


Summer

Grilling

Recipes



**Ranch-Inspired
Flavors and Foods**

A person is grilling food on a barbecue grill. The grill is filled with various items, including what looks like shrimp and skewers. The person is wearing a grey t-shirt and is using tongs to handle the food. The background is a blurred outdoor setting with greenery and a fence.

There's nothing we love more than summer-grilled food – especially when we've raised most of it ourselves and are sharing it with friends!

In this season's recipe book, we're sharing Karin Sinclair's (owner of Sinclair Family Farm and Carson Valley Meats) favorites – all the things you'll find on her summer barbecue table. She's even provided her grandmother's strawberry ice cream recipe.

"My grandmother made this every summer. I always got to crank the ice cream maker first, which was my favorite thing. If you don't have an old-fashioned crank ice cream maker, use the electric ones – it'll still taste great!"
– Karin Sinclair

We've also included some goodies like homemade beef jerky, our favorite marinade recipe, a yummy coffee-rubbed steak recipe and, in case you don't feel like grilling, we've added a focaccia deli sandwich.

As always, we share our recipes to inspire you to add locally produced foods and beverages on your table. You'll find recipes with locally sourced ingredients, including from our Ranch Box partners Liberty Food and Wine Exchange, Alpen Sierra Roasting Company, Alibi Ale Works beer and Misbeehaven Farms jams and honeys.

Order your Ranch Box today! | www.CarsonValleyMeats.com



4



11



4



7



12

Contents

How to Grill the Best Hamburger	4
The Best Baked Beans Ever	5
Karin's Potato Salad.....	6
Easy Grilled Corn with Chipotle-Lime Butter	7
Karin's Grandma's Homemade Strawberry Ice Cream.....	8
The Ultimate Beef Jerky	9
Beer and Honey Marinade.....	10
Coffee Rubbed Steak	11
Baked Deli Focaccia Sandwich	12



4



9



8



10



How to Grill the

Best Hamburger

For the burgers:

1 ½ lb. Sinclair Family Farm ground beef
(you can also use lamb or pork)

Salt

Pepper

Liberty Food and Wine Exchange
Brioche hamburger buns

Butter

Toppings

Cheese

Greens

Onions

Tomatoes

Condiments

Other: Bacon,
fried egg,
mushrooms

Method

1. Preheat a grill over medium high heat.
2. Divide ground beef into 4 patties, using your thumb to create a small well in the center of each patty.
3. Liberally season the patties on both sides with salt and pepper.
4. Lightly butter the cut side of each bun and add to the grill for 60 – 90 seconds, or until just toasted and browned.
5. Add hamburger patties over direct heat and grill covered for 3-4 minutes on each side for medium rare plus. Don't press on the burgers with your spatula while cooking – keep those juices in the meat!
6. Remove from grill (or top with cheese to melt) and rest 3 – 4 minutes before serving.
7. Top with your choice of ingredients and serve.

Serve with The Best Baked Beans Ever, Karin's Potato Salad and Easy Grilled Corn with Chipotle-Lime Butter (recipes included!) and pair with an ice-cold Alibi Ale Works Pale Ale.

The Best Baked Beans Ever!



Ingredients

8 slices Sinclair Family Farm bacon, halved
1 medium onion, cut into small dice
1/2 medium green pepper, diced
3 large cans (28 ounces each) pork and beans
3/4 c. barbecue sauce
1/2 c. brown sugar
1/4 c. distilled or cider vinegar
2 tsp. dry mustard or 2 tablespoons Dijon

Method

1. Adjust oven rack to lower-middle position and heat oven to 325 degrees.
2. Fry bacon in large, deep sauté pan skillet until bacon has partially cooked and released about 1/4 cup drippings. Remove bacon from pan and drain on paper towels.
3. Add onions and peppers to drippings in pan and sauté until tender, about 5 minutes.
4. Add beans and remaining ingredients bring to a simmer. (If skillet is not large enough, add beans and heat to a simmer then transfer to a large bowl and stir in remaining ingredients).
5. Pour flavored beans into a greased 13-by 9-inch (or similar size) ovenproof pan. Top with bacon, then bake until beans are bubbly, and sauce is the consistency of pancake syrup, about 2 hours. Let stand to thicken slightly and serve.

Adapted from The Pioneer Woman



Ingredients

2 lbs. potatoes (5 to 6 medium potatoes) cut into $\frac{3}{4}$ -inch chunks

1 cup mayonnaise

A good squirt of mustard

1 tsp. sugar

1 cup celery, chopped

$\frac{1}{2}$ red onion, finely chopped

2 hard-boiled eggs (farm fresh if you have 'em)

Salt and pepper to taste

Method

1. Cover potatoes with water in 4-quart saucepan; bring to a boil over medium-high heat. Reduce heat and simmer until potatoes are tender, about 10 minutes. Drain and cool slightly.

2. Combine mayonnaise, mustard, salt, sugar and pepper in large bowl. Add potatoes and remaining ingredients and toss gently. Serve chilled or at room temperature.

Karin's

Potato Salad

A photograph of several ears of grilled corn on a white plate. The corn is charred and coated in a buttery sauce. In the background, there are lime wedges and a whole lemon on a wooden surface.

Ingredients

8 large ears sweet corn in husks
1/2 cup butter, softened
1-1/2 teaspoons grated lime zest
1 teaspoon minced fresh cilantro
1/2 teaspoon salt
1/2 teaspoon ground chipotle pepper
Coarse sea salt, optional

Method

In a large stockpot, cover corn with cold water. Soak 30 minutes; drain. Grill corn, covered, over medium heat until tender, turning occasionally, 25-30 minutes.

Meanwhile, combine the remaining ingredients. Carefully peel back husks; discard silk. Spread butter mixture over corn.

Adapted from Taste of Home

Easy

Grilled Corn

with Chipotle-Lime Butter

Karin's Grandma's Homemade

Strawberry Ice Cream

Ingredients

2 cups chopped strawberries
1 cup sugar (divided)
2 cups heavy cream
1 cup whole milk
1/2 tsp vanilla extract
1 dash salt

Method

Mix chopped strawberries with 1/2 cup sugar in a medium sized bowl. Allow to set for about 15 minutes so strawberries release their juices.

Blend strawberries up in a blender or food processor.

In a large bowl combine strawberry mixture with heavy cream, whole milk, vanilla extract, salt and remaining sugar. Set aside.

Pour strawberry cream mixture into prepared ice cream maker, follow the manufacturer's directions.

The Ultimate

Beef Jerky

Lean Meat

1 lb. Sinclair Family Farm beef eye of round

Marinade

1 ¼ tsp sea salt

½ tsp onion powder

½ tsp garlic powder

1 tsp cracked black pepper

2 tsp granulated sugar

2 whole habaneros (3 if extra hot is wanted)

2 tbsp Worcestershire sauce

¾ cup cold water

¼ tsp curing salt (optional)

Method

1. Trim all visible fat from the beef and place in freezer for an hour or two to partially freeze.
2. While the meat is in the freezer, combine marinade ingredients in a blender and blend until the peppers have been chopped into very small pieces. Place in a bowl or Ziplock bag.
3. Remove the meat from the freezer and slice ¼" strips against the grain for an easy chew. Cut with the grain for a chewier jerky.
4. Add sliced beef to the mixture in the Ziplock bag or bowl and marinate for 8-24 hours in the refrigerator.
5. After the meat has finished marinating, remove from refrigerator and strain excess marinade in a colander and pat dry with paper towels.
6. Load dehydrator trays with jerky strips leaving room for air to circulate. I used my Excalibur Dehydrator and dried for 3 hours at 165°F and 1 hour at 145°F.
7. The jerky is finished when it bends and cracks but does not break in half.

Pro Tips

- Omit Habaneros if you don't want a spicy jerky
- Wash hands before handling meat
- Make Sure to use a blender to incorporate ingredients
- Adjust the amount of peppers to your liking

Adapted from jerkyholic.com

Beer and Honey

Marinade

Ingredients

2 (12 ounce) cans Alibi Ale Works beer,
or your favorite type

1 cup Misbeehaven Farms honey
(We like Infused Garlic)

2 teaspoons dry mustard

1 teaspoon chili powder

2 tablespoons lemon juice

1 teaspoon salt

2 teaspoons ground black pepper

1 teaspoon rubbed sage

1 teaspoon sugar

Method

Blend all the ingredients and pour
the marinade over your choice of
meat. Marinate 1 to 24 hours in the
refrigerator, turning occasionally.

This marinade is great for grilled
chicken, pork spareribs and tri-tip.
Try it also on pork chops – the honey
caramelizes beautifully!

Adapted from Food.com



Coffee Rubbed

Steak

Ingredients

- 2 tablespoons ancho chile powder
- 2 tablespoons finely ground Alpen Sierra Coffee Roasting Company coffee beans, or your favorite
- 5 teaspoons dark brown sugar
- 1 tablespoon hot smoked Spanish paprika
- 1½ teaspoons dried oregano
- 1½ teaspoons freshly ground black pepper
- 1½ teaspoons ground coriander
- 1½ teaspoons mustard powder
- 1 teaspoon chile de árbol powder or ¾ teaspoon finely ground red pepper flakes
- 1 teaspoon ground ginger
- 1 tablespoon kosher salt, plus more
- 2 16-ounce Sinclair Family Farm New York steaks (about 1 inch thick)

Method

Mix ancho chile powder, ground coffee, brown sugar, paprika, dried oregano, pepper, coriander, mustard, chile de árbol powder, ginger, and 1 Tbsp. salt in a small bowl.

Season steaks with salt, then coat with 5 tsp. spice rub per steak (save any extra rub for your next steak). Place on a wire rack set inside a rimmed baking sheet and chill uncovered 3–6 hours.

Let steaks sit 1 hour to come to room temperature, which will help them cook quickly and more evenly.

Grill the first side for 4-5 minutes until golden brown and slightly charred.

Turn the steaks over and grill 3-5 minutes more for medium rare (internal temperature of 135 degrees, at least)

Let the meat rest before serving to distribute the juices evenly.

Baked Deli Focaccia Sandwich

Ingredients

1 loaf (12 ounces) Liberty Food and Wine Exchange focaccia bread
1/4 cup prepared Liberty Food and Wine Exchange pesto sauce
1/4-pound sliced deli ham
1/4-pound sliced deli smoked turkey
1/4-pound sliced deli pastrami
5 slices cheese
1/3 cup thinly sliced onion
1 small tomato, sliced
1/4 teaspoon Italian seasoning

Method

1. Cut focaccia horizontally in half; spread pesto over cut sides.
2. On bread bottom, layer the ham, turkey, pastrami, cheese, onion and tomato.
3. Sprinkle with Italian seasoning.
4. Replace bread top; wrap sandwich in foil.
5. Place on a baking sheet.
6. Bake at 350° for 20-25 minutes or until heated through.
7. Let stand for 10 minutes. Cut into wedges.

Adapted from Taste of Home



Visit

CarsonValleyMeats.com

to learn more about
our Ranch Boxes
and our efforts
to help preserve
agriculture in the
Carson Valley and
Northern Nevada.

© 2021 Carson Valley Meats

