

## Recipe for Marinated & Grilled Grass-fed Grass-Fed Steak

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### Ingredients:

- ✓ One (1) Berriedale Farms grass-fed flank, London broil or sirloin steak cut 1 1/2" thick.
- ✓ Whole black pepper corns.
- ✓ Fresh garlic cloves.
- ✓ Fresh cumin.
- ✓ Avocado.
- ✓ Small sweet onion.
- ✓ Garden fresh ripe tomato (do not try this condiment with a hot-house tomato).
- ✓ Two (2) large limes.
- ✓ Full-bodied and dry red wine.

### Utensils:

- Glass or stainless steel marinating dish or pan (do not use aluminum or plastic).
- Charcoal (or gas-fired) grill.
- Natural hardwood charcoal.

### Instructions:

1. Remove the Berriedale grass-fed flank , London broil, or sirloin steak from the refrigerator, ensure that the meat is thoroughly thawed and place the steak in a glass or stainless steel marinating dish or pan.
2. Squeeze a liberal amount of fresh lime juice over one side of the steak; rub into the steak fresh pressed garlic and fresh ground cumin and fresh ground black pepper.
3. Flip the steak and season the other side the same way as above.
4. Marinate for flavor in the refrigerator, flipping and basting every hour, for one to four hours.

5. Alternatively, marinate for flavor and tenderness in the refrigerator, repeatedly flipping and basting, for four to 24 hours.
6. Finely chop and mix avocado, tomato and sweet onion into a salsa.
7. Grill-to-sear each side for three minutes maximum, basting each side with left-over marinade.
8. Cover the grill to reduce air inflow and extinguish all flames and cook/smoke for no more than four more minutes – check for doneness with finger-tip pressure, adjust grilling time and serve rare – **do not overcook**.
9. Bias-carve or -slice one quarter inch thick.
10. Serve with fresh avocado, tomato and sweet onion salsa.
11. Serve with your favorite full-bodied and dry red wine.
12. Enjoy living like an olde Virginian from the Cowpasture River Valley!!!

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