



Fall Farmhouse Flavor





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A Collection of Cozy Recipes for Crisp Days

Introduction

When the air turns crisp and the leaves begin to fall, there's nothing better than gathering around the table with a warm, hearty meal. This collection of recipes celebrates autumn's best flavors — rich braises, smoky stews, roasted vegetables, and the sweetness of apples and squash.

From rustic pork and bean soup to cider-braised rabbit, these dishes are designed to nourish body and soul. We've also included a homemade treat for birds, who deserve a fall and winter treat too!

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Hearty Harvest Beef & Barley Stew

Protein: Ground Beef | Method: Stovetop/Slow Cooker

Our Hearty Harvest Beef & Barley Stew is a cozy bowl filled with tender beef, earthy barley, and the sweetness of fall cider.

Ingredients:

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- 1 cup pearl barley
- 6 cups beef broth
- 1 cup apple cider
- 2 tsp fresh thyme (or 1 tsp dried)
- 1 bay leaf
- Salt & pepper



Instructions:

1. Brown beef in oil; drain.
2. Add vegetables and sauté until soft.
3. Stir in barley, broth, cider, herbs, salt, and pepper.
4. Simmer 1–1.5 hours (or slow cook on low for 6–7).
5. Remove bay leaf before serving.

Serving Tip: Serve with rustic sourdough bread.

Nevada Farm Fact: Did you know Nevada has more cattle than people in many rural counties? Beef ranching has been a way of life here for generations, and it's one of the state's top agricultural industries. No wonder hearty fall recipes so often start with beef raised right here at home.





Red Wine Braised Beef Chuck with Root Vegetables

Protein: Beef Chuck Roast | Method: Oven

This Sunday supper classic, slow-braised until tender, eases a chore-filled Sunday into dinner time.

Ingredients:

- 3–4 lb chuck roast
- 2 tbsp olive oil
- 2 onions, quartered
- 4 carrots, cut into chunks
- 2 parsnips, cut into chunks
- 3 garlic cloves, smashed
- 2 cups red wine
- 2 cups beef stock
- 2 sprigs rosemary
- 3 sprigs thyme
- Salt & pepper



Instructions:

1. Preheat oven 325°F.
2. Season with salt and pepper and sear the roast in a large skillet or pot. Remove from skillet. Cut the roast into chunks and place in a Dutch oven.
3. Add vegetables to the skillet and cook briefly.
4. Deglaze with wine, scraping bits off the bottom; add stock and herbs. Simmer for 10 minutes.
5. Pour stock, veggies and herbs into the Dutch oven. Cover and braise 3–4 hours until tender.

No Dutch oven? You can also slow cook in a crock pot! At step 5, dump it all in the crock pot and let it cook on low 6 to 8 hours or on high for 4 hours.

Serving Tip: Spoon over mashed potatoes or polenta.

Nevada Farm Fact: Nearly 85% of Nevada's land is federally owned. Ranchers lease much of it for grazing, allowing cattle to roam the wide-open desert and mountain ranges.





Osso Buco-Style Braised Beef Shanks

Protein: Beef Shanks | Method: Oven

Slow-braised beef shanks in a rich tomato-wine sauce, brightened with lemony gremolata.

Ingredients:

- 4 beef shanks (3–4 lbs)
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 1 cup white wine
- 14 oz crushed tomatoes
- 2 cups beef stock
- 1 bay leaf, 1 rosemary sprig
- Salt & pepper



Instructions:

1. Preheat oven 325°F. Brown shanks; set aside.
2. Sauté vegetables, deglaze with wine.
3. Add tomatoes, stock, herbs; return shanks.
4. Cover and braise 3 hours.
5. Top with gremolata before serving.

Gremolata:

- 1 bunch fresh parsley, finely chopped
- 2 tsp lemon zest
- 1 garlic clove, minced
- Pinch of sea salt

Instructions:

- Stir gremolata ingredients together in a small bowl. Use to top Beef Shanks before serving.

Nevada Farm Fact: Nevada's #1 crop isn't corn or wheat — it's **alfalfa hay**. Fed to cattle, dairy cows, and horses, it's the foundation of ranching across the Silver State.





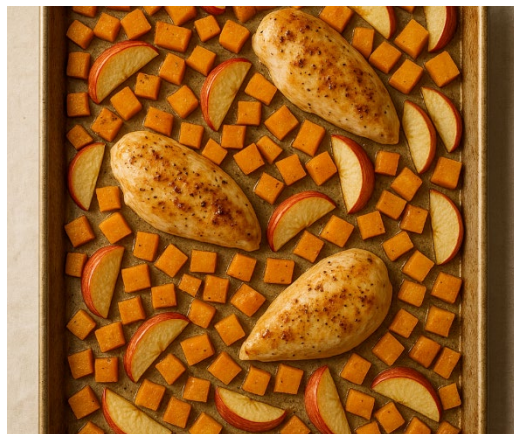
Autumn Apple & Sage Chicken Bake

Protein: Boneless, Skinless Chicken Breasts | Method: Oven

Sweet apples and squash meet savory sage in a sheet-pan dinner.

Ingredients:

- 4 chicken breasts, cut into 2" chunks
- 2 tbsp olive oil
- 2 apples, sliced
- 2 cups butternut squash cubes
- 1 red onion, sliced
- 2 tbsp maple syrup
- 2 tsp chopped sage
- Salt & pepper



Instructions:

1. Preheat oven to 425°F. Place the sheet pan in the oven on the center rack to heat.
2. Toss chicken, apples, squash, onion, maple, sage, oil, salt, and pepper together in a bowl.
3. Carefully remove sheet pan from the oven, spread chicken, and squash mixture over the pan.
4. Bake 30–35 minutes until chicken is 165°F.

Serving Tip: Serve with wild rice pilaf.

Nevada Farm Fact: Yes, apples grow in the desert! Apples thrive in the crisp fall air, producing fruit perfect for both sweet pies and savory farmhouse suppers.





Rustic Pork Bone & White Bean Soup

Protein: Pork Soup Bone | Method: Stovetop/Slow Cooker

A farmhouse soup simmered low and slow.

Ingredients:

- 1 meaty pork soup bone
- 6 cups broth or water
- 1 onion
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 1 can cannellini beans, drained
- 1 rosemary sprig
- 2 cups kale, finely chopped
- Salt & pepper



Instructions:

1. Rinse pork bones.
2. Place in a stock pot and cover with water or broth.
3. Bring to a boil, skim off any foam that rises to the surface. This will keep the broth clear.
4. Reduce heat and let bones simmer for at least 2-3 hours, but as long as 6-8 hours to get the most out of the bones' flavor and nutrients.
5. Simmer pork bone in broth, for skimming foam.
6. Add vegetables, beans, rosemary; cook for 30 minutes to an hour, or until your veggies reach the desired level of tenderness.
7. Season with salt and pepper to taste.
8. Remove bone, shred any meat from the bone and return meat to pot.
9. Stir in kale before serving.

Nevada Farm Fact: Basque sheepherders once drove flocks across Nevada's high desert. Their traditions still flavor our culture today, from hearty garlic stews to chorizo sausage.





Butternut Squash & Sausage Pasta Bake

Protein: Italian Sausage | Method: Oven

Creamy, cheesy, and filled with roasted squash. Worth the effort for every last bite of the leftovers!

Ingredients:

- 1 lb Italian sausage (mild or spicy)
- 4 cups butternut squash, peeled and cut into ½-inch cubes
- 1 medium onion, thinly sliced
- 2 tbsp olive oil
- 3 tbsp butter
- 3 tbsp all-purpose flour
- 3 cups whole milk (warm)
- 1 tsp dried sage (or 1 tbsp fresh, chopped)
- 1 lb rigatoni or penne pasta, cooked
- 1 cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- Salt & black pepper to taste



Instructions:

1. Preheat oven to 400°F.
2. On a baking sheet, toss the butternut squash cubes and sliced onion with olive oil, salt, and pepper.
3. Spread in a single layer and roast for 20–25 minutes, stirring once, until the squash is tender and lightly caramelized.
4. In a large skillet, cook Italian sausage over medium heat until browned and cooked through, about 7–8 minutes.
5. Break into bite-sized crumbles. Drain excess fat if needed and set aside.
6. In a medium saucepan, melt butter over medium heat.
7. Whisk in flour and cook for 1–2 minutes until slightly golden (this is your roux).
8. Slowly whisk in warm milk, a little at a time, until smooth.
9. Add sage, salt, and pepper. Simmer for 4–5 minutes, stirring constantly, until thickened enough to coat the back of a spoon.
10. Reduce oven temperature to 375°F.
11. In a large mixing bowl, combine the cooked pasta, roasted squash/onion, sausage, and béchamel sauce. Toss gently to coat.
12. Transfer mixture to a greased 9x13-inch baking dish.
13. Sprinkle mozzarella and Parmesan evenly over the top.
14. Place the dish in the preheated oven and bake it uncovered for 20–25 minutes, until the cheese is golden and bubbling.
15. Let rest 5 minutes before serving for easier slicing.





Smoky Ham Hock & Lentil Stew

Protein: Smoked Ham Hocks | Method: Stovetop

Earthy lentils and smoky ham — the ultimate fall comfort.

Ingredients:

- 2 smoked ham hocks
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 1 ½ cups lentils, rinsed
- 6 cups broth
- 1 tsp thyme
- 1 tbsp sherry vinegar (or red wine vinegar)



Instructions:

1. Rinse ham hocks under cool water and pat dry. This helps balance the saltiness.
2. In a large Dutch oven or soup pot, heat olive oil over medium heat.
3. Add onion, carrots, and celery. Sauté for 5–7 minutes, stirring occasionally, until softened and fragrant.
4. Stir in garlic and cook 1 minute more.
5. Add ham hocks, broth, thyme, and bay leaf. Bring to a boil.
6. Reduce heat to low, cover partially, and simmer gently for 1 ½ hours. Skim foam or excess fat.
7. After 1 ½ hours, remove the ham hocks and set them aside to cool slightly.
8. Stir lentils into the simmering broth. Cook uncovered for 30–40 minutes, until lentils are tender but not mushy. Stir occasionally and add extra broth if needed.
9. Once ham hocks are cool enough to handle, remove skin and bones. Shred the meat into bite-sized pieces. Return shredded meat to the pot.
10. Discard skin, bones, and bay leaf.
11. Stir in vinegar to brighten flavors. Taste and season with salt and black pepper as needed.
12. Simmer 5 more minutes, then ladle into bowls.

Nevada Farm Fact: Some Nevada ranches measure in the tens of thousands of acres. Life here is truly cowboy country, where open space and big skies stretch as far as the eye can see.





Cider-Braised Rabbit with Apples & Onions

Protein: Rabbit | Method: Oven

Delicate rabbit meets tart apples and cider.



Ingredients:

- 1 rabbit (about 2½–3 lbs), cut into serving pieces (legs, saddle, etc.)
- 2 tbsp olive oil or butter
- 2 large onions, thinly sliced
- 2 firm apples (such as Honeycrisp or Granny Smith), cored and sliced into wedges
- 1 cup hard apple cider (dry preferred)
- 1 cup chicken stock
- 1 tbsp Dijon mustard
- 1 sprig fresh thyme (or 1 tsp dried)
- 1 bay leaf
- Salt & freshly ground black pepper, to taste
- Optional garnish: chopped parsley or extra apple slices sautéed in butter

Instructions:

1. Pat rabbit pieces dry with paper towels. Season generously with salt and black pepper.
2. Heat olive oil (or butter) in a Dutch oven over medium-high heat.
3. Add rabbit pieces in batches (don't overcrowd). Sear 2–3 minutes per side until golden brown.
4. Transfer browned rabbit to a plate.
5. In the same pot, add onions. Sauté 5 minutes until softened and lightly golden.
6. Add apple slices and cook another 2–3 minutes until they begin to caramelize.
7. Pour in cider, scraping up browned bits from the bottom of the pot with a wooden spoon.
8. Stir in chicken stock, Dijon mustard, thyme, and bay leaf.
9. Return rabbit pieces (and any juices) to the pot. Arrange so they're mostly submerged in liquid. Bring to a gentle simmer.
10. Cover with lid and transfer to a preheated oven at **325°F**.
11. Braise for 1 ½–2 hours, until the rabbit is fork-tender.
12. Remove thyme sprig and bay leaf.
13. Taste the sauce and adjust the seasoning with more salt or pepper if needed.
14. (Optional) For a thicker sauce, remove the rabbit and simmer the liquid uncovered on the stovetop for 5–10 minutes until slightly reduced.

Nevada Farm Fact: Pumpkins thrive here, too! Family farms across western Nevada grow them for carving, pies, and festive fall pumpkin patches.





Fall Farmhouse Suet Cakes for Birds

Suet provides fat and calories, which are essential for birds to generate body heat and stay warm during cold winters. Hang suet cakes in mesh bags or suet feeders during cool fall and winter weather at least 5 feet off the ground and in the shade to keep it from going rancid in the sun.

Protein Base: Beef Suet | **Method:** No-Bake (chill to set)

Yield: About 4–6 suet cakes (depending on mold size)

Ingredients

- 2 cups beef suet, finely chopped
- 2 cups birdseed mix (sunflower, millet, cracked corn, etc.)
- ½ cup unsalted peanuts, chopped (or other unsalted nuts)
- ½ cup dried fruit (cranberries, raisins, or chopped apples)
- Optional: ½ cup rolled oats or cornmeal (for binding and texture)



Instructions

Step 1: Render the Suet

1. Place chopped suet in a saucepan over low heat.
2. Slowly melt, stirring occasionally, until liquid fat separates from solids.
3. Strain through a fine mesh sieve to remove impurities.
4. Allow to cool slightly but not solidify.

Step 2: Mix the Suet Cake Ingredients

1. In a large bowl, combine birdseed, nuts, dried fruit, and oats/cornmeal (if using).
2. Pour warm liquid suet over the mixture. Stir until well-coated.

Step 3: Shape the Suet Cakes

1. Line muffin tins, loaf pans, or small plastic containers with parchment paper.
2. Spoon mixture into molds, pressing firmly so ingredients stick together.
3. Insert a loop of twine into each if you'd like to hang them or leave solid for tray feeders.

Step 4: Chill & Set

1. Refrigerate or freeze for several hours until solid.
2. Remove from molds and store in freezer until ready to use.

