

A blast from the past ... try this London broil

By Jerry Marlowe

Special to the T-R

Greetings to all you famished friends.

I was nosing around through some past favorites we shared with our cooking class friends. How about the London Broil that great friend Bonnie Winston brought to me many moons ago? I was fortunate to meet her on the bus coming in from the airport to a memorable cooking class series we both had signed up for. So grab your aprons and please give this very edible recipe your best effort.

Bonnie did a lot of menus and great cuisine for the Prospect Restaurant of Westport in Kansas City, Missouri. Let's get started with heartfelt hungry appreciation to one of my all-time greatest culinary friends. Here is what you will need to gather up for your marinade.

- 1 cup salad oil
- ½ cup soy sauce
- 6 tbs honey



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■ 2 tsp crushed fresh garlic

■ 2 tsp fresh ginger root, peeled and finely minced

■ 2 tbs minced onion (put some nearby eye drops in your eyeballs if necessary to avoid excessive tearing).

Combine all the above into your marinade and marinate your flank steak in it for a couple of hours, piercing the meat with a fork and turning it occasionally. Make sure to round up some of your favorite red wines to serve with your London broil.

Ready, get set now, and broil as closely as possible to your heat source or on your grill so that the meat cooks quickly. That will allow the inside of your meat to remain very pink while the outside gets brown. Slice your creation on a deep diagonal. Serve it up to your famished beef lovers and enjoy.

Thanks for your kind words when I run into you around town — Jerry Marlowe.