QUALITY MEAT JUST AROUND THE CORNER!

My work as an Extension Educator connects me to farms throughout the county linking me directly to high quality meats and poultry. As a result I began buying beef from a seventh generation Frederick County farm long ago. My original motivation was to reduce my trips to the supermarket to feed my forever hungry growing boys and trim the grocery budget. When you purchase half a beef which yields around 200 pounds, the cost is approximately $3.39 per pound.

What I discovered, soon after my first freezer full, is the taste is delicious! So delicious that I have been known to travel down the road to the beach with my beef so we can enjoy tasty burgers and steaks. Of course, it was packed well in ice to ensure proper food safety. Repeatedly dinner guests have asked me what I did to make the roast or hamburger so delicious and were shocked when I said nothing but add a little salt and pepper.

Now everyone can access Maryland’s locally produced, high quality meats and poultry through a new directory designed by The University of Maryland. This online directory, http://extension.umd.edu/agmarketing/ is organized by product for easy aggregation of suppliers and online searching.

Why buy meat from local farmers?
- It is an opportunity to eat flavorful, high quality meat;
- Learn how the animal was raised by meeting the person who raised it;
- Have the meat processed to your specifications when buying in quantity;
- Buy meat for prices that are often comparable to the average retail price;
- Support your local economy by keeping your dollars in your community;
- Make informed food purchasing decisions

This directory does not replace other listings or directories, but supplements them as a varietal sourcing list. It is not an endorsement of any specific product or service supplied by Maryland producers. Concurrently, exclusion of a producer does not imply a negative evaluation. Descriptions are provided by the supplier, and not verified or monitored by the University of Maryland Extension.
If eating local delicious meat and poultry from Frederick County farms is on your “plate,” be sure to check out this great resource and enjoy some of these tasty recipes!

**CHICKEN MARINADE**

4 tablespoons cider vinegar  
4 tablespoons lemon juice  
1/3 cup packed brown sugar  
3 tablespoons grainy mustard  
3 medium garlic cloves, crushed  
1/2 teaspoon salt

Mix together. Soak chicken in marinade for at least 2 hours in the refrigerator before grilling or broiling.

**ORANGE PORK TENDERLOIN**

2 pork tenderloins, about 1 pound each  
1/2 cup kosher salt  
1/2 cup sugar  
1 quart cool water

Brine meat before cooking. To make brine, mix kosher salt and sugar into 1 quart cool water. Trim meat and submerge into brine for 45 minutes. Rinse and pat dry. Brown meat in skillet with cooking oil. Baste with orange glaze and cook in oven at 425°F for 45-60 minutes (20-30 minutes per pound) or in crock pot until done; to an internal temperature of 155°F. Serve with orange balsamic sauce.

*Rosemary Orange Glaze*

1/4 cup orange juice concentrate  
1 teaspoon brown sugar  
1 tablespoon Dijon mustard  
4 teaspoon fresh minced rosemary

Bring to a simmer, cook until reduced to 2 tablespoons liquid. Put glaze on meat while cooking.

*Orange Balsamic Sauce*

1 tsp. olive oil  
1-2 cloves garlic, minced  
1/2 teaspoon fresh minced rosemary  
1/3 cup orange marmalade  
4 teaspoon balsamic vinegar

**BEEF COUNCIL’S STEAK DIANE**

4 boneless beef top loin or rib eye steaks, cut 3/4 inch thick  
1 tablespoon butter or margarine  
2 tablespoons finely chopped shallots or onion  
2 cloves garlic, crushed  
1 cup slice fresh mushrooms  
1/4 cup ready-to-serve beef broth  
2 tablespoons brandy (optional)  
2 teaspoons Dijon-style mustard  
1 teaspoon Worcestershire sauce  
2 teaspoons finely chopped parsley

Melt butter in large nonstick skillet over medium heat. Add shallots and garlic; cook 2 minutes. Stir in mushrooms; cook and stir 3 to 4 minutes. Remove and set aside. Increase heat to medium-high. Add steaks to skillet; cook 6 to 7 minutes for medium rare (150°F), turning once. Remove to warm platter. Decrease heat to medium. Add broth, brandy, mustard, Worcestershire sauce and reserved mushroom mixture. Bring to a boil. Cook and stir until liquid is slightly reduced, about 1 minute. Spoon sauce over steaks and sprinkle with parsley. Makes 4 servings.

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