

Norfolk Farmers Market

Cook the Market  
September 1, 2018

Featuring  
Ford Farm Steak  
LMW Spice Rub  
Black Sheep Herbs  
Rolling Rock Salt  
Broad Field Farm Tomatoes  
Lost Ruby Chèvre

Spiced Rubbed Grilled London Broil

Generously season your steaks with the spices and gently rub into both sides. Allow to sit at room temperature while you are preheating your grill and making your salad. Heat your grill to medium high. Cook your steak for about 4 minutes then turn on the same side to make grill marks. Cook another 4 minutes. Flip over and do the same on the other side. For medium rare internal temperature should be 125 degrees. Total cooking time about 10-12 minutes. Let rest for 10 minutes before slicing thinly.

Tomato and Cucumber Salad

2 nice tomatoes  
1 English cucumber or 2 small slicing cucumbers  
1 small red onion  
A nice handful of parsley  
About a Tablespoon of oregano  
Salt and Pepper  
Chèvre or Feta Cheese

Roughly chop tomatoes. Peel and halve the cucumbers. Take a spoon and scoop out the seeds. Chop into a large dice. Halve the onion and thinly slice. Add to tomatoes and cucumbers. Add chopped parsley and oregano. Dress with red wine vinegar and olive oil, season with salt and pepper. Add chevre in spoonfuls. Serve over a bed of arugula with grilled steak.