

2022 Summer

Recipe

Book



**Ranch-Inspired
Flavors and Foods**

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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 our newest producer to join 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!

Also, visit our online store to see the array of sauces and other gourmet condiments from another new supplier, **Tillie's Nevada**, to add some new, exciting flavors to your backyard barbecue table!

And, we've snuck in a recipe for treats for your best friend at the end of the book. Trust us, your dog will do anything to get one of these treats!

Happy grilling!

Enjoy!

www.CarsonValleyMeats.com/shop/



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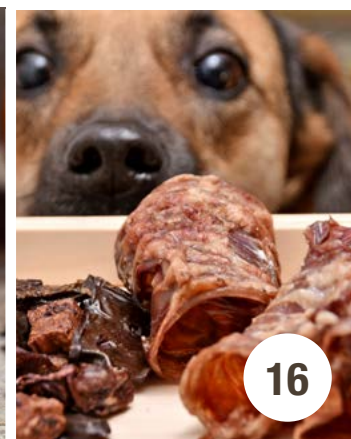
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Curried Brussels Sprouts & Sweet Potatoes



Ingredients

- 2 cups sweet potato, cut into 2" cubes
- 1 lb Brussels sprouts, bottoms trimmed, outer leaves stripped and then halved
- 2 tbsp vegetable oil
- 2 tbsp **Heart Rock Herb & Spice Co.** Curry Blend
- 1 1/4 cups low-sodium chicken broth
- 1 can (13.5oz.) coconut milk
- 4 green onions, thinly sliced
- 1 tbsp fresh ginger, minced
- 1 clove garlic, minced
- 1/4 cup fresh cilantro, chopped

Method

1. Heat the oil in a large sauté pan over medium-high heat. When the oil is hot, add the sweet potatoes and Brussels sprouts. Sauté for 3-4 minutes.
2. Add **Heart Rock Herb & Spice Co.** Curry Blend, stir 1 minute. Add the broth and coconut milk, bring the mixture to a boil.
3. Reduce the heat, simmer until the vegetables are almost tender, 10 minutes, add the green onions, cook 5 minutes.
4. Add the ginger & garlic, stir, cook 2 more minutes. Add the lime juice and cilantro. Season with salt and pepper to taste.

Adapted from Heart Rock Herb and Spice

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





Spicy Fried

Chickpeas

Ingredients

One 15 oz. can chickpeas

3 tbsp. olive oil

2 tsp. **Heart Rock Herb & Spice Co.** Spice
– Mexican, Turkish, both curries, and even Moroccan

1 tbsp. finely chopped fresh garlic

Method

1. Drain and rinse the chickpeas in a strainer. Dry on paper towels or a clean dish towel making sure they are completely dry.
2. Heat oil in a large skillet over medium-high heat, when hot add chickpeas.
3. Cook them for 7 or 8 minutes, shaking the pan from time to time. They'll turn several shades darker but won't really get brown.
4. Pour the chickpeas into the strainer to drain excess oil and then return them to the pan. Lower heat to medium.
5. Add spice blend and garlic. Stir for another minute until the garlic begins to just turn light brown.
6. Serve warm. These little morsels can also top a green salad for a nice spicy crunch.

Adapted from Heart Rock Herb and Spice



BBQ

Potato & Sausage Medley

Ingredients

5 medium red potatoes, cut into 1" cubes

1 large onion, cut into thin wedges

1 large red or yellow bell pepper, cut into 1" wide strips

8 oz **Liberty Food and Wine Exchange**
Big Vinnie Sausage (or 4 links of your
favorite hot or mild sausage), cut into
½" slices

2 tbsp oil

2 tbsp of any of the **Heart Rock Herb & Spice Co.** BBQ blends

Method

1. Combine vegetables and sausage in a large bowl with the oil, add one of the BBQ blends, toss to coat.

2. Place the medley on a large sheet of heavy-duty aluminum foil. Bring up the sides and double-fold the tops and ends to seal tightly.

3. Grill over medium-high heat for 35 minutes or until potatoes are tender. Turn the packet over halfway through cooking time to ensure potatoes are cooked completely.

Adapted from Heart Rock Herb and Spice

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

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 tsp dry mustard
1 tsp chili powder 2 tablespoons
lemon juice
1 tsp salt
2 tsp ground black pepper
1 tsp rubbed sage 1 teaspoon sugar

Method

1. Blend all the ingredients and pour the marinade over your choice of meat.
2. Marinate 1 to 24 hours in the refrigerator, turning occasionally.
3. 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 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

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

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

Condiments

Greens

Other: Bacon,

Onions

fried egg,

Tomatoes

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.



Fall-Off-The-Bone

Braised Short Ribs

Ingredients

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

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

Jamaican Jerk Leg of Lamb

Ingredients

3 ½ lb **Carson Valley Meats** leg of lamb
2 tbsp **Heart Rock Herb & Spice Co.**
Jamaican Jerk Blend
4 tbsp of rum

Method

1. Marinate leg of lamb in **Heart Rock's** Jamaican Jerk Blend and rum in a zip-lock freezer bag for at least 5 hours or overnight.
2. Remove from the bag at least 1 hour before grilling.
3. Grill for 8-10 minutes on medium-high heat, turn over and then turn down the heat to medium, grill another 8-10 minutes for medium-rare.

Adapted from Heart Rock Herb and Spice



Coffee Chile Chocolate

Porkchops

with Blueberry Sauce

Ingredients

3 tbsp **Heart Rock Herb & Spice Co.**
Coffee~Chile~Chocolate spice blend

2 **Carson Valley Meats** Pork Chops, either Bone-In or Boneless

2 tbsp unsalted butter

2 garlic cloves, minced

2 tbsp shallots, minced

½ cup chicken stock

½ cup red wine

1 tbsp fresh thyme, minced

1 cup fresh blueberries

3 tbsp **Misbeehaven Farm's** Tahoe Blue Jam

Sea salt and black pepper to taste

Method

1. Melt butter in a medium saucepan over medium-low heat. Stir in the garlic and shallots, cook for a few minutes until soft and fragrant.

2. Pour in the stock, wine, and fresh thyme. Lower the heat, simmer for 8-10 minutes.

3. Add in the fresh blueberries and jam, cook for another 5 minutes. Taste and adjust seasoning with salt and pepper. If you prefer a thicker sauce take 2 tablespoons of cornstarch, mix in a small bowl with 2 tablespoons of water. Stir into the blueberry sauce until fully incorporated.

4. Lightly rub Heart Rock's Coffee~Chile~Chocolate blend on both sides. Set aside until the sauce is ready. Sear the pork chops in a sauté pan on each side.

5. Transfer to a preheated 300-degree oven, cook until an internal temperature of 135 is reached. Pour the warm blueberry sauce over the meat and serve with a beet/spinach salad topped with goat cheese and a sprinkle of thyme.

Adapted from Heart Rock Herb and Spice



Beef Liver

Dog Treats

Ingredients

1 lb of **Carson Valley Meats** calf or beef liver

Method

1. Preheat oven to its lowest setting-- somewhere between 170 and 200 degrees F.
2. Cut liver into 1/2 to 1-inch strips and line a cookie sheet with parchment paper. Place liver strips on cookie sheet.
3. Bake for three hours for pliable jerky, 5-7 hours for crispy jerky.
4. Level of crispness will depend on thickness of jerky, width of treats and humidity level. For very dry treats, after baking, leave jerky in oven with oven door cracked to cool completely.

Adapted from Dog Tipper

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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