

Bowers Farm Shoulder Blade Steak

Marinade:

1 cup water
1 tbsp salt
2 tbsp lemon juice, organic apple cider vinegar, or wine (or all three!)
1 tsp fresh ground black pepper
3 large garlic cloves, minced, or 1 heaping tbsp of garlic powder
1 heaping tbsp onion powder
1/2 tsp dried thyme or 1 tsp fresh thyme
Pinch of dried rosemary, oregano, marjoram or any spice that strikes your fancy
A couple shakes of your favorite hot (optional)

Before I pour the marinade on the pork, I usually 'fork the pork'- poke a few holes in the meat with a fork so the marinade can seep into the meat. Place the pork in a zip-lock bag or sealable glass dish. Refrigerate for at least 24 hrs. (I've left pork chops for as long as three days and they came out fantastic!) Make sure you turn the pork at least once for even marinating.

These steaks can be grilled or pan fried. Oil the grill or place two tbsp of 'good fat' in pan. Sear each side at a high temp, then lower the temp to low and cook for about 3-4 minutes on each side. The steaks are thin, so they shouldn't take too long to cook.

Enjoy!

Nourishing our Neighbors

Jim and Mary Bowers
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