
COLORADO PRIME TIMES

SERVING THE DENVER GAY COMMUNITY FOR 33 YEARS



EASY LONDON BROIL RECIPE

Submitted by Don Herman

I always check the markdown bins for items that the grocery store has decided to move along for some reason or other. You can find some great bargains if you're ready to take it home and cook it immediately.

The other day I came across a large flank steak and I immediately thought of an easy London Broil recipe.

Ingredients

- ◆ 4 lbs London Broil cut or thick flank steak
3/4" to 1" thickness
- ◆ Marinade:
- ◆ 1/2 cup Soy Sauce
- ◆ 3 cloves Garlic - minced
- ◆ 2 tbsp Vegetable Oil
- ◆ 2 tbsp Ketchup - I use Annie's Naturals
- ◆ 1 tbsp Oregano fresh, or 1 tsp dried
- ◆ 1 tsp Pepper ground
- ◆ 1-2 tbsp Lemon Juice or Vinegar - optional, your choice

Instructions

- The trick is in the scoring of the meat. Flank and/or broil is less expensive because it tends to be tough. But you can fix that easily by marinating the meat overnight or longer before broiling. But you have to get the marinade into the meat. You do that by scoring liberally.

- And I mean LIBERALLY. I lay the meat on a cutting board, take a fork and start punching the meat all the way through to the board, turning the fork 1/4 turn every so often. When you're done with one side, flip the meat over and do it all again. Your meat should look like the photo below.



- Some people need more acid in the marinade, so you could throw in a few tablespoons of lemon juice or some version of vinegar, but I haven't found it necessary.

- I have a meat marinade container that I inherited from my mom via some age-old Tupperware party, but you can use a simple Ziplock-style baggie or a glass baking dish as a marinade container. Place all the ingredients in the container and set it in the fridge overnight. With all the scoring, you'll find most of the marinade will be drawn into the meat, requiring little "flipping" during the process.

- When you're ready to cook the meat, preheat your oven broiler and the broiler pan for about 10 minutes. Place the meat on the pan and slide under the broiler – about four inches from the flame.

- Depending on the thickness of your cut, London broil only needs four to five minutes of cooking time on each side. I use a timer to help me keep track of flipping. DO NOT OVERCOOK – this isn't a cut you can serve well-done, sorry! It will be tough as shoe-leather. It should be warm, but bright pink in the middle for medium rare; fainter pink for medium.

- Let the meat rest for five minutes before carving. When carving, cut across the grain of the meat. (Try pulling the meat apart with your fingers from different directions – when you see it beginning to separate, you've found the grain direction. You need to cut across those cracks). You'll know you're doing it right if the slices cut cleanly and the meat doesn't tear.

BOARD REPORT

During July and August 2020 Board meetings, we implemented a way to renew memberships and process new member applications through our website. Also, we reviewed ways that we can streamline membership management to make it easier for a volunteer to oversee.

We have a Board work session coming up soon and will be considering updates to our organization's description, mission, and adopting vision and values statements that Prime Timers Worldwide now has officially on their website, which are:

Mission: *Bringing together mature gay and bisexual men for friendship, personal growth, activities, and support.*

Vision: *A world that accepts and celebrates all human diversity.*

Values: *The right for all people to live authentically and with dignity. Personal enrichment through service to others. Families of choice as well as families of origin. Healthy aging through supportive relationships. Healthy physical, emotional and sexual living. The blending of all generations. Personal growth through education and mentoring. Collaboration with other organizations that share our core values.*

As a Colorado Prime Timers member, your feedback regarding these statements is appreciated, as well as other suggestions you would like the Board to consider during our upcoming work session.

Please emails us: info@coloradoprimetimers.org

SPECIAL PROJECTS

Larry Gallegos — Special Projects Director

The CPT Board of Directors had been planning a collaboration with Mr. Jesse Carlson from Project REACH. This effort will potentially further our organization's goals of educating the local gay community on the reduction of HIV transmission.

However, this has been delayed while Project REACH updates their processes of how they conduct in-person meetings. Still, please look forward to Colorado Prime Timers and Project REACH to be working together soon. Here's a brief overview of Project REACH. Please feel free to contact me with any questions. Stay safe!

Since 2004, the National HIV Behavioral Surveillance (NHBS) system has anonymously interviewed populations at increased risk for HIV. Known locally as Project REACH (Risk Education Aimed at Community Health), NHBS strives to increase awareness of HIV status; link those living with HIV to care and improve prevention, counseling, and testing services in the Denver metro community.

They will be interviewing gay, bisexual, and other men who have sex with men (collectively referred to as MSM) at local partner venues frequented by MSM. Men selected to participate are to complete an anonymous survey and are offered an anonymous rapid HIV test. Participants will receive compensation for their time. Partners describe the questionnaire as not intrusive.

Results of this study will help guide and improve HIV prevention, testing, outreach, and care in the Denver metro area and provide context for trends in national HIV transmission.



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 * More volunteers needed

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ABOUT

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Full versions of newsletter articles are available on our website:

www.ColoradoPrimeTimers.org

ACTIVITIES & EVENTS

Chef Charles Mc Donald – Activities Director

We are in the process of vetting food and drink establishments that can provide a safe experience during the pandemic. Expect an article to be posted to our website and social media soon.

Here's a list of our current weekly activities.

Monday from 8 - 10 am MT

Coffee at Panera's, 640 S Colorado Blvd, Glendale (Denver) CO 80246. Join your Prime Timer friends for morning coffee and chat.

Wednesday from 11 am - 12 pm MT

Picnic at Observatory Park, 2390 East Warren Ave, Denver, CO 80210. Location is at the intersection of Fillmore and Warren. Plenty of shade and street parking!

Thursday from 2 - 4 pm MT

Virtual Happy Hour via Zoom. Gather online to discuss current news and topics regarding our Gay community. Contact us for an invitation.

Outdoor activities may change due to weather or COVID-19 gathering restrictions. Visit our website for the latest updates or email us with any questions: info@coloradoprimitimers.org

Colorado Prime Timers sends messages to members by email. If you are not receiving these messages or need to make changes to your profile, please notify us!

info@coloradoprimitimers.org

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