



Knight Family Farm Newsletter – October 3, 2016

New Item: Flat Iron Steak

We had some requests for Flat Iron steak, so this last trip to the butcher we had the butcher cut some. It's a very flavorful steak that has become popular at restaurants.

London Broil

If you are looking for something different to cook for dinner, you might consider trying a London Broil. It sounds fancy and difficult to prepare, but it's really fairly easy to cook. The combination of the unique flavor and texture makes it one of the top favorites of everyone in our family – from young Sarah to her Daddy!

The London Broil is a nice, lean cut of meat – kind of in between a roast and a steak. See the picture below. Technically, London Broil is the cooking method and the meat is called a Top Round Steak, but most people know it by London Broil. When cooked properly, it is a very flavorful dish and also tender. The key is to not over-cook it. It can also be cooked in the slow cooker, but will have the taste and texture more like a roast. Our recipes will give more of a steak-type experience rather than a roast-type experience.

London Broil Recipes without pictures:

http://www.knightfamilyfarm.com/yahoo_site_admin/assets/docs/London_Broil.95201324.pdf

London Broil Recipes with pictures:

http://knightfamilyfarm.com/yahoo_site_admin/assets/docs/London_Broil_with_pictures.95210208.pdf

There are actually two different recipes. One involves marinating the meat and broiling it in the oven. The other method involves browning it in a cast iron skillet and then finishing it briefly in the oven. Both have very unique and tasty flavors. We prefer the Pan Grilled method.

Please send us any orders by Tuesday night, or very early Wednesday at the latest – preferably by 8:00 am. We will be at Gluten Free Miracles Wednesday from 2:30 – 3:30 and Mill Pond Chiropractic from 4:00 – 6:30. 3650 Boston Road, next to Kroger on the right. Call if you have any questions. Let us know if you are interested in delivery to another location.

For the family,

Adrian
www.KnightFamilyFarm.com