



**Tell us about yourself.**

“My family, which includes my husband, Gil, and our children, Corbin, Caroline, and Catherine, owns and operates Pleasant Hill Farms. The farm is a purebred Angus and Simmental seedstock operation located in south central Kentucky. Our operation’s roots trace back to Gil’s great-grandparents who purchased the original farm in 1920. We host two production sales every year, selling a large number of bulls to commercial cattle producers along with registered females to cattlemen all across the country.

We opened our meat farm store on June 15, 2024, and have been so overwhelmed with the support from our local community. It is obvious people truly enjoy supporting local businesses and we are so appreciative. Our store offers beef from our cattle operation and pork which we buy from a local farm in our community. All our meat (both beef and pork) is processed at Hampton Meats which is a USDA inspected processing facility in Hopkinsville, Ky. We sell Legacy Dairy milk which is absolutely delicious. We carry a variety of wonderful cheeses from Maid-N-Meadows Farms.

We also have photography from a local Bowling Green resident who captures the beauty of our country along with beautiful scenes of wildlife in their natural habitat. We carry locally made soy candles which are named after the prominent cow families in our operation and some that are named after things that mean a lot to our family (Farm Mornings and Blessings to name a few).

We sell Kentucky Mountain Coffee - something Gil and I have always enjoyed and yes, we drink it black. They have so many wonderful tasting coffees, but my favorite is Mountain Mornings. We have several to choose from and something for everyone.

*In the kitchen with*

**Mary Cowles**

**The Butcher, The Baker, and The Coffeemaker  
Pleasant Hill Farms - Rockfield, Ky.**

*Kitchen*  
**STOCK**

*Cowboy approved recipes used by our favorite country cooks.*



**What is your most requested dish?**

“One of the recipes I have shared with you is “The Good Stuff.” It’s a very good casserole that goes perfect with Frito Scoops. My entire family really likes this dish, so I make it often. It is very quick and easy to make.”

**What is your favorite cooking tip/trick?**

“Never thaw meat in hot water - just put it in a sink of cold water and it will thaw rather quickly.”

**What is your least favorite job in the kitchen?**

“Of course, the clean-up!!!”

**COWBOY POT ROAST**

Mary Cowles

- 3 – 3 ½ pound roast**
- 1 pkg. ranch dressing mix**
- 1 pkg. au jus gravy mix**
- 1 stick real butter**
- pepperonis**

**Step 1:** Take the roast and wash it in the sink. Place the roast in a Crockpot on high. **Step 2:** Sprinkle the package of ranch seasoning and the package of au jus gravy mix all over the roast. **Step 3:** Place about 4 to 5 pepperonis on top of the roast. Then place a stick of butter (real butter) on top of the roast. **Step 4:** Notice that there was not water or broth put in the Crockpot. After about 4 to 5 hours take the lid off the roast and you will be delighted at how tender the roast is. Take two forks and shred the roast apart. Enjoy with mashed potatoes or on some bread.

**Where did you learn to cook?**

“Our store is really not about me cooking but rather about the delicious farm raised beef and pork products we are able to offer our customers for them to enjoy in the kitchen or on the grill. But I did learn to cook from my mom. She knew how to cook, and I am sure she learned from her mom.

One of the things I truly treasure is that a little while before my mom died, I asked her to write down the recipe (ingredients and directions) for her cornbread dressing she made every year at Thanksgiving and Christmas. It was the best dressing I have ever eaten. (Gil used to brag on Mom and tell her how delicious her cornbread dressing was. She loved him, and his compliments about her cooking always made her smile). Mom gave me a puzzled look and said, “I don’t use a recipe!” But she tried to think through it, and she did manage to write it down and walk me through how it all works. Our mom passed away a few years after that. My siblings and I, along with our families, got together for Thanksgiving and we tried to replicate what our mom made so many years of her life. It turned out fine but like Gil told us all that day, “It is not as good as what Nana made!” I hope I can make meals that taste as good as my mom did.”

learn more [pleasanthillfarms.com](http://pleasanthillfarms.com)  
for printable recipes [stockmanmag.com](http://stockmanmag.com)

**MOM’S HOMEMADE LASAGNA**

Mary Cowles

- 1 lb. ground beef**
- 1 lb. sweet Italian sausage**
- ½ box lasagna noodles**
- large container ricotta**
- 2 eggs**
- fresh mozzarella log, sliced**
- pepperonis**

**Step 1:** Brown ground beef and Italian sausage. Drain any excess grease off the meat and set aside. **Step 2:** Cook lasagna noodles (usually half a box of noodles is plenty for a 9x13-inch casserole dish). **Step 3:** In a large mixing bowl, combine a large container of ricotta cheese and 2 eggs. **Step 4:** Spray casserole dish with cooking spray (I really like avocado oil spray). This is where you start to layer your lasagna. **Step 5:** Start with a cup or two of the meat sauce on the bottom of the sprayed pan. Then layer with cooked lasagna noodles (I leave mine long). Then layer with the ricotta cheese and egg mixture. Then add the pepperonis. I use Boar’s Head - I think they are extra tasty. **Step 6:** Layer with sliced real mozzarella cheese. I like to use the logs of mozzarella cheese, and simply slice it into thick slices and then layer it all over the pepperonis. Then you repeat the layering process. **Step 7:** Finish the layering process with a bit of the meat mixture on the top with mozzarella cheese over that. Bake at 350 degrees Fahrenheit for approximately 50 to 60 minutes.

*Note: The cheese on top will brown and the meat sauce should be bubbling hot. I usually serve this with garlic bread and a nice salad with a delicious ranch dressing.*

**THE GOOD STUFF**

Mary Cowles

- 1 lb. ground beef**
- 1 lb. chorizo sausage**
- 1 jar picante sauce**
- 1 can whole kernel corn**
- 1 pkg. taco seasoning**
- shredded taco blended cheese**
- Frito Scoops**

**Step 1:** Brown the ground beef and chorizo sausage. Drain any excess grease off and layer the browned meat in a 9x13-inch casserole dish that has been sprayed with cooking spray. **Step 2:** Pour in jar of picante sauce, can of whole kernel corn, and the package of taco seasoning. **Step 3:** Mix all of this together and layer on top with shredded taco blended cheese. **Step 4:** Bake at 350 degrees Fahrenheit for 30 minutes. Serve with Frito Scoops and enjoy!!



**30th ANNUAL BULL SALE:**

Saturday, February 22, 2025  
At the PHF sale facility near Rockfield, Ky.