



SPRING RECIPES

Ranch-Inspired Flavors and Foods



SPRINGTIME RANCHING

Springtime is when the ranch starts to awaken from a winter slumber. Babies are born and growing, our hens are starting to lay more eggs, we're starting to clean up from the wintry weather, and the flora and fauna are coming alive.

This spring we are moving more animals to the Storke dairy. Soon you'll see the calves and piglets out and about roaming the pastures of the dairy.

We let the animals remain home on their range to forage but are feeding them a lot more hay right now to keep them warm and healthy. We don't send our animals off to a feedlot to fatten them up. This results in more lean, healthier meat.

From pasture to table.

Our spring recipes celebrate the season including the fresh produce coming into season paired with our top-quality local meats. Shop our online store and craft your own custom Ranch Box full of Carson Valley Meats and other locally grown and made products.

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LEMONY SPRING PESTO PASTA WITH ASPARAGUS

INGREDIENTS

- ½ lb.** asparagus, ends trimmed
- 1 lb.** pasta, any shape
- ½ cup Liberty Food and Wine Exchange**
Pesto Sauce
- ¼ cup** chives, finely chopped
- Zest from **one lemon**
- 1/3 cup** mozzarella cheese, cubed
- ¼ cup** Parmesan cheese, grated

INSTRUCTIONS

Bring large pot of salted water to boil and add asparagus. Cook 3 minutes, then remove with slotted spoon and place in a bowl of ice water. Let cool, then drain.

Bring the same pot of water back up to boil. Add pasta and cook for 11 minutes, or until al dente, then drain, reserving about 1/4 cup of cooking water.

In large bowl, combine pasta, asparagus and basil pesto.

Toss until pasta is evenly coated with pesto. If the sauce is too thick, pour in reserved pasta water until sauce reaches desired consistency.

Add chives, lemon zest and mozzarella, and stir just to combine. Serve with Parmesan cheese.

Can be eaten hot, cold or at room temperature.

Serve with **Liberty Food and Wine Exchange** Focaccia bread and our recipe for **Spring Greens with Honey Lemon Vinaigrette**.

Adapted from Ahead of Thyme

GARDEN SPRING LAMB

INGREDIENTS

2 lbs. Sinclair Family Farms

shoulder of lamb, boned

Salt and pepper

2 tbs. butter

1 tbs. olive oil

2 tbs. flour

4 cups beef stock*

2 cloves garlic, peel and whole

4 sprigs parsley

4 sprigs chervil

2 small bay leaves

16 small new potatoes

16 small new carrots

16 small onions

12 small new white turnips

2 cups shelled young peas

***See our recipe for beef stock**

INSTRUCTIONS

Cut lamb into small, half-inch cubes. Toss with salt and pepper to taste and set aside for about an hour.

In casserole pot, melt butter then add oil. Brown the lamb, a few pieces at a time, removing to a platter as they are done.

When lamb is done, remove pot from heat. Stir in flour to make a thick paste. Return to heat and gradually add half the stock, stirring continuously. When sauce is smooth, add garlic.

Place parsley and chervil between bay leaves and tie the packet with a thread. Return lamb to pot with herbs and any juices that have collected. Cover and simmer gently 1 hour.

Scrub and peel turnips, onions and carrots. Add vegetables to lamb after first hour of cooking. Add remaining stock, cover and cook 45 minutes more. Add peas and cook another 5 minutes, or until peas are tender. Serve immediately.

Pair with Alibi Ale Works Chance of Clouds Hazy IPA and Spring Greens with Honey Lemon Vinaigrette

Adapted from New York Times Cooking



BEEF STOCK

INGREDIENTS

4 tbs. olive oil
4 lbs. Sinclair Family Farm
beef soup shank bones
16 cups cold water
1 onion, peeled and
quartered
1 carrot, peeled
1 rib celery
2 cloves garlic, crushed
2 sprigs fresh thyme
1 bay leaf
1/2 tsp. salt

INSTRUCTIONS

In a large pot, heat the oil over medium-high heat and cook beef bones until deeply browned on all sides, including the meaty edges, for 6 to 8 minutes per side. Reduce the heat if they threaten to burn. Remove the beef to a plate and pour out oil in pot.

Return the pot to medium-high heat. Add water, scraping the bottom of the pot to loosen any browned bits. Return the beef bones, and any accumulated juices, and bring to a simmer. As it comes to a simmer, skim off any impurities that rise to the surface with a large spoon.

Add onion, carrot, celery, garlic, thyme, bay leaf and salt. Cook uncovered, on low, with just a few bubbles breaking the surface for 2 1/2 hours. Stir occasionally.

Remove from heat and let stock rest for 15 minutes.

Strain stock through a large fine-mesh strainer into a large bowl.

Fill a larger bowl or the sink with ice and water and nest the bowl of stock in it. Stir regularly until the stock has cooled.

Transfer the cooled stock to airtight container. Refrigerate for up to 3 days or freeze for up to 3 months.

Adapted from Epicurious



PEA AND HAM STOCK SOUP

INGREDIENTS

1 Sinclair Family Farm ham hock, fat trimmed and rindless
2 cups frozen peas
2 medium potatoes, peeled and cubed
2 carrots peeled and chopped
3 celery stalks chopped
1 onion chopped
2 tbs. olive oil
2 tsp. paprika
2 tsp. cumin
2 tsp. garlic powder
2 tsp. oregano
2 tsp. salt
Pepper to taste
8 cups water

INSTRUCTIONS

Heat oil in large saucepan. Add onion and celery, cook for 2 minutes. Add carrots, potatoes, frozen peas, ham hock, spices and water.

Bring to the boil. Reduce heat and simmer for 50-60 minutes until vegetables are cooked and ham hock is very tender. Remove pan from heat. Take out ham hock and allow to cool

Cut meat from the bone and shred finely.

Blend the soup until smooth with a hand blender.

Bring soup slowly back to boil. Reduce heat and simmer. Add ham meat.

Pair with **Alibi Ale Works** Alibi IPA

Adapted from Cookpad





BISCUITS AND GRAVY

INGREDIENTS

1 lb. Sinclair Family Farm bulk breakfast sausage
2 tbs. butter
1/3 cup flour
3 cups milk
¼ tsp. garlic powder
¼ tsp. seasoned salt
Salt and pepper to taste
Your favorite biscuits

INSTRUCTIONS

Brown sausage in large skillet over medium-high heat until no longer pink. Add butter to the pan and stir until melted.

Sprinkle flour over the sausage and stir for 2 minutes.

Pour milk into sausage and flour mixture slowly, whisking constantly until smooth.

Whisk in the seasonings. Taste the gravy and adjust seasoning if necessary.

Serve immediately with your favorite biscuits.

Pair with **Alpen Sierra Coffee Roasting Company** Mellow Morning Half-Caf, or for a stronger taste, Certified Organic Dolomiti Blend.

Adapted from the Salty Marshmallow

HAM, BACON AND SPINACH FRITTATA



INGREDIENTS

6 large Sinclair Family Farm eggs
1/4 cup heavy cream
1 tsp. salt, divided
4 slices Sinclair Family Farm
thick-cut bacon, cooked and
chopped
1/4 tsp. black pepper
2 cups baby spinach
2 cloves garlic, minced
2 tsp. fresh thyme
Drizzle of olive oil
1 cup shredded cheese
1 cup Sinclair Family Farm
ham, cubed

INSTRUCTIONS

Preheat the oven to 400°F.

Whisk the eggs, heavy cream and 1/2 teaspoon salt together in a small bowl.

Drizzle olive oil or bacon grease into an oven safe pan or cast-iron skillet. Pile the spinach with the garlic and thyme, and cook, stirring until spinach wilts. Add the bacon back to the pan and stir to evenly distribute.

Spread the vegetables into even layer. Sprinkle the cheese on top and let it start to melt.

Pour the egg mixture over the vegetables and cheese. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for two minutes or until you see the eggs at the edges of the pan beginning to set.

Bake until the eggs are set, 8 to 10 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes. Take out of oven when eggs are set.

For a crispy top, run the frittata under the broiler for a minute.

Let cool for 5 minutes, slice into wedges and serve.

For dinner or brunch, pair with **Alibi Ale Works** Kölsch and serve **Liberty Food and Wine Exchange** Country Loaf and **Misbeehaven Farms** Tahoe Blue blueberry jam.

Adapted from Love and Lemons

SPRING GREENS WITH HONEY LEMON VINAIGRETTE

INGREDIENTS

Zest and juice of one large lemon
2 tbsp. olive oil
1 tbsp. Misbeehaven Farms
infused garlic honey
½ tsp. Dijon mustard
¼ tsp. black pepper



INSTRUCTIONS

Whisk together all ingredients. Serve over spring greens with thinly sliced red onion and Focaccia Croutons.

Adapted from Cuisine at Home

FOCACCIA CROUTONS

INGREDIENTS

1 clove garlic
¼ cup olive oil
¼ cup Parmesan cheese, grated
1/8 stick butter, melted
½ tsp. salt
½ tsp. dried thyme
½ tsp. onion powder
3 ½ cups Liberty Food and Wine
Exchange focaccia bread, cubed

INSTRUCTIONS

Preheat the oven to 350 degrees.

Crush garlic and mix with olive oil, Parmesan cheese, butter, salt, thyme and onion powder. Let sit for 10 minutes.

Place bread cubes in large bowl and spoon butter mixture on top. Toss until all the cubes get coated. Cover and let sit for 30 minutes until bread soaks up the mixture.

Spread bread on a cookie sheet in a single layer.

Bake, flipping halfway until golden brown and firm to the touch, 8 to 10 minutes.

Adapted from Allrecipes



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