

Get Grilling with Wyebrook Farm

TRY UNIQUE CUTS AND EXPERT TIPS TO ENLIVEN YOUR OUTDOOR COOKING

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Wyebrook Farm co-owners, Jeff Dill, left, and Scott Simpson, right

WITH THE SHIFT OF SEASONS IN JUNE turning our attention to everything outdoors, it's time to get excited about new possibilities for cooking on our grills. While a juicy NY strip, flavorful ribeye or tender filet will no doubt anchor many plates, this summer is a prime opportunity to give lesser-known cuts of meat a chance for a spot on your grill.

Try new cuts of meat this season, ones you're more likely to find at local, whole-animal butchers. Velvety merlot, robust top cap and rich picanha offer new culinary experiences. "I love picanha because when you cut into the fat cap, it makes each bite taste really juicy," said Jeff Dill, co-owner of **Wyebrook Farm**, along with his brother-in-law, Scott Simpson.

Dill usually prefers a minimalist approach when cooking their pasture-raised beef and pork, opting for only salt and pepper as seasonings so he doesn't mask the authentic flavor. He's also learned the importance of having a good digital meat thermometer on hand to avoid overcooking the meat. And Dill is fortunate to get pro cooking tips from Wyebrook's onsite butchers, Alexi Alejandro and John Clay.

Perhaps you've heard of Wyebrook Farm, nestled in the agricultural haven of Honey Brook. The farm's 200 acres are home to about 150 Black Angus and Simmental-cross cattle grazing on pasture

plus about 40 heritage Berkshire-cross pigs foraging in their wooded lot, all tended to by Ryan Bostdorf, Wyebrook's farm manager. The 18th-century farm came to prominence in 2010 when Dean Carlson restored and established it as a sustainable farm, later adding a destination farm-to-table restaurant to showcase the meat.

It was in 2020 when Dill, an Eastern University professor with a background in sociology, merged his interests in sustainable farming with Simpson, who had experience farming and managing cattle and who knew Carlson. So, when Carlson decided to sell the farm after 10 years of building Wyebrook and its cattle and pig stock, he looked for owners who'd carry on with his herds and continue sustainable farming practices. It was a successful match with the new co-owners' mission: "To serve our community with clean, nourishing meat, raised right."

Today, Simpson focuses on the farming operations at Wyebrook, while Dill handles the business side. The team takes great pride in their regenerative agriculture and on-farm butchering and processing. And they're grateful for Carlson's ongoing support. "We're inheritors of the land stewarding, and we continue to do what's good for the land, the livestock and the local community," said Simpson.

Read on for recipes to tempt your taste buds to venture into new territory this summer!



The barn at Wyebrook Farm is where onsite butchering currently takes place



Ryan Bostdorf, Wyebrook's farm manager

Grilled Top Cap Steak with Chimichurri

This is a thin cut of steak that cooks fast on the grill. It pairs well with chimichurri sauce, which is easy to make and adds a bright and beautiful taste to the table. This versatile sauce can also be used as a marinade for basting meat.

Serves 4 to 6



For the steak:

- 1, 2-lb. top cap steak
- Salt and pepper to taste
- Garlic powder and Worcestershire sauce, optional

For the chimichurri:

- ½ C. fresh, flat-leaf parsley, roughly chopped
- 3 to 4 cloves garlic, minced
- 1 to 2 small red chili peppers, finely chopped, seeds removed
- ½ C. extra virgin olive oil
- 2 T. red wine vinegar
- ¾ tsp. dried oregano
- ½ to 1 tsp. salt and pepper (to taste)

Preparing the steak:

Salt and pepper both sides of the steak, adding a sprinkle of garlic powder and a splash of Worcestershire sauce, if desired.

Place on the grill over high heat and cook to medium rare (130°–135°), testing with a digital thermometer. Once cooked, remove from heat and let rest for about five to 10 minutes (the meat will continue cooking as it rests).

Slice thin for serving with the sauce.

Preparing the chimichurri:

Using a mortar and pestle, grind (or finely chop) the parsley, garlic and peppers.

Place in a bowl and add oil, vinegar and oregano. Stir to combine. Add salt and pepper to taste.

Let sit for at least 10 minutes (ideally a few hours) to enhance the flavor of the sauce. (It can be made a day ahead and refrigerated for up to 24 hours).

Place slices of meat on a serving platter and drizzle with chimichurri sauce. Refrigerate leftovers in an airtight container for up to three days.

Perfect Picks for Summer Grilling



Why not try grilling new cuts of meat to liven up your summer meals? Most of these cuts are easier to track down at local, whole-animal butcher shops, but some can be found at your local grocery store.

Merlot: A lean cut with a finer grain, merlot steak is best cooked fast and over high heat. With just two of these cuts per animal, it's hard to come by. Best served rare or medium-rare to avoid the meat drying out.

Picanha: A traditional Argentinian cut that's very tender and has a flavorful fat cap. Cook fat side down to render it and crisp it up.

Skirt: An easy-to-find, flavorful cut. Though on the tough side, it's great for grilling. Toss with a marinade (like chimichurri) before leaving for work. When you return, it's ready for a fast and easy meal. Great for tacos.

Top Cap: A naturally larger cut that's great for when you have guests or when planning for leftovers.

Top Sirloin: An easy-to-find and affordable cut that's versatile and foolproof for the novice griller.

Seasonal Merlot Steak Salad

Merlot steak, named for its smooth, velvety mouth-feel, is the star of this lean meal. Lauren Van Dyk, Wyebrook operations manager, says she loves the endless possibilities the growing season offers for this salad. Take advantage of what's fresh and on hand.

Serves 2 to 4

- 1 lb. merlot steak
- Salt and pepper, to taste
- Garlic powder, to taste
- 6 C. arugula, mixed greens and spinach, torn or roughly chopped
- ⅓ C. dried cranberries or cherries
- ¼ C. pepitas
- ⅓ C. sliced almonds, toasted walnuts or pecans
- 1 medium red onion, thinly sliced (pickled red onions are even better)
- ½ C. produce of choice (roasted broccoli, slivered green beans, roasted beets, diced apple or pear)
- ½ C. goat cheese, crumbled
- Salad dressing of choice (balsamic drizzle, vinaigrette or blue cheese recommended)

Place steak on the counter for about 30 minutes to lose the chill from your refrigerator. Liberally season both sides of the steak with salt, pepper and garlic.

Place on the grill over high heat or pan-sear in a cast iron skillet. Cook to medium rare (130-135°), about four to five minutes per side, testing with a digital thermometer.



Once cooked, remove from heat and let rest for about five to 10 minutes (the meat will continue cooking as it rests while you assemble the salad). Slice the steak against the grain into thin strips for the salad.

Add greens to your favorite salad bowl and toss in remaining ingredients.

Drizzle salad with dressing of your choice. Place steak strips on top of the salad.

Refrigerate leftovers in an airtight container for up to one day.

All-Purpose Pork BBQ Sauce

Here's a great go-to barbecue sauce created by barbecue expert Susie Bulloch, founder of Hey Grill Hey, a website specializing in barbecue and grilling. This all-purpose sauce combines just the right amount of heat and sweet. Pairs well with pork ribs and shoulder, preferably from heritage pigs since they tend to have more fat, making the meat more tender and moist. Also pairs perfectly with chicken.

Makes 8 cups

- 1 C. ketchup
- ¼ C. brown sugar
- ¼ C. apple cider vinegar
- 2 T. molasses
- 2 tsp. cayenne pepper
- 1 tsp. salt
- 1 tsp. smoked paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. black pepper
- ½ tsp. ground chipotle pepper

In a medium saucepan, add all ingredients and stir to combine.

Cook over medium heat, stirring occasionally, and bring to a boil. Simmer for 15 minutes on low heat. Remove from the burner to allow sauce to cool.

Refrigerate any leftover sauce in an airtight Mason jar for up to two weeks.

Grilled Bratwurst with Couscous and Mixed Vegetables

Bratwurst, a traditional German-style pork sausage, is excellent for grilling and a real people-pleaser. Play with the mix of vegetables based on your taste and what's in season. Pairs well with a local craft brew.

Serves 4



- 4 bratwurst links
- 1 C. uncooked pearl couscous
- 4 C. mixed vegetables, sliced (such as bell peppers, onions, mushrooms)
- Salt and pepper to taste
- Olive oil or butter, to taste

Cook couscous according to package instructions (can use beef or chicken stock in place of water to add more flavor). Set aside.

Slice vegetables and place in a foil packet with a little olive oil or a few pats of butter or in a grill basket. Place on the grill halfway through cooking the sausage. Cook until tender or tender-crisp (about 8 to 10 minutes). Once cooked, salt and pepper to taste.

Grill bratwurst slowly over indirect, medium-low heat to avoid splitting the casing and losing valuable juices. Rotate the brats while cooking to brown all sides. Use a digital meat thermometer to test for doneness (160°), about three to four minutes per side.

Place a bed of couscous on each plate, layer with mixed vegetables and top with one whole link per person. Salt and pepper to taste.

Refrigerate leftovers in an airtight container for up to three days.

Benefits of Grass-Fed Beef & Where to Find It

Benefits

- It has lower total fat content
- It has more antioxidant vitamins, such as vitamins A and E
- It has a higher proportion of healthy fats, like omega-3 fatty acids
- Choosing it supports ethical animal welfare
- Buying it supports small, local farms using sustainable agricultural practices that are better for the environment than conventional practices

Note: Many grass-fed cattle are not 100% limited to grazing. For example, the Wyebrook herd is 90% grass-fed plus 10% fed spent brewer's grain from East Branch Brewing Company in Downingtown. That brewing byproduct is said to enhance the flavor of the meat.

Finding Grass-Fed Beef

You don't have to look far to find responsibly raised meat that's better for you and the environment.

Wyebrook Farm, Honey Brook

Wyebrook Farm offers grass-fed beef online for delivery or pickup at the farm or at the Downingtown and Malvern farmers markets. As a whole-animal butcher, they have a full range of cuts of beef and pork, along with bacon, pork sausage and many types of ground beef. Their ground beef is featured in burgers at Station Taproom in Downingtown. WyebrookFarm.com.

Canter Hill Farm, Malvern

Founded in 2008, Canter Hill is committed to pasture-raised, antibiotic-free and chemical-free chicken, beef, turkey, lamb, heritage pork and duck. Find their products at their farm on Fridays from 12 to 4 p.m. or at the Bryn Mawr and Chestnut Hill farmers markets. CanterHillFarm.org.

Buck Run Farm, Coatesville

Established in 1984, Buck Run Farm specializes in 100% grass-fed beef from their herd of Angus/Angus-South Poll cross cattle. Their beef is sold at their farm and many other locations, including Red Dog Market in Warwick Township, Talula's Table in Kennett Square and Vollmecke Orchards & CSA in Coatesville. BuckRunFarm.com.

Why Not Farm, Glenmoore

The beef raised at Why Not Farm is grass-fed, grass-finished and free range. They offer Texas Longhorn, known for being very low in saturated fats, and Scottish Highland, a beefier meat with natural marbling. Find Why Not's beef, along with other products, at the small store on their farm. WhyNotFarm.com.

Tallow-Fried Potatoes

Potatoes in any form make a perfect side dish for steak. These are fried on a cast iron skillet using tallow, a high-quality fat rendered from pasture-raised beef that has a high smoke point. Readily available from local farms and butcher shops, tallow makes a great replacement for butter, olive oil or other cooking oils. It has a very mild flavor, so it doesn't stand out in dishes.

Serves 4 as a side dish



- 4 medium to large gold potatoes, medium-sliced
- 1 T. rendered beef tallow, plus more as needed when cooking
- Salt and pepper to taste

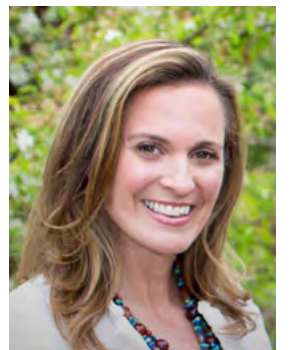
Melt tallow on low heat in a cast iron skillet or frying pan on the stove. Once tallow is melted, place potato slices on the skillet without overlapping and turn heat up to medium/medium-high.

Flip the potatoes when golden brown and cook both sides evenly. Add more tallow if needed

Salt and pepper to taste.

Refrigerate leftovers in an airtight container for up to three days. ♦

Courtney Diener-Stokes is an award-winning journalist, author, food writer, photographer and food stylist. Most recently she co-authored the Kimberton Whole Foods Cookbook and Farmhouse Manna: Nourishing Recipes and Rituals for Head, Heart, Hands & Soul. She lives in the Oley Valley countryside with her husband, three children, two Babydoll Southdown sheep, a flock of bantam chickens and a Bernedoodle named Daisy.



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