


Summer *Recipe* Book



**Ranch-Inspired
Flavors and Foods**



It's our favorite time of year – Grilling Season! Ribs, steaks, burgers, chicken....the list goes on and on!

This year, we've partnered with one of our producers on our online store, **Heart Rock Herb & Spice Company**, to bring you some fantastic recipes you can make at home. We've also brought back a few of our favorite recipes using products from our regional producers. You're going to love them!

We've also brought back some of Karin's favorite summer recipes to round out your barbecue table.

Happy grilling!

Enjoy!

www.CarsonValleyMeats.com/ranch-boxes

Sweet & Smoky

BBQ Sauce



Ingredients

- 1 28 oz. can crushed tomatoes
- ¼ cup firmly packed brown sugar
- 2 tbsp molasses
- 2 tbsp bourbon or rum
- 2 tbsp yellow or Dijon mustard
- ¼ cup apple cider vinegar
- 2 tbsp Worcestershire sauce
- 2 tsp Liquid Smoke (optional)
- 1 ½ tbsp **Heart Rock Herb & Spice Co.** BBQ Kansas
- 1 ½ tbsp **Heart Rock Herb & Spice Co.** Smoked Texas
- 2 cups of ketchup

Method

1. Combine all the ingredients, (except the spice blends and ketchup) in a large deep, heavy, nonreactive saucepan and bring to a simmer over medium heat.
2. Cook, uncovered, stirring thoroughly and constantly for 15 minutes. Stir in the spice blends and ketchup, reduce heat, and gently simmer, uncovered, until dark, thick and richly flavored, about another 30 minutes, stir often. Trust me, it will be worth the time.
3. Cool the sauce for about 20-25 minutes then puree in a blender. Taste and adjust for seasoning with salt and black pepper. Use it as a finishing sauce, not a grilling sauce. However, do brush on a little during the last minute or two of grilling.
4. Use right away or transfer to a clean glass jar. It can be refrigerated for up to 2 weeks. Makes 3 cups.

Adapted from Heart Rock Herb and Spice

Ingredients

- 12 oz can of Cola or Root Beer
- 3 tbsp of any of the **Heart Rock Herb & Spice Co.** BBQ blends
- 2 large cloves of garlic, minced
- ¼ cup rice vinegar
- 2 tbsp ketchup

Carson Valley Meats Beef - Tri Tip, Skirt Steak, Flank Steak, Flat Iron Steak, all work

Method

1. Mix the above ingredients to make a paste, rub the meat all over with the paste, place in a plastic bag, squeeze out all the air, place in a container (just in case it leaks) marinate in the refrigerator for at least 12 hours preferably for 24 hours.

2. Heat the marinade in a small saucepan to a boil, turn the heat down and simmer until the meat is done cooking.

3. Fire up the BBQ grill. Make sure it's clean and HOT, pat the meat dry, char meat on all sides. Either continue to cook meat on the grill or place on a baking sheet in a preheated 400-degree oven for 10 -15 minutes (at least for the trip-tip) or an internal temperature of 125 degrees for medium rare.

4. Let sit for 5-10 minutes, slice across the grain. Drizzle with the marinade. Enjoy!

Adapted from Heart Rock Herb and Spice

Cola/Root Beer Marinade

Beer and Honey

Marinade

Ingredients

2 (12 ounce) cans beer 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





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

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



Baked French Fries

Ingredients

4 medium baking potatoes
2 - 3 tbsp olive oil
1 tbsp **Heart Rock Herb & Spice Co.**
French Fry Seasoning Blend

Method

1. Preheat the oven to 400 degrees F.
2. Peel potatoes, if desired, slice lengthwise into thin slices (between $\frac{1}{4}$ " and $\frac{1}{2}$ " thick). I use a slicer for this then I hand slice those into strips of the same size.
3. Drizzle a little olive oil over the bottom of a large, shallow baking pan. Spread the oil around to coat the pan. Dry the potato strips and toss into a large bowl containing 2 tablespoons of olive oil and the **Heart Rock** French Fry Blend.
4. Spread the potato strips in a single layer in the prepared baking sheet. Bake for about 10 minutes. Stir and flip them over, continue baking for 10 minutes longer. Serves 4 unless you have a French Fry lover in your house!

Adapted from Heart Rock Herb and Spice



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, set against a wooden background. The corn is charred and coated in a buttery sauce. Several lime wedges and a whole lime are scattered around the plate. A green semi-transparent box on the left contains the recipe text.

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



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!).

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



The Best Korean-Style Short Ribs Ever



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 $\frac{3}{4}$ 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.

A close-up photograph of a glass bowl filled with pink strawberry ice cream. The ice cream has visible chunks of strawberries. The bowl is surrounded by several fresh, ripe strawberries with green leaves. The background is a soft-focus field of more strawberries.

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.

Visit

CarsonValleyMeats.com



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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