



Recipe Book

2021

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

Ingredients

- ½ lb. asparagus, with ends trimmed and cut
- 1 lb. pasta (kids love the bow-tie kind!)
- ½ cup **Liberty Food and Wine Exchange** Pesto Sauce
- ¼ cup chives, finely chopped
- Zest from one lemon
- 1/3 cup mozzarella cheese cut in cubes
- ¼ cup grated Parmesan cheese

Method

1. Bring a large pot of salted water to a boil and add asparagus. Cook for 3 minutes, then remove with a slotted spoon and place in a bowl of ice water. Let cool, then drain.
2. Bring the same pot of water back up to a boil. Add pasta and cook for 11 minutes, or until al dente, then drain, reserving about 1/4 cup of cooking water.
3. In a large bowl, combine pasta, asparagus, and basil pesto. Toss until pasta is evenly coated with pesto. If the sauce is too thick, begin pouring in reserved pasta water (about 2 tablespoons at a time) until sauce reaches desired consistency. Add chives, lemon zest, and mozzarella, and stir just to combine.
4. Divide pasta into bowls and top with Parmesan cheese. If eating immediately, serve hot. You can also serve it cold or at room temperature as this also makes a fantastic pasta salad!

Adapted from Ahead of Thyme

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

Garden Spring Lamb

Ingredients

2 pounds **Sinclair Family Farm** shoulder of lamb, boned

Salt and freshly ground black pepper to taste

2 tablespoons butter

1 tablespoon olive oil

2 tablespoons flour

4 cups light beef stock*

2 cloves garlic, peeled and left whole

4 parsley sprigs

4 chervil sprigs (if available)

2 small bay leaves

16 very small new potatoes

16 small (2-inch-long) new carrots

16 small onions, or 8 new shallots, or 16 scallions

12 small new white turnips

2 cups shelled tender young peas

**See our recipe for beef stock*

Method

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

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

3. When lamb is done, remove casserole from heat and 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.

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

5. Meanwhile, scrub vegetables, peeling turnips, onions and carrots, if desired. (If using scallions, trim roots and cut off tops, leaving an inch or so of green.) 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. Turn into a hot serving dish and serve immediately.

Adapted from New York Times Cooking

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



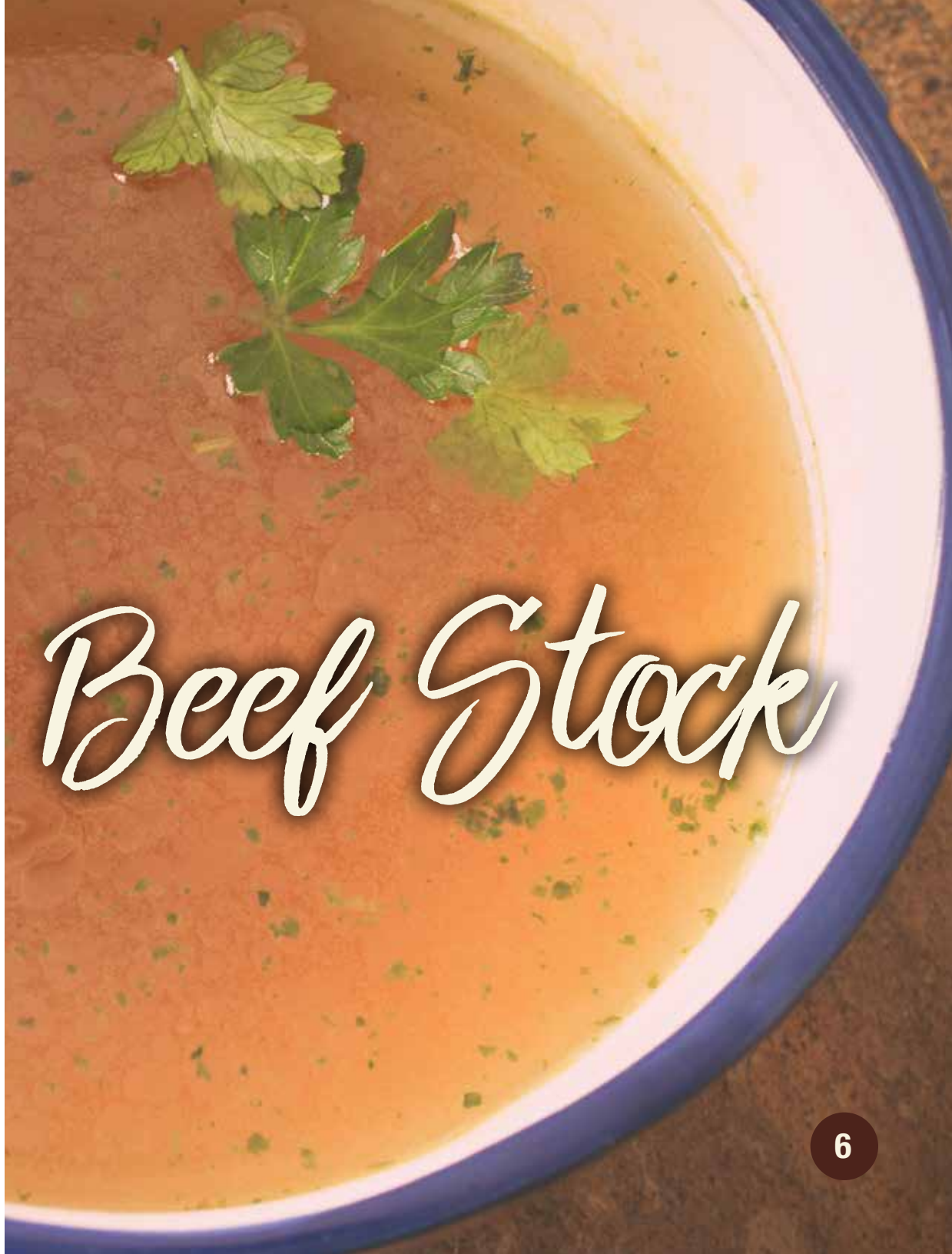
Ingredients

4 tablespoons olive or vegetable oil
4 pounds **Sinclair Family Farm** Beef Soup Shank Bones
16 cups cold water
1 onion, peeled and quartered
1 carrot, peeled
1 rib celery
2 large cloves garlic, crushed
2 sprigs fresh thyme
1 bay leaf
1/2 teaspoon salt

Method

1. In a 10-quart pot, heat the oil over medium-high heat and cook beef bones, in 2 batches if necessary, until very 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 off the oil in the pot.
2. Return the pot to medium-high heat and add the 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 ladle or large spoon.
3. Add the onion, carrot, celery, garlic, thyme, bay leaf, and salt. Cook uncovered, at the barest possible simmer, with just a few bubbles breaking the surface, stirring occasionally, for 2 1/2 hours.
4. Remove from the heat and let the stock rest for 15 minutes. Strain stock through a large fine-mesh strainer or a colander double-lined with damp cheesecloth into a large bowl.
5. 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.
6. Transfer the cooled stock to airtight containers and refrigerate for up to 3 days or freeze for up to 3 months.

Adapted from Epicurious



Pea & Ham Stock Soup

Ingredients

1 Sinclair Family Farm ham hock, fat trimmed and rindless (skin off)	2 tsp paprika
2 cups frozen spring peas	2 tsp cumin
2 medium potatoes, peeled and cut in cubes	2 tsp garlic powder
2 big carrots peeled and chopped	2 tsp oregano
3 celery stalks chopped	2 tsp salt
1 onion chopped	Black pepper to taste
2 tbs olive oil	8 cups water

Method

1. Heat oil in a large saucepan. Add onion and celery, cook for 2 minutes. Add carrots, potatoes, frozen peas, ham hock and spices and water.
2. Bring to a boil. Reduce heat and simmer for 50-60 minutes until vegetables are cooked and ham hock is very tender. Remove pan from heat. Remove ham hock and allow it to cool
3. Cut meat from the bone and shred finely.
4. Blend the soup until smooth with a hand blender.
5. Bring soup slowly back to a boil. Reduce heat and simmer.
Add ham meat.

Adapted from Cookpad

Pair with **Alibi Ale Works** Alibi IPA

Biscuits & Gravy

Ingredients

1 lb **Sinclair Family Farm** bulk breakfast sausage
2 tbs butter
1/3 cup flour
3 cups milk
1/4 tsp garlic powder
1/4 tsp seasoned salt
Salt and pepper to taste
Your favorite biscuits

Method

1. Brown the sausage in a large skillet over medium-high heat until no longer pink.
2. Add the butter to the pan and stir it around until melted.
3. Sprinkle the flour over the sausage and stir for 2 minutes.
4. Pour the milk into the sausage and flour mixture slowly, whisking constantly until smooth.

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

Serve immediately with your favorite biscuits.

Adapted from the Salty Marshmallow

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



Ham, Bacon & Spinach Frittata

Ingredients

6 large Sinclair Family Farm eggs, enough to cover the ingredients
1/4 cup heavy cream
1 teaspoon kosher salt, divided
4 slices Sinclair Family Farm thick-cut bacon (8 ounces), cooked and chopped (optional)
1/4 teaspoon freshly ground black pepper

2 cups baby spinach (2 ounces)
2 cloves garlic, minced
2 teaspoons fresh thyme leaves
Drizzle of olive oil (or bacon fat if you've just cooked the bacon)
1 cup shredded cheese, such as Gruyere, Fontina, or cheddar (optional)
1 cup cubed ham (preferably Sinclair Family Farm ham)

Method

1. Heat the oven to 400°F.
2. Whisk the eggs, heavy cream, and 1/2 teaspoon salt together in a small bowl; set aside.
3. 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, for 30 seconds to 1 minute or until spinach wilts. Add the bacon back to the pan and stir to evenly distribute.
4. Spread the vegetables into an even layer, flattening with a spatula. Sprinkle the cheese on top and let it just start to melt.
5. 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 a minute or two until you see the eggs at the edges of the pan beginning to set.

6. 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; if the eggs are set, pull the frittata from the oven. For a browned, crispy top, run the frittata under the broiler for a minute or two at the end of cooking.

7. Cool in the pan for 5 minutes, then 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

Whisk together:

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

Serve over spring greens with thinly sliced red onion and **Liberty Food and Wine** Focaccia Croutons

Adapted from Cuisine at Home

Focaccia Croutons



Ingredients

1 clove garlic

¼ cup olive oil

¼ cup grated Parmesan cheese

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, cut into cubes

Method

Preheat the oven to 350 degrees.

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

Place bread cubes in a large bowl and spoon butter mixture on top. Toss well to make sure all the cubes get coated. Cover and let sit for about 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


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 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.

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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 three ears of grilled corn on a white plate with a black rim. The corn is charred and coated with a buttery sauce. The plate is set on a wooden surface. In the background, there are several lime wedges and a whole lemon.

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



September

Grilling Recipes



Ranch-Inspired
Flavors and Foods



Ribs are arguably the pinnacle of the barbecue food chain and carnivores are united in their love of that falls-off-the bone kind of meat. If you're a fan of BBQ, then you can agree that there is nothing more delicious than perfectly cooked ribs. However, many people tend to shy away from cooking them at home. Instead, they go to their favorite local BBQ joint, knowing the ribs there will be perfectly seasoned and fall-off-the-bone tender. And we get it, cooking ribs is a science that can be hard to master.

There are so many ways to make them, you can cook them in almost anything, and you have options in what kind of meat you use. To make it even more confusing, choosing the right meat for ribs is essential because each kind of meat differs in taste, texture, and size. That's why we're here to help! Mike from Carson Valley Meats is an expert when it comes to ribs, so we interviewed him to get his best recipes and secrets for the perfect BBQ ribs.

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Fall-Off-The Bone Braised Short Ribs 5

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Ingredients

3 pounds Sinclair Family Farm Korean Cut Ribs	¼ tsp. cayenne or gochujang
1/3 cup soy sauce	1 medium onion, peeled and quartered
1/3 cup brown sugar	8 garlic cloves, peeled
1/3 cup rice wine	1 small Asian pear, peeled, cored, and quartered
1 tbsp. sesame oil	1 1-inch chunk of ginger, peeled
2 tsp. black pepper	2 tsp. sesame seeds

Toppings

Lettuce leaves
Sliced red or green hot pepper
Spicy Korean soybean paste for dipping
Steamed rice, optional

Method

1. Rinse short ribs in cold water, pat dry, and place in a wide shallow bowl.
2. In another bowl, mix soy sauce, brown sugar, rice wine, sesame oil, black pepper and cayenne.
3. Put onion, garlic, pear, and ginger in the work bowl of a food processor. Grind ingredients to a smooth purée, then add to soy sauce mixture.
4. Add sesame seeds. Thin with ¼ cup water. Pour marinade over short ribs and mix well. Cover and refrigerate for at least 2 hours, or overnight.
5. Bring to room temperature, drain, and discard marinade.
6. Cook short ribs on a hot grill or under the broiler for 2 to 3 minutes per side, until nicely browned but juicy.
7. Place grilled meat on a platter and serve immediately with lettuce leaves on the side. Accompany with sliced hot peppers, spicy Korean soybean paste and steamed rice, if desired.

Adapted from Cooking with David Tani



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The Best

Korean-Style Short Ribs

Ever



Fall-Off-The Bone

Braised Short Ribs

Ingredients

8 whole **Sinclair Family Farm**
Beef Short Ribs

Kosher salt and pepper, to taste

1/4 cup all-purpose flour

6 pieces pancetta, diced

2 tbsp. olive oil

1 whole medium onion, diced

3 whole carrots, diced

2 whole shallots, peeled and
finely minced

2 cups red or white wine

2 cups beef or chicken broth
(enough to almost cover ribs)

2 sprigs thyme

2 sprigs rosemary

Method

1. Salt and pepper ribs, then dredge in flour. Set aside.
2. In a large Dutch oven, cook pancetta over medium heat until complete crispy and all fat is rendered. Remove pancetta and set aside. Do not discard grease.
3. Add olive oil to pan with the pancetta grease and raise heat to high. Brown ribs on all sides, about 45 seconds per side. Remove ribs and set aside. Turn heat to medium.
4. Add onions, carrots, and shallots to pan and cook for 2 minutes. Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook 2 minutes.
5. Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt if needed. Add ribs to the liquid; they should be almost completely submerged. Add thyme and rosemary sprigs to the liquid.
6. Put on the lid and place into the oven. Cook at 350 for 2 hours, then reduce heat to 325 and cook for an additional 30 to 45 minutes.
7. Ribs should be fork-tender and falling off the bone. Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving.
8. At the last minute, skim fat off the top of the liquid.
9. Serve 2 ribs on bed of creamy polenta, spooning a little juice over the top.

Adapted from The Pioneer Woman

Fall 2021

Comfort

Foods



Ranch-Inspired
Flavors and Foods

Fall is one of our favorite times on the ranch. With the leaves turning and the weather cooling off, it's a nice break from summer. Plus, we're getting into comfort foods season! This recipe book is chock-full of some of our best comfort foods, using some of our more affordable cuts of meat, which are best slow-cooked, and bring comfort in cold weather and dark nights.

Great food doesn't have to be expensive, and these recipes will fill your family's tummies with warmth and goodness, while saving you time using some of your favorite kitchen appliances – slow cookers and air fryers!

Enjoy!



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Beef & Pork Chili

Ingredients

6 slices **Sinclair Family Farm** smoked pork bacon cut into 1/2-inch pieces

4 cloves garlic, finely chopped

2 medium onions, finely chopped

1 red bell pepper, chopped

1 yellow bell pepper, chopped

3 tbsp. chili powder

1 tbsp. ground cumin

1 tbsp. chipotle chili powder

2 tsp. dried oregano

1 tbsp. smoked paprika

Salt and freshly ground black pepper

1 pound **Sinclair Family Farm** grass-fed ground beef

1 pound **Sinclair Family Farm** ground pork

1 cup of **Alibi Ale Works** Pale Ale beer

One 15-ounce can black beans, drained and rinsed

One 15-ounce can kidney beans, drained and rinsed

One 24-ounce can crushed tomatoes

One 24-ounce can diced tomatoes, with juice

Toppings

Lime wedges

Sour cream

Shredded cheddar cheese

Sliced scallions

Method

1. In large Dutch oven, cook the bacon over medium heat until lightly crisp.
2. Once the bacon is browned, add the garlic, onions, bell peppers, chili powder, cumin, chipotle chili powder, oregano, and smoked paprika and season with salt and pepper. Cook until the vegetables are tender.
3. Add the beef and pork and break it up with a wooden spoon. Brown the meat until it's no longer pink, about 4 minutes.
4. Stir in the beer and beans. Then add the crushed and diced tomatoes.
5. Turn the heat down to low and simmer for 1 1/2 hours.
6. Taste for seasoning and add salt and pepper, if necessary.
7. Transfer the chili into serving bowls and garnish with lime wedges, sour cream, shredded cheese, and sliced scallions.

Adapted from Pat's Famous Beef and Pork Chili

Pulled Pork Chili

Ingredients

2 Pounds **Sinclair Family Farm** Pork Butt
2 tbsp. brown sugar
1 tsp. garlic powder
1 tsp. salt
1 tsp. pepper
1 tsp. chili powder
½ tsp. cumin
¼ tsp. cayenne pepper
1 Small red onion, diced
2 cups beef broth
One 28-ounce can tomato sauce
One 28-ounce can diced tomatoes
½ cup barbecue sauce
Two 14-ounce and chili beans
1 tsp. hot sauce, Optional

Method

1. In a bowl mix together the brown sugar, garlic powder, salt, pepper, chili powder, cumin, and cayenne.
2. Season the pork roast well on both sides and place into your slow cooker.
3. Add the onion, beef broth, tomato sauce, diced tomatoes, barbecue sauce, chili beans, and hot sauce to the slow cooker.
4. Cover and cook on low for 8-10 hours.
8. Shred the pork using two forks and stir the chili well. Discard bone if included.

Adapted from The Salty Marshmallow





Karin's

Beef Shank

Over Rice

Ingredients

2 **Sinclair Family Farm** Beef Shanks with bone in

Salt

Pepper

Cayenne pepper

Cooked rice

Method

1. Salt and pepper both sides of the beef shank. Sprinkle cayenne pepper to taste on one side.
2. Preheat a cast-iron skillet. Brown the shank on both sides.
3. Add water to half-way up the side of the shank.
4. Simmer all day in the cast iron pan adding water as needed.
5. The marrow will cook out of the bone and infuse the broth with flavor and thicken it.
6. It can also be cooked in a slow cooker after browning, adding water as needed.
7. Serve over rice.

Karin says: "The broth from this dish is full of great nutrients from the bone marrow. It makes my arthritis feel so much better the next day!"



Pork Shoulder Roast

(or Picnic Roast)

Ingredients

4 pounds **Sinclair Family Farm**
pork shoulder roast

Garlic

1 tsp. salt

1 tsp. pepper

1 cup water

Method

1. Preheat oven to 300°F.
2. Pierce roast and stuff with garlic cloves. Salt and pepper all over. Place in a baking pan and pour in the water.
3. Place in the oven and roast for 4 to 5 hours for desired tenderness, adding water to the pan as needed.
4. The internal temperature when done should be 145°F - 165°F.
5. Use the leftovers for Chili Verde and Simple Chili Verde!

Chile Verde

Ingredients

Chili Verde

12 ounces tomatillos, husked and rinsed
3 jalapenos, stems removed
2 large poblano peppers, stems removed
1 serrano pepper, stem removed
2 medium onions, chopped
1 tbsp. minced garlic

Method

Chile Verde

1. Grease a large baking sheet with nonstick cooking spray or oil and the tomatillos, jalapenos, poblanos and serrano peppers on the baking sheet and place under broiler.
2. Broil on high for 10 minutes, turning the tomatillos and peppers over halfway through.
3. Remove the baking sheet from the broiler and cover with aluminum foil. Let it sit for 10 minutes.
4. Uncover and remove as much of the skin from the peppers as you can. If preferred, remove the seeds from any of the peppers to reduce the spiciness.
5. Add the broiled tomatillos, peppers, onions, and garlic into a large blender. Blend until smooth. Set aside until ready to use.

Pork

2 tbsp. cooking oil
2 1/2 pounds **Sinclair Family Farm** pork shoulder roast leftovers
Salt and pepper, to taste
1 1/2 cups water
2 tbsp. lime juice
1/3 cup chopped cilantro

Pork

1. Heat a large pot or Dutch oven over medium-high heat and add in cooking oil and the pork.
2. Season with salt and pepper. Sear the meat on all sides until nicely browned.
3. Add the prepared Chile Verde and mix, making sure to scrape the bottom of the pot with a wooden spoon to get all the brown bits.
4. Cover, lower heat to simmer and cook for 2 to 3 hours, until the pork is tender.
5. Add water, lime juice and cilantro and stir until combined. Taste and season with more salt, if necessary.

Adapted from Isabel Eats





Simple Chili Verde

Ingredients

4 to 5 pounds **Sinclair Family Farm** pork shoulder roast leftovers
Three 10-ounce cans green enchilada sauce
1 cup salsa Verde
One 4-ounce can chopped green chilis

Base and Toppings

Cooked Rice
Sour Cream

Method

1. In a 5-qt. slow cooker, combine pork, enchilada sauce, salsa Verde, green chiles and salt.
2. Cook, covered, on low until pork is tender, 5-6 hours.
3. Serve with rice. If desired, top with sour cream.

Adapted from Taste of Home



Air Fryer

Roast Chicken

Ingredients

One **Sinclair Family Farm** 5-pound whole chicken, giblets removed
2 tbsp. avocado oil
1 tbsp. Kosher Salt
1 tsp. Freshly ground black pepper
1 tsp. garlic powder
1 tsp. paprika
½ tsp. dried basil
½ tsp. dried oregano
½ tsp. dried thyme

Method

1. Combine all the seasonings with the oil to make a paste and spread it all over the chicken.
2. Spray the air fryer basket with cooking spray.
3. Place the chicken in the basket breast side down and cook at 360°F for 50 minutes.
4. Flip the chicken to breast side up and cook for an additional 10 minutes.
5. Check to make sure the breast meat has an internal temperature of 165°F. Carve and serve.

This recipe can also be done in the oven at 425° for 1 ½ hours or until the chicken reaches an internal temperature of 165°.

Adapted from Low Carb with Jennifer

A close-up photograph of a white ceramic bowl filled with split pea soup. The soup has a thick, yellowish-orange broth. Several large, reddish-brown slices of ham hock are piled on top of the soup. A small sprig of fresh green parsley is placed as a garnish on the right side of the bowl. The bowl is set on a dark grey surface.

Ingredients

1/4 cup olive oil

1 large onion, finely diced

2 celery stalks, finely diced

2 carrots, finely diced

One 1-pound bag split peas, rinsed and picked through

1 1/2-lbs. **Sinclair Family Farm**
smoked ham hock

2 quarts chicken stock, water, or combination

Salt and freshly ground black pepper

Method

1. In a large saucepan, sauté onion, celery, and carrots over medium-high heat.

2. Add peas and ham hock and cover with stock by a couple of inches.

3. Bring to a simmer and cook for about 1 hour until soup is thick and peas have almost disintegrated but not quite. Season, to taste, with salt and pepper.

4. Remove ham hock and let cool.

5. Pull meat from ham hock bone and shred. Garnish with ham and pepper.

Adapted from The Food Network

Split Pea Soup

with Ham Hocks

Simple Chicken Soup

Ingredients

Carcass and bones from one 4 to 5-pound leftover from your Air Fryer Chicken recipe

4 cups chicken broth

2 medium carrots, sliced into 1/4-inch-thick rounds

2 celery stalks, sliced into 1/4-inch-thick slices

1 medium onion, chopped

1 bay leaf

1/2 cup white rice

2 tbsp. chopped parsley

Kosher salt

Method

1. Put the bones and carcass from the chicken into a large pot. Cover with the broth and 4 cups water.

2. Bring to a boil over medium-high heat, reduce to a simmer and cook for 20 minutes. Use a ladle to skim any foam or fat from the broth if needed.

3. Remove the bones and carcass and set aside to cool.

4. Add the carrots, celery, onion, and bay leaves to the broth, bring back to a simmer and cook until the vegetables are about halfway cooked, about 10 minutes.

5. Stir in the rice to keep it from sticking to the bottom of the pot, and cook until the grains are just al dente, about 10 to 12 minutes.

6. When the carcass and bones are cool enough to handle, pick off the meat, and shred it into bite-size pieces.

7. When the rice is done, add the meat to the broth and simmer until warmed through, about 1 minute.

8. Stir in the parsley, and season with 1/2 tsp. salt or more to taste.

9. Serve with focaccia bread from Liberty Food and Wine. To really bring out the flavor of the bread, make sure to stick it in the air fryer to toast it.

Adapted from The Food Network



Jiffy Corn Bread

with Creamed Corn

Ingredients

2 boxes Jiffy corn muffin mix
1 cup sour cream
3 eggs, beaten
1/2 cup melted butter or margarine
1 tsp. salt
One 16-ounce can cream corn, undrained

Method

1. Mix all ingredients together and pour into greased 9x13 baking dish.
2. Bake at 375 degrees for 35 minutes or until lightly brown.

Adapted from Marty's Musings

Chilaquiles

**with Poached Eggs
and Spicy Honey**

Ingredients

1 tbsp. vegetable oil
½ medium yellow onion, diced
1 pound ground chicken
1½ tbsp. five-spice powder
1 tsp. **Misbeehaven Farm**
clover honey
1 tsp. kosher salt
One 15-ounce jar salsa
4 **Sinclair Family Farm**
medium chicken eggs
Eight 6-inch corn tortillas, cut
into quarters
½ cup of **Misbeehaven Farm**
spicy honey

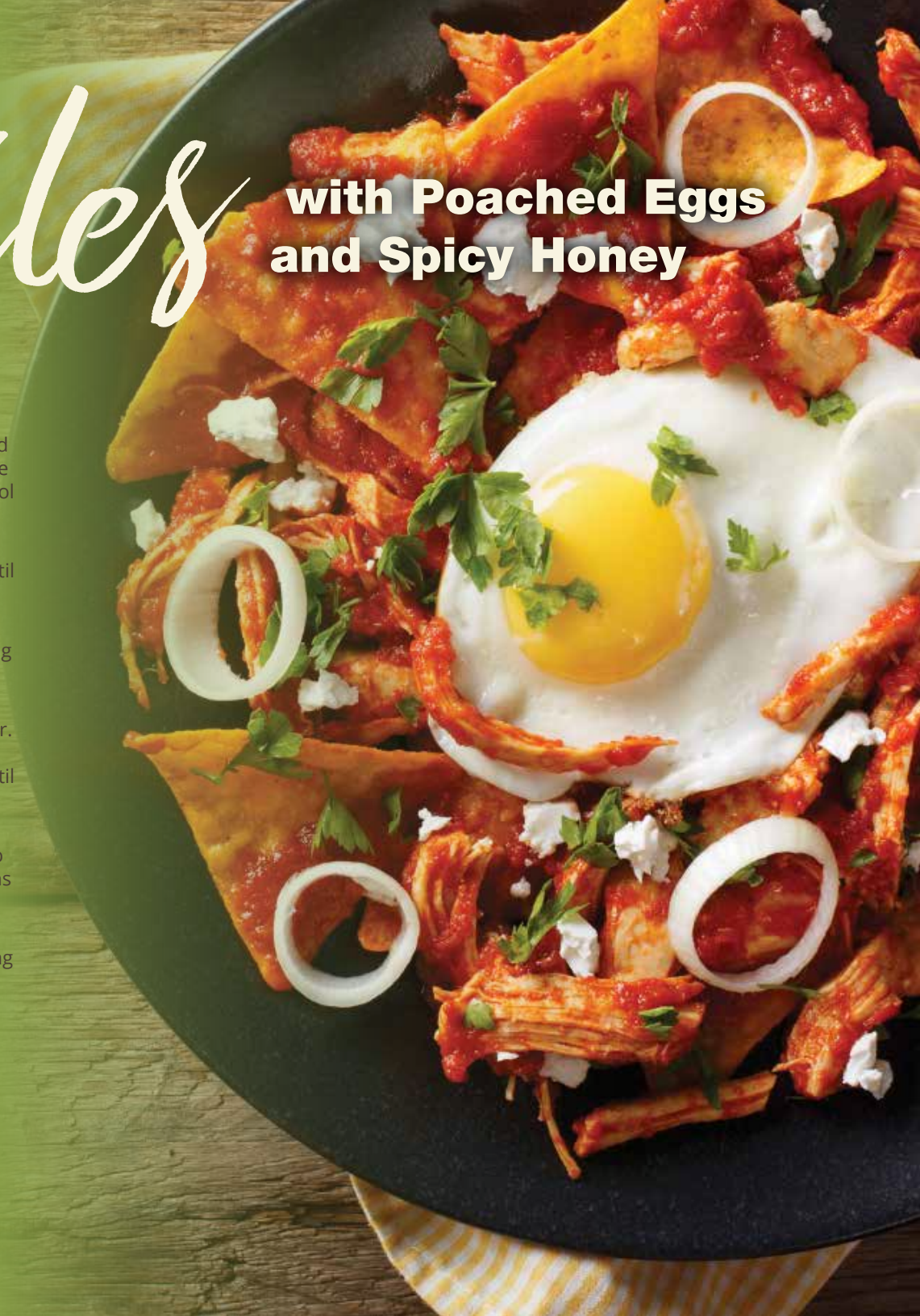
Toppings

¼ cup fresh cilantro, chopped
1 small jalapeño, seeded and
thinly sliced (optional)
¼ cup queso fresco, shredded
mozzarella, or crumbled feta
cheese
4 radishes, thinly sliced
2 limes, quartered

Method

1. Preheat the oven to 400°F. Brush the tortillas with oil and season with salt.
2. Spread the tortillas on a parchment-lined baking sheet, transfer to the oven and bake until crispy, about 10 to 15 minutes. Let cool to room temperature.
3. In a large skillet, heat the canola oil over medium heat. Add the onion and sauté until translucent, about 3 minutes.
4. Add the ground chicken, five-spice powder, 1 tsp. honey and salt. Cook, stirring occasionally, until the chicken is browned, about 4 minutes.
5. Add the salsa and bring to a light simmer. Reduce the heat to medium-low. Add the tortillas, cover, and continue to simmer until they soften, 13 to 15 minutes.
6. Fill a saucepan halfway with water and bring to a bare simmer. Reduce the heat to low, crack each egg into individual ramekins or small bowls, and gently pour into the water one at a time.
7. Using a spoon, gently swirl the simmering water around each egg until the whites solidify and the yolks are still soft, about 4 minutes. Gently remove the eggs from the water and drain on a paper towel.
8. Divide the chilaquiles and top each with an egg and garnish with your desired toppings. Drizzle the spicy honey on top.

Adapted from Pure Wow





Ingredients

12 jalapeno peppers approximately
3-4 inches long
One 8-ounce block cream cheese, softened
1 cup cheddar cheese
1/2 tsp. onion powder
1/2 tsp. salt
1/2 tsp. pepper
12 slices of **Sinclair Family Farm** smoked
pork bacon
cooking spray

Method

1. Preheat the oven to 400°F and line a sheet pan with foil. Coat it with cooking spray.
2. Cut the jalapenos in half lengthwise and use a spoon to scoop out the seeds and ribs.
3. In a bowl mix together the cream cheese, cheddar cheese, onion powder, salt and pepper.
4. Fill each jalapeno half with the cheese mixture.
5. Cut the slices of bacon in half crosswise and wrap each pepper half in a slice of bacon. Use a toothpick to secure the bacon.
6. Arrange the peppers on the baking sheet and bake for 20-25 minutes until bacon is crispy.

Adapted from Dinner At The Zoo

Bacon-Wrapped


Jalapeno Poppers

2021



Holiday **Recipes**

**Ranch-Inspired
Flavors and Foods**



How do I know when it's time to break out the holiday recipes? The air is chillier, the days are shorter, and warming up next crackling fire sounds like a great way to spend the evening.

This time of year is wonderful for many reasons, but holiday meals have to be at the very top! That's why we wanted to share some holiday recipes ranging from breakfast to dinner for both large and small family gatherings.

These seasonal recipes are a great way to celebrate the holidays and cherish warm memories with the ones you love!

Enjoy!

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Christmas Morning

Breakfast Casserole

Ingredients

8 thick slices country white bread,
buttered and cubed

1 lb. **Carson Valley Meats** pork
breakfast sausage

1 tbsp. chopped fresh sage

1 cup shredded white cheddar
cheese

1 cup yellow shredded sharp cheddar
cheese

7 **Sinclair Family Farm** eggs

3 cups milk

½ tsp. cayenne pepper

½ tsp. dry mustard

Salt and pepper, to taste

Hot Sauce

Method

1. Prepare an 8x8 baking dish with non-stick cooking spray.
2. In a large skillet over medium-high heat, add the pork breakfast sausage. Use a wooden spoon break up the sausage into crumble sized pieces.
3. Cook until browned, about 5-10 minutes. Fold in chopped sage after cooked.
4. Meanwhile, add the buttered and cubed bread into the prepared baking dish
5. Sprinkle the sausage over the bread, making sure to distribute evenly, then sprinkle with cheese.
6. In a medium bowl, add eggs, milk, cayenne, dry mustard, salt and pepper to taste. Whisk together and pour over the bread, sausage, and cheese.
7. Preheat the oven to 350 degrees. Bake for 1 hour, or until bubbly and hot. Serve hot.

Adapted from Paula Deen

Stuffed French Toast

Ingredients

1 loaf high-quality farmhouse style bread	2 tbsp. sugar
6 oz cream cheese softened	1/2 tsp. vanilla extract
1/4 cup sugar	1/4 tsp. cinnamon
2 tbsp. of Misbeehaven Farm apricot jam	12 oz frozen raspberries
1 tbsp. sour cream	1/2 cup sugar
5 large Sinclair Family Farm eggs	1/3 cup pure maple syrup
1/2 cup half and half	

Method

1. In a medium pot, combine the frozen raspberries, 1/2 cup sugar, maple syrup and two tablespoons of apricot jam.
2. Bring to a low boil and reduce heat to simmer the raspberry syrup for about 5 minutes. Stir, remove from heat, and set aside.
3. Heat a griddle to medium-high heat.
4. With a hand mixer, whip together the cream cheese, 1/4 cup of sugar, two tablespoons of apricot jam and sour cream until combined.
5. In a shallow bowl, whisk together the eggs, half and half, two tablespoons of sugar, vanilla and cinnamon.
6. Evenly spread the filling mixture in-between two slices of bread to make a sandwich.
7. One at a time, evenly dip both sides of your sandwiches in the mix.
8. Fry on both sides of your griddle until browned and the filling mixture is melted.
9. Serve with raspberry syrup

Adapted from Foodtastic Mom





Mulled Maple Apple Cider

Ingredients

4 whole cinnamon sticks
1/8 tsp. ground cloves
8 whole allspice berries
Orange peel from 1 orange
Lemon peel from 1 lemon
1/2 cup maple syrup
6 cups apple juice
Apple slices and orange twists, for garnish
1/2 cup dark rum, optional

Method

1. Place the cinnamon sticks, ground cloves, allspice berries, orange peel and lemon peel in a medium saucepan.
2. Pour in the maple syrup and apple juice, then bring to almost a boil.
3. Reduce the heat to low and simmer for 30 minutes.
4. Remove from the heat and serve in mugs with apple slices and orange twists for garnish.
5. Add a splash of rum for an adults-only version!

Adapted from The Pioneer Women

Christmas Bread Pudding

Ingredients

8 cups day-old bread cubes, crust removed
2 medium tart apples, peeled and chopped
1/2 cup dried cranberries or raisins
6 large egg yolks
3 large **Sinclair Family Farm** eggs
1 cup heavy whipping cream

1/2 cup whole milk
1 cup sugar

Cream sauce:

1 cup heavy whipping cream
3 tbsp. sugar
1 to 2 tsp. vanilla or rum extract
Dash ground cinnamon and nutmeg

Method

1. In a bowl, combine the bread cubes, apples, and cranberries. Transfer to a greased 11x7-in. baking dish.
2. In a bowl, combine the egg yolks, eggs, cream, milk, and sugar. Pour over bread mixture.
3. Place dish in a larger baking dish and fill the larger dish with boiling water halfway up the sides.

4. Bake at 350 degrees for 50-55 minutes or until a knife inserted in the center comes out clean. Remove from water bath and cool for 15 minutes.
5. For the cream sauce, combine cream and sugar in a saucepan. Cook and stir until sugar is dissolved.
6. Remove from the heat. Stir in the vanilla, cinnamon, and nutmeg. Serve warm with pudding.

Adapted from Taste of Home

Standing Rib

Roast of Beef

Ingredients

1/3 cup Dijon mustard
2 tbsp. minced garlic
1 tbsp. chopped thyme leaves
2 tsp. coarsely ground pepper
Kosher salt
3 tbsp. extra-virgin olive oil
13 pounds of **Sinclair Family Farm** prime rib roast, 5-rib chine bone removed

Method

1. Preheat the oven to 450 degrees.
2. In a small bowl, mix the mustard with the garlic, thyme, pepper and 2 teaspoons of kosher salt. Whisk in the olive oil.
3. Set the meat in a roasting pan, bone side down, and season it lightly with salt. Roast the meat in the lower third of the oven for 20 minutes.
4. Remove the meat from the oven and reduce the temperature to 350 degrees.
5. Brush the mustard coating over the top and sides of the meat and roast for about 1 1/2 hours longer, rotating the roasting pan 2 or 3 times for even browning.
6. Cook the meat until it reaches an internal temperature of 120 degrees.
7. Transfer the roast to a carving board, cover it loosely with foil and let rest for 20 to 30 minutes.
8. Set the roast on its side and run a long, sharp knife between the bones and meat; remove the bones and set them aside.
9. Turn the roast right side up. Carve the roast 1/4 to 1/2 inch thick and transfer the slices to warmed plates.
10. Pour any carving juices over the meat and serve.

Adapted from Foodandwine.com

Roast Prime Rib

with Thyme Au Jus

Ingredients

1 bone-in **Sinclair Family Farm**
prime rib, 6 to 7 pounds
8 cloves garlic, thinly sliced
Salt and coarsely ground
black pepper

2 cups red wine
4 cups beef stock
1 tbsp. chopped fresh thyme leaves

Method

Thirty minutes before roasting the prime rib, remove from the refrigerator and let come to room temperature.

Preheat oven to 350 degrees.

Make small slits all over the prime rib and fill each slit with a slice of the garlic.

Season liberally with the salt and pepper, then place on a rack set inside a roasting pan and roast for about 2 hours, until the internal meat temperature reaches 135 degrees.

Remove the meat to a platter, and tent with foil to keep warm.

Place the roasting pan on top of the stove over 2 burners set on high heat. Add the wine to the pan drippings in the pan and cook over high heat until reduced, scraping the bottom of the pan with a wooden spoon.

Add the stock and cook until reduced by half. Whisk in the thyme and season with salt and pepper, to taste.

Slice meat as desired and serve with thyme au jus.

Adapted from The Food Network

Orange Cranberry

Pork Loin Chops

Ingredients

3 pounds of
Sinclair Family Farm boneless pork loin chops
olive oil
salt and pepper to taste
3/4 cup orange juice divided
1/4 cup apple cider vinegar
1/2 jar 8 ounces sweet orange marmalade or
Kanning Kathy's Mandarin Orange Jelly
1/2 can 7 ounces whole cranberry sauce

Method

Preheat oven to 400F.

Place pork in a shallow roasting pan or grill pan and pat dry with a paper towel.

Rub all sides with olive oil and season with salt and pepper on all sides.

Sear each side over high heat for 2 minutes per side, 10 minutes total.

While the meat is searing, stir together the 1/2 cup orange juice, vinegar, marmalade, and cranberry sauce in a medium bowl.

Place seared pork in a large roasting pan and pour sauce over the pork.

In a 400-degree oven, cook your boneless pork chops for 7 minutes per 1/2 inch of thickness. If you are using bone-in pork chops, add an extra minute for each 1/2 inch.

The best way to tell if they are fully cooked is to use an instant read meat thermometer. Pork should be cooked to an internal temperature of 145 degrees Fahrenheit.

Remove from oven and place pork on a foil tented plate to cool/rest for 10 minutes.

While pork is resting, add remaining 1/4 cup orange juice to the juices left over from cooking. If your roasting pan is stovetop safe you can just keep all the sauces in the pan or if not, add to a saucepan.

Bring sauce to a boil and then reduce to a simmer while pork rests.

Slice and serve pork, drizzled with more sauce, and garnished with orange slices and fresh cranberries.

Adapted from The Cookie Rookie



Ham & Potatoes

Au Gratin

Ingredients

2 cups sliced peeled potatoes, cooked
1 cup diced **Sinclair Family Farm** ham, cooked
1 tbsp. finely chopped onion
1/3 cup butter, cubed
3 tbsp. all-purpose flour
1-1/2 cups milk
1 cup shredded cheddar cheese
3/4 tsp. salt
Dash white pepper
Minced fresh parsley

Method

1. In a greased 1-quart baking dish, combine potatoes, ham and onion, then set aside.
2. In a saucepan, melt butter over medium heat; stir in flour until smooth. Gradually add milk.
3. Bring to a boil, cook, and stir for 2 minutes or until mixture is thickened and bubbly.
4. Add cheese, salt, and pepper; stir until the cheese is melted. Pour over potato mixture and stir gently to mix.
5. Bake, uncovered, at 350° for 35-40 minutes or until bubbly. Garnish with parsley.

Adapted from Taste of Home



Candied Sweet Potato Casserole

Ingredients

2 pounds of sweet potatoes,
peeled and sliced thinly
1 cup orange juice
1/3 cup **Misbeehaven Farm** Honey
6 tbsp. unsalted Butter, melted
2 oranges, zested
½ tsp. salt
½ cup chopped pecans
½ tsp. ground Cinnamon
3 tbsp. brown sugar

Method

1. Preheat the oven to 350 F.
2. In a baking dish arrange the sliced sweet potatoes in overlapping layers.
3. In a bowl combine the orange juice, orange zest, honey, butter, and salt. Pour the mixture over the sweet potatoes making sure that all slices are coated.
4. Cover with foil and bake for 30 minutes. While it's baking, mix the pecans, cinnamon, and sugar.
5. After 30 minutes, adjust the oven temperature to 375 degrees, take the dish and sprinkle the chopped pecan mixture on the top.
6. Bake for another 25-30 minutes or until the sweet potatoes have softened.
7. If desired, place under the broiler for 1-2 minutes to caramelize the topping a bit.

Adapted from Manila Spoon

Visit

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

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