



## Come One, Come All- Farm Festival & Pig Roast

Sunday September 12<sup>th</sup>

Noon-5

Our way of saying

“Thanks for a great year!”

Pig Roast

Hay Wagon Rides

Farm Tour

Scavenger Hunt

## Don't Overcook Our Beef!

The biggest culprit when preparing grass-fed meat is overcooking due to its lower fat content than conventional meat. Most undesirable grass-fed meat experiences are due to improper cooking methods. This beef is best for rare to medium cooking. If you like well-done meat, then cook your grass fed beef at very low temperatures in a sauce or liquid to add moisture; we suggest using a crock pot.

### Reduce the temperature

Reduce the temperature of standard (grain fed) beef recipes by 50 degrees. The cooking time for grass-fed beef will be about 30% - 50% less than standard (grain fed) beef, even at the lower temperature. Use a digital meat thermometer (120-145 degrees for rare-medium) and don't overcook your meat. The meat will continue to cook when removed from heat. Since the meat cooks quickly, it can progress from perfectly cooked to overcooked in less than a minute. Lamb can be cooked at slightly higher temperatures and for slightly longer than beef.

### Thaw completely before cooking

For best results, thaw your meat in the refrigerator or if it is important to thaw more quickly, place the vacuum sealed package in warm water. Thawing completely will eliminate the “weeping” of watery red liquid onto your plate. completely will eliminate the “weeping” of watery red liquid onto your plate.

### Use olive oil, tenderizer, or marinate for enhanced flavor and moisture

Grass-fed meat is low in fat. Coating the meat with olive oil will add to the flavor and moisture and also prevent sticking. Using a meat tenderizer (a 16-bladed puncturing tool) helps the meat accept marinade more generously. If you do not own a meat tenderizer, marinate your beef, especially the lean cuts like the NY Strip Steak and Sirloin Steak.

### ...Or rub it

You can also coat your thawed steak with your favorite seasoned rub. Place the meat on a solid surface, cover with plastic and firmly pound your steak a few times to break down the connective tissue. As an added benefit your favorite rub will be pushed into your grass fed meat.

### Grilling is fine

Stove top cooking steaks, while a bit risky, is preferable to grilling because you can control the heat more accurately. However, our steaks are thick, which helps protect them from overcooking and also allows you to grill them with greater success. The heat on a grill is correct when you can hold your hand next to the meat on the grill for 3 seconds. Baste to add moisture throughout the grilling process.

### Try this: Sear ... then roast

One of our favorite steak preparation methods, also used by many chefs, is to sear a steak quickly over a high heat on each side (two-four minutes per side) to seal in its natural juices and then place in a pre-heated 400 degree oven to finish the cooking process (about 4-6 minutes). Preheat the oven or pan or skillet you plan to cook in starting at a low temperature and slowly raising the temperature.

When roasting, sear the beef first to lock in the juices and then place in a pre-heated oven. Use moisture from sauces to add to the tenderness when cooking your roast.

### Cut across the grain

When you cut the meat, cut across the grain as this will improve texture because you are cutting the fibers in the meat into shorter segments.

### Let it rest before eating

Let the beef or lamb sit in a warm place for about ten minutes before enjoying.



#### CSA Information

Meat Shares are available in 2 sizes for three, six and twelve month periods. Share sizes are based on pounds per month. Payment is due in full by the start of the subscription. Monthly pick ups at our farm in Norwich. Monthly shares are pre-assembled by our farm and will include approximately half ground and sausage and half higher-end cuts such as roasts and chops in frozen cryovac packages. The meats included in the share reflect what is available on the farm that particular month and cannot be customized. Subscriptions also include a monthly newsletter with farm news and events calendar.

### Farmer Words of Wisdom

*Remember that silence is sometimes the best answer.*

Become a Farm Fan on facebook and coming as soon as we have the time to sit down....Hogwash Farm Blog

## Grilled Chicken with Roasted Garlic-Oregano Vinaigrette and Grilled Fingerling Potatoes *courtesy of Bobby Flay 2007*

#### Ingredients

##### For the roasted garlic-oregano vinaigrette:

- 8 cloves roasted garlic
- 1/4 cup white wine vinegar
- 2 tablespoons fresh oregano leaves
- 2 tablespoons fresh parsley leaves
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 3/4 cup olive oil
- 1/4 teaspoon red chili flakes

##### For the grilled chicken and potatoes:

- 12 fingerling potatoes, scrubbed
- Kosher salt
- Olive oil
- 3 lb. fresh bone-in chicken , halved or quartered
- Freshly ground black pepper
- Fresh oregano sprigs, for garnish
- Fresh parsley sprigs, for garnish

#### Directions

##### For the roasted garlic-oregano vinaigrette:

Combine garlic, vinegar, oregano, parsley, honey and salt in a blender and blend until smooth. With the motor running, slowly add the oil and process until emulsified. Stir in the red chile flakes.

##### For the grilled chicken and potatoes:

Place potatoes in a medium saucepan, cover with cold water and add 1 tablespoon of salt. Bring to a boil over high heat and cook until a paring knife inserted comes out with some resistance. Do not cook the potatoes all the way through because they will continue cooking on the grill. Drain well and when cool enough to handle, slice in half lengthwise.

Heat the grill to medium.

Brush the chicken and potatoes with oil and season with salt and pepper. Place the chicken on the grill, skin-side down and grill until golden brown and slightly charred, 6 to 7 minutes. Turn the chicken over and continue grilling until just cooked through, 5 to 6 minutes. A few minutes before the chicken has finished cooking, place the potatoes on the grill, cut-side down and cook until lightly golden brown, about 2 minutes. Turn over and continue grilling about a minute longer. Remove the chicken and potatoes to a platter and immediately drizzle with the roasted garlic-oregano vinaigrette. Let rest 5 minutes before serving. Garnish with oregano sprigs and parsley sprigs.



## New Pick Up Day!

Due to popular demand we are changing the pick up day from the Friday of each month to the **1<sup>st</sup> Thursday of each month**

**Next Pick Up September 2<sup>nd</sup> 3-6pm**