

HOW TO USE LOCAL PRODUCE LADIES COWBOY RUB:



COWBOY STEAK

Take your steak out of the fridge 30 mins before you start cooking.

Brush with olive oil then sprinkle on Cowboy Rub.

BBQ to your liking then rest for five minutes. Serve with mashed potatoes & vegetables or salad.

If you really want to go Cowboy style serve with Bbq corn on the cob, coleslaw & cornbread.

This is my favourite cornbread recipe:

1 ½ cups buttermilk

3 eggs lightly beaten

3 tbsp sugar

1 tsp baking soda

1 cup fresh corn

1 cup flour

1 ½ cups fine cornmeal/polenta

½ cup unsalted butter melted

Method:

Preheat the oven to 190 c. Prepare a baking tray 16 cm square or rectangle by greasing with butter.

Combine the buttermilk, sugar, eggs & baking soda & mix well. Add the fresh corn. Mix. Add the sifted flour & cornmeal slowly into the liquids. Mix well. Add the melted butter & again, mix well. Pour the batter into the pan & cook for approximately 40 mins or until a toothpick comes cleanly. Cut into squares while warm & enjoy.