

Flank Steak

2-3 lb Symmes Creek Non GMO flank steak (feeds 5-6 people)

1 cup soy sauce

1 cup Worcestershire sauce

½ cup brown sugar

¼ cup minced garlic

3 tbs mustard

1 tsp liquid smoke

1 tsp salt

2 tsp pepper

1. Mix all ingredients thoroughly and make sure the brown sugar is fully dissolved.
2. Place the flank steak in a shallow dish and pour the mixture over it. Cover the dish and place in refrigerator.
3. Let the steak soak for 1 to 2 days, flipping the steak 1 time halfway through the marinade process.
4. REMOVE the steak from the fridge one half hour before grilling to allow it to come to room temperature.
5. On a hot grill (charcoal is best) 400 degrees, place the flank steak on the grill. Put the thickest part of the flank on the hottest part of the grill (if possible). Cook for 2-3 minutes per side with grill covered.
6. Remove the steak and let it rest for 5 minutes.
7. Cut ACROSS the grain into slices ¼ to ½ inch thick.

Cubed Beef Rounds with Onions

1.5 lbs of tenderized beef rounds (cubed steak)

1/3 cup flour

1 teaspoon garlic salt

2 teaspoons pepper

1 onion

12 ounces beef broth

1 pack dry onion soup mix

½ cup olive oil

1. Mix flour, garlic salt, pepper in shallow pan. Bread the cubed steak thoroughly
2. Heat oil to medium high heat
3. Fry both sides for 3 minutes
4. Add ½ cup of water to steaks, cover and simmer on low for 15-20 minutes
5. Remove steaks from pan, add onion, beef broth and soup mix and stir until onions become tender
6. Pour onions over steak and serve

Smokey and Salty Brisket

10 -15 lb Symmes Creek Non GMO Brisket (shoulder clod, chuck flat)

Your favorite dry rub

1. Rub entire brisket generously with your favorite rub seasoning
2. Set smoker to 260
3. Place brisket in smoker FAT SIDE DOWN (keeps it from drying out)
4. Smoke for 11 hours or until internal temp is 203 using apple, hickory, or your favorite smoking wood.
5. Let rest for ½ hour.
6. Slice against the grain in ¼ or ½ inch slices.
7. Serve, or add BBQ to taste.