and sprinkle with cinnamon sugar. Bake for 20 minutes, or until slightly golden brown and a toothpick comes out clean from the center. Serve warm with a bit more cinnamon sugar, vanilla ice cream or favourite cheese.