



HARBORSIDE FARMS

It is **BBQ season!**

Here is a few recipes:

Whitefish: take thawed whole white fish, stuff with favorite spices and herbs, onions and butter (or Italian White butter otherwise known as Lardo) wrap in tin foil and put on hot BBQ. Watch carefully, be sure not to pierce the tinfoil when you turn the fish over. Each BBQ will vary but the fish takes no longer than 20 minutes to cook. Unwrap the tin foil, when you take the fish out most of the bones will stay back with the skin and tail. Works great! SO yummy!

Grassfed Steak: great steaks that can go right on the BBQ are: Newyork striploin, sirloin, T-Bone, Rib steak, flat iron, and Filet Mignon steaks. These steaks take very little to season, slice a fresh garlic clove in half, rub on both sides add a sprinkle of sea salt and BBQ. Steaks like, flank, round, sirloin tip, chuck or blade steak all take some tenderizing to make a good BBQ steak. Tenderize with vinegar or lemon juice over night with your favorite herbs and spices. After that they BBQ better and are not as tough.

How to BBQ a steak: first take a fork and press it into the raw steak, feel what it feels like, how it moves around and remember that feeling. Once on a hot BBQ remember to only flip the steak once so keep an eye out for flare ups and watch as the sides of the steak turn grey and there is good grill marks on the bottom, then flip. With your fork press down on the steak, depending on what it feels like and how you like your steak done will decide on how long it should stay on the BBQ, remembering what the raw steak felt like. The longer it stays the more dried out it will get. A good steak is better eaten medium rare, slightly pink in the middle. Remember you can always throw the steak back on the BBQ if it is not done enough but if it is over done you can not fix it.

And practice makes perfect. Keep grilling and watch how you become better and better at it. BBQ sauces are good if you make them, but remember to leave them until the end, once your steak is cooked then cover with sauce, flip and cover the other side. Only leave the steak on the BBQ long enough to sear the sauce. Sugar burns quick so store bought sauces will burn fast.

DID YOU KNOW.....you should always leave all visible fat on your meat and if you do not want to eat it then take it off after it is cooked, this fat needs to be there for ultimate flavor and tenderness. By removing it ahead of time you are taking away some of the most important nutrients in the meat.

DID YOU KNOW....you should never pierce sausages that are on the bbq. Take enough time when cooking them to turn the heat down low and turn regularly. Unlike steak, sausages take constant turning and care. Never leave the BBQ unattended sausages have a lot of juices in them and because with our sausages there is no fillers or wheat the juices will be very visible. These juices can cause flare ups so turn the BBQ down and watch carefully.

A great book to learn about meat, where to buy it and how to ask the right questions is “The River Cottage Meat Book” by Hugh Fearnley-Whittingstall.

We are starting evening deliveries, instead of Saturday deliveries, the times are as follows:

5pm Bohemier Chiropractic

5:45pm Focus Chiropractic

7pm Cross Fit Gym

8pm Lindenridge Chiropractic

These times are for the May 13th delivery.

SPECIAL NOTE: WE ARE PLANNING A COME TO THE FARM DAY THIS SUMMER . DATE TO FOLLOW IN JUNE NEWSLETTER.

Delivery Dates

May 5

May 13, evening only, call or email for times

May 19

Take Care Everyone

Clinton and Pamela Cavers