



2023 FALL RECIPES

Ranch-Inspired Flavors and Foods

CarsonValleyMeats.com



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BREAKFAST SCRAMBLE

Ingredients

- 1 lb **Sinclair Family Farm** ground beef
- 1 medium onion, chopped
- 3 cups diced peeled potatoes
- 1/2 cup water
- Salt and pepper to taste
- 1 can (14-1/2 oz) diced tomatoes
- 4 large **Carson Valley Meats** eggs
- 4 oz Velveeta, sliced

Method

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink, crumbling beef; drain.
2. Add the potatoes, water, salt and pepper. Cover and simmer until potatoes are tender, about 20 minutes.
3. Add tomatoes; cook for 5 minutes. Pour eggs over mixture. Cook and stir until eggs are completely set. Top with cheese.
4. Cover and cook until cheese is melted, about 1 minute.

Adapted from Taste of Home



STEAK AND EGG HASH

Ingredients

1 lb **Sinclar Family Farm** beef sirloin steak, sliced
1 lb potatoes, cut into small pieces
Salt and ground black pepper to taste
1 sweet onion, chopped
4 **Carson Valley Meats** eggs
1 cup cherry tomatoes, halved
Heart Rock Herb & Spice Co. Italian seasoning

Method

1. Heat a cast iron skillet over medium heat; add steak and cook 4 to 5 minutes on each side. Remove steak to a plate and reserve the drippings in the skillet.
2. Add potatoes to the skillet; season with salt and pepper. Cook, stirring occasionally, until potatoes are just tender, about 8 to 12 minutes.
3. Add onion and cook until lightly browned and the potatoes are cooked through, about 3 to 5 minutes.
4. Slice steak into pieces and return to the skillet, reduce heat to low. Make 4 shallow wells in the potato mixture and crack an egg into each one.
5. Scatter the tomatoes throughout the skillet and cover; cook until the egg whites are set but the yolks are still runny, about 6 to 12 minutes. Season eggs with salt, pepper, and Italian Seasoning.

Adapted from All Recipes



HOMEMADE BREAKFAST SAUSAGE

Ingredients

- 1 tbsp brown sugar
- 2 tsp dried sage
- 2 tsp salt
- 1 tsp ground black pepper
- ¼ tsp dried marjoram
- ⅛ tsp crushed red pepper flakes
- 1 pinch ground cloves
- 2 lbs **Sinclair Family Farm** ground pork

Method

1. Mix together brown sugar, sage, salt, black pepper, marjoram, red pepper flakes, and cloves in a small bowl until well combined.
2. Place pork in a large bowl. Add spice mixture and mix with your hands until well combined. Form mixture into 6 patties.
3. Heat a large skillet over medium-high heat. Add patties and saute until browned and crispy, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 160 degrees F (71 degrees C).
4. Serve hot and enjoy!

Adapted from All Recipes



HONEY BBQ OVEN SHORT RIBS

Ingredients

1/4 cup sweet paprika
1 tbsp onion powder
Kosher salt
Freshly ground black pepper
2 tsp dry oregano
2 tsp garlic powder
1/4 tsp cayenne pepper
6 lbs **Sinclair Family Farm** short ribs
1/2 cup **Misbeehaven Farm** honey

Method

1. Heat the oven to 300 degrees F.
2. In a small bowl, combine the paprika, onion powder, 1 teaspoon salt, oregano, garlic powder, cumin, cayenne pepper and a few grinds of black pepper.
3. Rub the mixture all over the ribs and allow it to sit at room temperature for 1 to 2 hours at the most.
4. Place the ribs in an oven dish with the fat side of each rib facing up. Cover tightly with aluminum foil.
5. Cook in the oven for 2 1/2 hours, at this point the meat should be falling off the bones. Remove the ribs from the oven and raise the temperature to 425 degrees F.
6. Using a pair of tongs, flip and move the beef around a bit. Drizzle the honey evenly over the top of each rib.
7. Place the ribs back in the oven, this time leaving it uncovered and cook another 10 to 15 minutes.

Adapted from Food Network



BALSAMIC GLAZED GARLIC ROSEMARY LONDON BROIL

Ingredients

- 1 batch of balsamic glaze
- 2 tbsp olive oil
- 4-6 medium garlic cloves, minced
- ½ tsp red pepper flakes
- 2 tsp **Heart Rock Herb & Spice Co.** All-Purpose salt
- 1/2 tsp freshly ground black pepper
- 2.5 -3 lbs **Sinclair Family Farm** london broil
- 3 tbsp **7 Hawk Ranch** fresh rosemary roughly chopped
- 1/3 cup **Tillie's Nevada** Fig Balsamic Reduction Sauce

Homemade Balsamic Glaze

- 1 8.5 oz bottle **Tillie's Nevada** Mango Tango Red Balsamic Vinegar
- 5 tablespoons granulated sugar

Adapted from Melissa's Southern Style Kitchen

Method

1. To prepare the marinade, in a small bowl, mix together the olive oil, vinegar, chopped garlic and seasonings.
2. You can prepare your own balsamic glaze in advance using 1 bottle of balsamic vinegar and 1/3 cup of granulated sugar, combined in a sauce pan
3. Rub the meat on all sides using all of the marinade. Cover tightly with plastic wrap and refrigerate. This should be done at least 4 hours prior to grilling, for the best results, preferably overnight.
4. Over medium-high heat, sear the meat on both sides, then lower the heat of the grill and continue to cook each side 3 minutes for rare, 4-5 minutes for medium 8 for medium-well, depending on the thickness of the meat,.
5. Brush on the balsamic glaze 2 minutes before the end of cooking to create the delicious bark and flavor around the edges.
6. Remove to a platter and allow to rest for 5-10 minutes before carving.

How to Make your Own Balsamic Glaze

1. Use a medium size heavy bottomed saucepan. Pour the entire bottle of balsamic into the saucepan. Add granulated sugar to the vinegar. Stir until the sugar has completely dissolved.
2. Bring the balsamic to a boil, then lower the heat to a simmer. The balsamic should gently bubble and reduce by ⅔ in volume and thicken to the consistency of syrup.
3. Simmer. After it has reduced by ⅔ in volume test the thickness with a spoon. If the glaze coats the back of the spoon turn off the burner and leave the saucepan on the stove for a few minutes.
4. After 5-10 minutes remove the pot from the stove and stir, stir, stir. Allow the glaze to cool for an additional 5-10 minutes away from the heat. The glaze should resemble a thick syrup.



FALL-OFF-THE-BONE BEEF SHANK

Ingredients

2 lbs **Sinclair Family Farm** beef shanks
1/2 tsp **Heart Rock Herb & Spice Co.** salt
1/2 tsp pepper
3 tbsp all-purpose flour
3 tbsp olive oil
1 large onion diced
1 cup carrots diced
1 cup celery chopped
3 sprigs thyme
3 bay leaves
1/2 tsp white wine
1 1/2 cups canned tomatoes
1 3/4 cups beef broth

Method

1. Pat dry the beef shanks to remove any excess moisture. Secure the meat to the bone with kitchen twine. Season each shank with salt and pepper and dredge them in flour, shaking off any excess.
2. In a Dutch oven pot, add oil and place it over high heat. Once hot, Add the beef shanks into the pan and brown all sides, about 3 minutes each. Remove the shanks from the pot.
3. In the same pot add onion, carrot and celery and saute until translucent. Add fresh thyme, bay leaves and tomato. Cook for 10 minutes then add white wine, beef stock and return the shanks in the pot. Once it boils, remove the pot from the heat.
4. Preheat the oven to 325F. Place the lid on the Dutch oven and cook in the oven for 20 minutes or up to 2 hours until fork tender.
5. Carefully remove the cooked shanks from the pot and cut off the kitchen twine and discard. Pour all the sauce from the pot over the shanks and serve immediately.

Adapted from The Big Man's World



HONEY GARLIC STEAK BITES

Ingredients

1 lb **Sinclair Family Farm** top sirloin steak, cubed
1 tsp sweet or smoked paprika
Salt and fresh ground pepper, to taste
2 tbsp vegetable oil, divided
3 tbsp soy sauce
¼ cup water or broth
4 cloves garlic, minced
2 tbsp **Misbeehaven Farm** honey
1 tbsp sesame seed oil
1 tbsp rice vinegar
1/2 tsp dried oregano
1 tbsp cornstarch
Sesame seeds, for garnish
Sliced green onions, for garnish

Method

1. Cut up steak into 1/2-inch to 1-inch cubes.
2. Season with paprika, salt, and pepper; set aside.
3. In a mixing bowl combine soy sauce, water, garlic, honey, sesame seed oil, rice vinegar, oregano, and cornstarch; whisk until thoroughly combined. Set aside.
4. Heat 1 tablespoon vegetable oil in a cast iron skillet over medium-high heat until hot.
5. Add 1/2 of the steak cubes to the hot oil and cook for 2 minutes per side, or until browned and done. Remove from skillet and repeat with the rest of the steak cubes, adding extra oil as needed. Remove all steak bites from the skillet and set aside.
6. Give the previously prepared honey garlic sauce a good stir with a whisk and pour 1/3 of the sauce into the hot skillet; scrape up the browned pieces from the bottom of the pan.
7. Add the steak bites back to the skillet and pour the rest of the sauce over the steak; cook for 1 to 2 more minutes, or until sauce starts to thicken.
8. Remove from heat and transfer steak bites to a plate and drizzle with the pan sauce.
9. Garnish with sesame seeds and sliced green onions and serve.

Adapted from Diet Hood



CHIPOTLE-HONEY GRILLED T-BONES

Ingredients

- 1/2 cup minced fresh cilantro
- 1/2 cup lime juice
- 1/2 cup **Misbeehaven Farm** honey
- 2 tbsp adobo sauce
- 1 tbsp chopped chipotle pepper in adobo sauce
- 3 garlic cloves, minced
- 1 tsp salt
- 1 tsp ground cumin
- 1/2 tsp ground allspice
- 1/2 tsp pepper
- 1/4 tsp Dijon mustard
- 4 **Sinclair Family Farm** T-bone steaks (12 oz each)

Method

1. In a small bowl, combine the first 11 ingredients. Pour 1/2 cup marinade into a shallow dish.
2. Add the steaks and turn to coat. Cover and refrigerate for up to 1 hour. Cover and refrigerate remaining marinade.
3. Drain and discard marinade. Grill steaks, covered, over medium heat or broil 4 in. from the heat for 5-6 minutes on each side or until meat reaches desired doneness.
4. Baste occasionally with 1/2 cup reserved marinade. Serve with remaining marinade.

Adapted from Taste of Home



OLD-FASHIONED BEEF STEW

Ingredients

- ¼ cup all-purpose flour
- ¼ tsp freshly ground pepper
- 1 lb **Sinclair Family Farm** beef stew meat, cut into inch cubes
- 5 tsp vegetable oil
- 2 tbsp **Tillie's Nevada** red balsamic vinegar
- 1 cup red wine
- 3 ½ cups beef broth
- 2 bay leaves
- 1 medium onion, peeled and chopped
- 5 medium carrots, peeled and cut into rounds
- 2 baking potatoes, peeled and cut into cubes
- 2 tsp salt

Method

1. Combine the flour and pepper in a bowl, add the beef stew meat and toss to coat well. Heat 3 teaspoons of the oil in a large pot.
2. Add the beef a few pieces at a time; do not overcrowd. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch; add more oil as needed between batches.
3. Remove the beef from the pot and add the vinegar and wine. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Add the beef, beef broth and bay leaves. Bring to a boil, then reduce to a slow simmer.
4. Cover and cook, skimming broth from time to time, until the beef is tender, about 1½ hours. Add the onions and carrots and simmer, covered, for 10 minutes.
5. Add the potatoes and simmer until vegetables are tender, about 30 minutes more. Add broth or water if the stew is dry. Season with salt and pepper to taste. Ladle among 4 bowls and serve.

Adapted from Cooking



DUTCH OVEN POT ROAST

Ingredients

3 lbs **Sinclair Family Farm** chuck roast,
rump roast, or eye round roast
1 onion sliced
2 tbsp garlic powder
4 carrots cut longways
3 cups beef or chicken stock
1 cup red wine
1 sprig **7 Hawk Ranch** fresh rosemary
2 tsp salt
1 tsp pepper

Method

1. Preheat oven to 350°F. Heat a Dutch Oven greased with olive oil over medium-high on the stove. Add roast and brown on each side, 1-2 minutes per side. Remove from pan and set aside.
2. Add onions to the pan and cook for 3 minutes before adding garlic. Stir.
3. Pour red wine in the pan with the onions and garlic to deglaze it. Use a wooden spoon to gently scrape up any brown bits from the bottom of the pan.
4. Add in beef stock, carrots, rosemary, salt, and pepper, and stir.
5. Place the roast back in the Dutch Oven and submerge it in the liquid.
6. Roast in the oven for 4 hours or until the beef is tender enough to shred with a fork. Remove when done, and let it rest for 10 minutes.
7. Shred the roast with two forks after resting. Serve over mashed potatoes with gravy, and enjoy!

Adapted from Best Beef Recipes



PORK CHOPS WITH MUSHROOM GRAVY

Ingredients

4 **Sinclair Family Farm** pork chops,
(bone-in or boneless)
Kosher salt
Pepper
1 tbsp olive oil
1 tbsp butter
1.5 cups mushrooms sliced
½ yellow onion sliced
1 tbsp all purpose flour
½ cup chicken broth
½ cup heavy cream
2 tsp Worcestershire sauce
1 tsp Dijon mustard
1 tsp **7 Hawk Ranch Fresh Organic Thyme**, stems removed
1 tsp flat leaf parsley chopped

Method

1. Pat 4 pork chops dry and season generously with salt and pepper on both sides.
2. Heat 1 tablespoon olive oil and 1 tablespoon butter in a large skillet over medium-high heat. When the butter melts, add the pork chops and sear for 5 minutes on each side (less for boneless). Remove from the pan and set aside.
3. Without cleaning the pan, add 1 ½ cups sliced mushrooms and ½ a sliced yellow onion and cook until golden brown and caramelized. Add a little more oil if the pan is too dry.
4. Once browned, add 1 tablespoon all-purpose flour and stir to coat. Cook for 1-2 minutes more.
5. Add ½ cup chicken broth, ½ cup heavy cream, 2 teaspoons Worcestershire sauce, and 1 teaspoon Dijon mustard to the pan. Whisk gently until it thickens.
6. Add salt and pepper to taste, then place the pork chops back into the pan and cover with the gravy. Allow to heat through.
7. Plate and spoon gravy over pork chops to serve. Optionally, garnish with 1 teaspoon of thyme.

Adapted from Sunday Supper



GRILLED PORK TENDERLOIN

Ingredients

- 1 ½-2 lbs **Sinclair Family Farm** pork tenderloin
- juice of ½ lemon
- 2 tsp minced garlic
- 1 tsp **Heart Rock Herb & Spice Co.** Italian seasoning
- ¼ cup oil
- ½ tsp salt and cracked black pepper
- 2 tsp Dijon mustard
- 2 tsp **Misbeehaven Farm** honey

Method

1. Pat pork shoulder dry with a paper towel.
2. Stir together lemon juice, garlic, dried herbs, oil, salt, pepper, Dijon mustard, and honey.
3. Pour half of the mixture into a large Ziploc bag along with the tenderloin. Press out excess air, seal the bag, and chill for 30 minutes.
4. Preheat grill to medium and oil the grates.
5. Using tongs, transfer pork to the grill. Close the grill and cook 15-20 minutes, turning every few minutes to ensure even cooking and brushing reserved marinade over all sides of the pork half way through grilling.
6. Transfer to a cutting board to rest for 5 minutes before slicing and serving.

Adapted from Crème De La Crumb



SUNDAY PORK ROAST

Ingredients

3 to 5 lbs **Sinclair Family Farm**
pork shoulder roast
2 tbsp vegetable oil
2 tsp salt
2 tsp black pepper
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
2 large white onions
1 lb baby carrots & red potatoes
2 cups apple juice

Method

1. Preheat oven to 450 degrees.
2. Rub oil onto pork roast. In a small bowl, stir together salt, pepper, garlic powder, onion powder, and paprika. Sprinkle seasoning mixture onto pork roast. Place fatty side up in a roasting pan or large cast iron dutch oven.
3. Roast, uncovered, in the 450 degree oven for 30 to 45 minutes. Reduce the oven temperature to 350 degrees and continue cooking an additional 1 hour.
4. Remove roast from oven and place the onion chunks, carrots, and potatoes around the meat. Pour apple juice on vegetables. Season vegetables with salt and pepper. Place rosemary sprig on top.
5. Cook an additional 1 to 1 1/2 hours, or until vegetables are tender and meat shreds easily with a fork. Season vegetables with additional salt and pepper to taste and serve hot.

Adapted from The Stay at Home Chef



CROCKPOT SPARE RIBS

Ingredients

4-5 lbs **Sinclair Family Farm**
spare pork ribs
2 tbsp brown sugar
1 tbsp garlic powder
½ tbsp smoked paprika
1 tsp chili powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp freshly ground black pepper
1 tsp salt
½ cup barbecue sauce

Method

1. In a small bowl combine the brown sugar, garlic powder, smoked paprika, chili powder, cumin, coriander, salt, and pepper to create the rub.
2. Remove the silver membrane from the back of the ribs. Cut the ribs so they will fit in your slow cooker. Pat them dry with paper towels and massage the dry rub into the ribs. Evenly distribute the rub over the ribs (make sure you get both sides!).
3. Nestle the ribs into the slow cooker, and cook for 7-9 hours on LOW, or 4-5 hours on HIGH
4. 45 minutes before the timer goes off, brush 1/2 cup of barbecue sauce over the ribs. Cover and continue cooking.
5. Slice and serve with additional barbecue sauce (optional).

Adapted from Food, Folks, and Fun



SLOW ROASTED PORK SHOULDER ROAST

Ingredients

3-4 lbs **Sinclair Family Farm**
boneless pork shoulder roast
3 tbsp garlic powder
2 tbsp brown sugar
2 tsp kosher salt
1 tsp ground pepper
1 tsp smoked paprika
3 tbsp butter

Method

1. Preheat the oven to 250°F and cover a baking sheet with tin foil. Then, set a wire rack on top of the tin foil.
2. Prepare the dry rub by adding the garlic powder, brown sugar, kosher salt, ground pepper, and paprika into a bowl and mix.
3. Next, sprinkle the dry rub over the roast and massage the dry rub into the meat. Be sure the whole roast is covered in dry rub.
4. Heat a large pan or cast-iron skillet over medium/high heat. Add butter. When the butter has melted and is sizzling add the roast to the pan and cook on each side of the roast for 2-3 minutes or until brown.
5. Carefully remove the roast from the pan and transfer it onto the wire rack on the baking sheet.
6. Bake the roast at 250°F for 7-8 hours or until the internal temperature reaches 200°F

Adapted from Fit Foodie Finds



LAMB CASSEROLE

Adapted from Sainsburys Magazine

Ingredients

3 1/2 tbsp Plain flour
3 lbs **Sinclair Family Farm** boneless
shoulder or leg of lamb, cut into 1 3/16 in pieces
2-3 tbsp sunflower oil
3 1/2 oz unsmoked bacon lardons or pancetta
1 large onion, chopped
6 medium carrots, peeled and chopped
4 large celery sticks, sliced
4 garlic cloves, crushed
1 tbsp chopped fresh rosemary
1 tbsp tomato puree
25 oz chicken or lamb stock
3 bay leaves

Method

1. Put the flour into a large mixing bowl and season. Add the diced lamb to the bowl and toss until coated. Shake off the excess flour and reserve.
2. Heat 2 tablespoons of the oil in a flameproof casserole or large nonstick pan, add half the lamb and fry over a high heat until browned on all sides. Lift out to a plate and repeat with the rest of the lamb. Set aside.
3. Add the bacon to the pan and cook over a medium heat until golden brown. Add the onion and, if needed, the remaining oil, and cook over a medium heat for 5 minutes, stirring frequently, until golden.
4. Add the carrots and celery, cover and cook for 5 minutes. Uncover, add the garlic and rosemary and cook for 1 minute.
5. Stir the reserved flour into the vegetables, followed by the tomato purée, stock and bay leaves, and bring to the boil, stirring.
6. Return the lamb to the pan, part-cover, lower the heat and leave to simmer for 1 1/4 hours or until the lamb is tender and the sauce has thickened. Stir occasionally to make sure it's not catching on the base. Discard the bay leaves and season to taste.



BRAISED LAMB SHANKS

Ingredients

2 **Sinclair Family Farm** lamb shanks
Kosher salt
2 tbsp extra virgin olive oil
1 medium yellow onion, chopped
2 large carrots, chopped
2 celery ribs, chopped
3 to 4 medium potatoes
1 clove garlic, minced
1 1/4 cups chicken or beef stock
2 tsp **7 Hawk Fresh Organic Thyme**
1 tsp **7 Hawk Fresh Organic Rosemary**
1 tsp dried oregano
1 bay leaf

Method

1. Preheat the oven to 350 F and season the lamb with salt.
2. Heat the oil in a Dutch oven or an oven-proof, thick-bottomed, pot with a tight fitting cover on medium high heat on the stovetop. Working in batches if necessary, brown the lamb shanks in the pot on all sides. Remove shanks to a dish.
3. Add onion, carrot and celery and sauté for 5 minutes, stirring often.
4. Add potatoes and cook another 2 minutes. Add the garlic, lamb shanks, and herbs (except for the optional mint). If using, add the sherry and raisins; bring the sherry to a boil and cook for 2 minutes.
5. Add the stock and bring to a simmer. Remove from heat, cover the pot and bake in the oven for 1 1/2 or 2 hours or until shanks are tender.
6. Remove the bay leaf and discard. Remove the shanks, strip the meat from the bones and return the meat to the pan.

Adapted from Simply Recipes



PAN SEARED LAMB LOIN CHOPS

Ingredients

3 lbs **Sinclair Family Farm** lamb loin chops
1 tbsp kosher salt adjusted to taste
1 tsp ground black pepper
1 tbsp oil avocado or olive oil
3 tbsp unsalted butter
1 tbsp **7 Hawk Ranch** Fresh Organic
Rosemary chopped
1 tbsp **7 Hawk Ranch** Fresh Organic
Thyme chopped
5 garlic cloves sliced

Method

1. Season the lamb loin chops on both sides with salt and pepper.
2. Preheat a pan with oil over medium-high heat. Brown the lamb on both sides until golden (about 2-3 minutes).
3. Lower the heat to medium-low and add the herbs, butter, and garlic to the pan.
4. Cook the lamb for 10 more minutes, or until the internal temperature reaches 145°F. Enjoy!

Adapted from MomsDish



Adapted from Recipetineats

SLOW ROAST LEG OF LAMB

Ingredients

4.5 lbs **Sinclair Family Farm** leg of lamb
Salt and pepper
1.5 tbsp olive oil
1 whole garlic head
1 onion
2 rosemary sprigs
3 cups beef stock/broth
2 cups water

Gravy:

4 tbsp flour (*white*)
1 cup water
Salt and pepper

Method

1. Preheat oven to 335°F.
2. Place garlic, onion and rosemary in a metal roasting pan.
3. Season lamb: Place lamb leg right side up in the pan. Sprinkle generously with salt and pepper and rub it in.
4. Turn lamb over and place it so it mostly sits on the garlic and onion. Sprinkle with more salt and pepper, rub it in.
5. Add liquids and cover: Drizzle lamb with olive oil. Pour broth and water around the lamb – it won't cover it, that's ok, the lamb sinks into it. Cover with foil (don't use a lid, you want a bit of liquid to steam out).
6. Slow roast: Place in the oven and roast for 4.5 hours.
7. Check meat: Remove from the oven, remove foil. Turn lamb over. Check it to ensure the meat is tender enough to pry a bit off easily with a fork. If not, return, covered, to oven.
8. Brown lamb: Return uncovered lamb to oven for a further 45 minutes or until well browned.
9. Rest: Remove lamb, spoon over pan juices generously. Transfer to serving platter, cover loosely with foil while you make the gravy (stays warm for 1 – 1.5 hours).



IRISH LAMB STEW

Ingredients

2 lbs **Sinclair Family Farm** lamb shoulder cut into 1 ½ inch pieces
Salt & pepper
2 tbsp vegetable oil divided
1 large onion sliced
4 cups beef broth divided
2 tbsp butter
2 tbsp flour
1 bottle of Guinness beer
2 bay leaves
3 carrots chopped into 3 inch pieces
2 large potatoes about 1 ½ lbs
2 sprigs thyme or ½ tsp dried
¼ cup parsley chopped

Method

1. Season lamb with salt and pepper. In a large dutch oven or soup pot, heat 1 tablespoon oil over medium heat and brown lamb in small batches. Remove from the pot and set aside in a bowl.
2. Add the onions to the pot with remaining oil. Cook until tender, about 5 minutes. Remove from the pot and add to the lamb in the bowl.
3. Add about 2 tablespoons of broth to deglaze and scrape any brown bits off the bottom. Cook until broth has evaporated.
4. Whisk in butter and flour. Cook for one minute. Turn heat to low. Add beer and then broth, a small amount at a time, mixing until smooth after each addition. The mixture will seem pasty and thick at first. Continue adding liquid a little bit at a time until smooth.
5. Add the lamb and onions back to the pot with bay leaves and simmer for 90 minutes or until lamb is fork tender. Add potatoes, carrots, and thyme and simmer for 25 minutes or until tender.
6. Stir in parsley and serve with Irish Soda Bread.

Adapted from Spend with Pennies



Adapted from Healthy Recipe

SLOW COOKER LAMB SHOULDER CHOPS

Ingredients

½ tsp of any salt or 1 tsp
kosher salt
½ tsp black pepper
½ tsp garlic powder
½ tsp cumin
½ tsp dried rosemary
6 large bone-in **Sinclair Family Farm** lamb
shoulder chops, 4 lbs total weight

Method

1. In a small bowl, combine the kosher salt, black pepper, garlic powder, cumin, and dried rosemary.
2. Place the lamb shoulder chops in your slow cooker, in three layers of two chops. Sprinkle each layer with a third of the spice mixture.
3. Cover and cook on LOW for 6 hours.
4. Remove the chops to a foil-lined baking sheet, arranging them on the baking sheet in a single layer. Set the oven to broil on high (500°F) and position an oven rack 4 inches below the broiling element.
5. Carefully strain the cooking juices from the slow cooker pan into a heatproof glass jar or measuring cup.
6. Briefly broil the chops to brown and crisp up the fat for 1-2 minutes. Keep an eye on them so that they don't burn.
7. Transfer the chops to dinner plates. Serve them, if desired, with small bowls of the strained cooking juices for dipping.

Adapted from Healthy Recipes



SEASONAL ITEMS FROM OUR PRODUCERS YOU'LL LOVE

- Hunters Stew Meal Start & Momo's Chili Meal Start from Woodsong Herbs
- Plain Pickled Garlic from Tillies Nevada
- Misbeehaven Farm's Spicy Honey
- Heart Rock Herb and Spice Co.'s Tahoe Seasoning Salt
- Big Blue Tahoe Blend from Alpen Sierra
- Traditional Red Balsamic Vinegar from Tillies Nevada
- Candlesticks from 7 Hawk Ranch

<https://carson-valley-meats.localline.ca/my-products>



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and our efforts
to help preserve
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