



WHEATON MEAT CO

LINDA'S LONDON BROIL

(40 YEAR OLD FAMILY RECIPE!)

2026 FLANK STEAK CONTEST: 3RD PLACE WINNER (TIE) -
SUBMITTED BY DIANA LAUFENBERG

- 2 lbs. WMCo Flank Steak-
have them score it

MARINADE:

- 1 garlic clove, minced
- 1 tbsp. soy sauce
- 1 tbsp. Worcestershire sauce
- ½ tsp. black pepper
- 1 bay leaf
- 1 tsp. kosher salt
- ⅔ c. ketchup
- ⅓ c. fresh lemon juice

- 1 Score flank steak on both sides. Combine marinade ingredients and pour over flank steak in a sealable bag. Refrigerate for 2-24 hours (rotate and massage the bag a few times while it's in the fridge).
- 2 Bring the meat to room temperature for 30 minutes before cooking. Put on smoker at 225 degrees for 1.5 hours until internal temperature reaches 135 degrees. Take it off and finish grilling on a charcoal (Diana note: this tastes best!) or gas grill.
- 3 Take steak off grill and let meat rest. To serve, cut thin slices against the grain.

Recipe author note: I like to double the marinade and reserve half to pour on the meat to marinate and the second batch in a separate container to heat up and spoon over the finished meat slices.