

Brookshire Farm

Farming so traditional it's innovative!

Anne and Ben Blanchet, Owners

Bob Blanchet Manager

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Cat Blanchet Ellison, Goat Specialist

Ah, So Peaceful! “It’s so peaceful here,” she said to me. The breeze following the downpour and the cows standing in the shade, chewing contentedly, framed a perfect picture of idyllic farm life. We had dashed out to move the cows to fresh pasture, hoping to beat that rain. Instead, we slogged through the mud, getting soaked to the skin. And then a crack in the insulated gate handles meant we each got a couple of unexpected 5-volt shocks before we got the cows secured for the night. 5 volts won’t kill you, but they sure let you know the current is there when you’re standing on wet ground.

It is very gratifying to stand among your cows in an open field and hear the rhythmic tearing of grass as cows wrap their tongues around the leaves and pull them into their mouths. To know you have nurtured that forage for their health and well-being and watch, as one by one, satisfied, each meanders to the shade to chew her cud.

To thrive on the farm, though, you have to be made of the kind of stuff that when you are hurrying out into the dark to check on a cow in labor, you slip on manure and find yourself lying on your back looking up at the stars, you still think, “I love this job!”



We've Got Your Goat



Goat continues to be the trend in restaurants on the East and West Coasts. The Chef at Evvia, in Palo Alto, CA, puts a Greek spin on his marinated whole young goat in olive oil, lemon juice, oregano, which he roasts over oak wood and serves with braised wild greens. New York Magazine recently named the Massaman-braised goat dish at Kin Shop, a Thai curry influence, the “best in the City.”

What’s cooking at Brookshire Farm this summer is Mike’s smoked goat leg prepared on his backyard grill. (Mike is Cat’s husband.) Mike likes to use mesquite or pecan wood. He keeps the temperature between 275°-325°, careful not to get above 350°. On Mike’s grill, he achieves this by closing his intake and exhaust pipes to about ¼ of their diameter, although wind can cause him to increase or decrease the air intake. A leg usually cooks about 4 to 5 hours, but can be cooked longer as long as the temperature is kept low. If you don’t have a smoker, or want to spend less time managing a fire, grill the meat for an hour, then put it in the oven at low heat until the center temperature reaches at least 160°.

Bob read this recipe and suggested we enhance it with a rub, like this paste. Rub the meat with a mixture of 4 Tablespoons of curry, 1 ½ teaspoons sea salt, 2 teaspoons freshly ground black pepper, 2 cloves minced garlic and 1/3 cup olive oil. Marinate at room temperature for 1 to 2 hours, or covered and refrigerated overnight. Use a grill, like Mike does, or roast it in your oven. Preheat the oven to 500°, set the room temperature meat in the oven and immediately lower the heat to 250°. Cook to 120° for a rare roast, 130° for medium or 140° for well done. Remove the leg from the heat, cover loosely with foil, and rest for a minimum of 15 minutes before serving to bring the meat temperature up an additional 5° to 10°.

We have young goat ready for harvest through August. Send your check to the farm for \$90 (+\$20 delivery) and we will contact you to arrange the processing. For more about the history, flavor and nutritional attributes of goat, go to BrookshireFarm.com. Click Newsletter Archives and see Vol. 3 No. 2 Summer 2009.

Where’s the Beef? *Many of you have asked why there will be no fall 2011 beef harvest. The harsh winter in 2009-2010 caused that crop of calves to fall below Brookshire Farm’s program standard for continuous weight gain. Although they meet our standard for grass fed and hormone and antibiotic-free, tenderness might not meet our commitment to produce premium artisanal meats. We will have a good supply of outstanding beef in the Spring of 2012. Reserve your share by sending a \$200 deposit to the farm. [Order Form](#).*

We are applying for labels for ground beef and braising cuts to be able to sell year round. We’ll keep you up to date as this progresses.



An Old Farmer’s Advice:

If you’re pickin’ at it, it won’t get well.