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Rare Meat



February 2011

Food · People · Recipes · Ideas

“The only time to eat diet food is while you’re waiting for the steak to cook.”— Julia Child

She makes legendary soups... with a little history mixed in

Liz Rosenbaum, who recently started her own business, Her Story Cafe, will teach a soup-making class Feb. 12 at Ranch Foods Direct. She'll demonstrate two soups, a creamy potato and a chicken noodle, and talk about the basics of good soup-making, how to blend ingredients, how to prepare ingredients beforehand for the best outcome and how to choose dairy items that contribute to healthier, smoother and creamier results.

She'll offer samples of her own creations. “Come hungry,” she says.

And don't be surprised if you leave with a history lesson or two.

She's a history teacher by trade. “I love history,” she says. “With my soups, you can eat them and not just enjoy a local product, you can learn a little bit of history and feel inspired. I

do a lot of research before choosing a name for each.”

Greta Garbonzo Bang, for example, mixes garbonzo beans and tender chicken with chunks of avocado and a special spice to give it a kick. She credits Actress Greta Garbo with saying, “Anyone who has a continuous smile on her face conceals a toughness that is almost frightening.” Her Chili Queens Chili is named after the Texas women who first turned whatever-you-have-on-hand stew into the now-signature dish that has a distinctive formula and flavor. She also wants to rename her Working Woman's Beef Stew after Rosie the Riveter. History reveals there were a number of “Rosies” in countries around the world who stepped up to the plate during World War II, working hard in factories to make things. They came home at night with a hearty appetite; this stew is meant to honor them. She likes using her soups to tell stories and introduce inspiring women.

Liz gets all her meats from Ranch Foods Direct. Her stew is made with Callicrate Beef chuck roast. “It is so tender it melts in your mouth,” she says. Likewise, she says the boneless chicken breasts are “amazing,” and she's also a fan of the Applewood-smoked bacon.



“I'm from Iowa, so I use corn a lot. I like bacon too,” she says. “That's what's nice about soups: you can experiment.” Ranch Foods Direct has turkey stock available, and Liz says it makes a fine substitute for chicken stock.

Liz is no stranger to the concept of buying local. Since moving to Colorado Springs 11 years ago, she's been a regular at the farmers market. She also gardens and has

three chickens to provide her family with fresh eggs. When she learned

Liz Rosenbaum hosts a class on making great soups 10 a.m. Sat., Feb. 12 at Ranch Foods Direct. Tickets are \$15, which includes a \$10 gift card for use in the store. Sign up by calling Ranch Foods Direct at 473-2306.

about GottaLoveIt, the new commercial kitchen in Old Colorado City that teams up with artisan food makers who want to sell their own products, she jumped at the opportunity to sign on: “I'm sold on this idea. This is an excellent way to get our own food economy going.”

Her soups are sold at GottaLoveIt Kitchen and at Ranch Foods Direct. She also makes an alfredo sauce for serving with pasta or chicken. “Our family puts it over eggs in the morning,” she says. She posts regular product updates on her website. Her motto? “Eat. Laugh. Relax.”

Stir up soothing soups...

Soup making is basic to life, and thus it is intimately linked to daily living with all that implies: the rhythm of work and everyday routine, the change of seasons, the size and tastes of families, time limitations, the quality



of ordinary meals as well as that of festive celebrations. Soups easily adapt themselves to any situation or circumstance of daily living, and often they bring much comfort to it...

Thus begins Brother Victor-Antoine d'Avila-

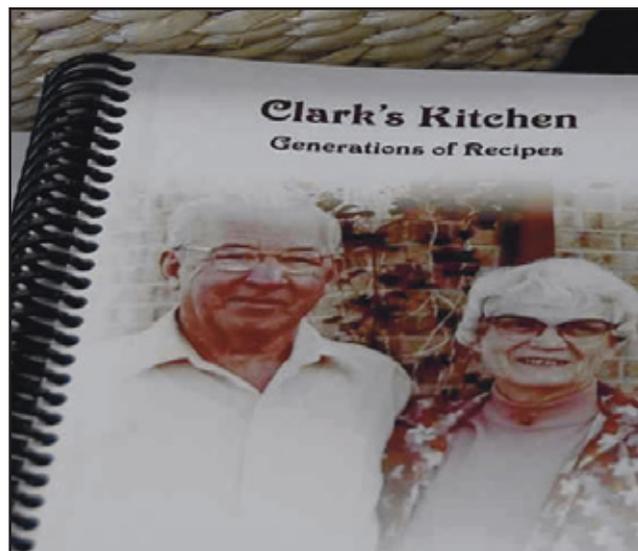
Latourrette's *Twelve Months of Monastery Soups*, a classic among soup-lovers. A bowl of soup conjures images of warmth and peace and provides a universal symbol of hospitality, he writes.

Soup is nourishing, satisfying and affordable. Here, Donna Ross, author of *Clark's Kitchen: Generations*

"Eat soup first and eat it last, and live till a hundred years be past."

— French Proverb

of *Recipes*, shares several of her own favorites. Her lovingly compiled cookbook, graced by a picture of her parents on the cover, is sold at Ranch Foods Direct.



Beef Barley Soup

3-lb chuck roast, cut in 1 in. cubes
2 T canola oil
2 c onion, diced
1 c carrots, diced
6 garlic cloves, minced
1 tsp dried thyme
3 T tomato paste
1/2 c red wine
8 c beef broth
1 c pearl barley
1 28-oz can diced tomatoes
2 4-5 inch beef marrow bones
1 T cider vinegar
salt and pepper

Pat beef dry with paper towels and season with salt and pepper. Heat 2 teaspoons of oil in a large skillet or Dutch oven until it shimmers; brown beef in two batches, searing on all sides, about 8 minutes. Set beef aside. Add remaining oil, onions, and carrots to pan and cook until vegetables are softened, about 5 minutes. Add garlic, thyme and tomato paste and cook until fragrant, about 30 minutes. Stir in wine, scraping up browned bits.

Transfer meat and vegetables to slow cooker, and add broth, tomatoes, barley and marrow bones. Cover and cook on low 7-9 hours (or on high 4-5 hours). Skim fat from surface and discard bones. Stir in vinegar and season with salt and pepper. You can also prepare it in Dutch oven: just cover and braise in 300-degree oven for 4-5 hours or until beef is tender.

Goulash Soup

2 lb stew meat
2 T shortening
1 large onion, chopped
2 c green pepper, diced
2 T paprika*
1 T salt
1/2 tsp ground black pepper
1-16 oz can diced tomatoes
8 c water
1 ham bone
8 oz kielbasa, sliced thinly
3 c potatoes, peeled and diced

Brown meat in shortening with onion and green pepper. Season with paprika, salt and pepper and stir in tomatoes, water and ham bone. Bring to a boil, reduce heat and simmer for 2 hours. Add kielbasa and potatoes and cook until potatoes are tender.

**You can experiment with the flavor of this dish by substituting smoked sweet or smoked hot paprika for the plain variety.*

Escarole and White Bean Soup

1 T extra virgin olive oil
8 oz kielbasa, diced (about 1 1/2 c)
1 small yellow bell pepper, diced
1 c chopped onion
1 c chopped celery
1/4 tsp red pepper flakes
1 qt chicken broth
1 lb escarole, rinsed and coarsely chopped
1 14-oz can cannellini beans, rinsed and drained
1/4 c grated Parmesan cheese

Heat oil in large Dutch oven and cook kielbasa, pepper, onion, celery and pepper flakes until sausage and vegetables are lightly browned. Add broth and bring to a boil. Stir in escarole and beans and reduce heat to medium. Cover and cook for 10 minutes, stirring occasionally.

Ladle into individual soup bowls and sprinkle with cheese and a drizzle of extra virgin olive oil.

Market Tips & Trivia

From Retail Manager Leona Espinoza

You may have noticed that we are featuring Wagyu beef in the front cooler of the store. So what exactly is Wagyu?

The name refers to Japanese-origin cattle genetically predisposed to intense marbling and to producing a high percentage of unsaturated fat. You will also hear it referred to as American Kobe.

The meat from Wagyu cattle is known for buttery marbling and increased eating quality due to naturally enhanced flavor, tenderness and juiciness. The Wagyu cattle's genetic predisposition also yields beef that contains a higher percentage of healthy Omega-3 fatty acids than typical beef. It's often sold for a very lofty price, but we've kept the RFD version affordable. Cooking time, as with any RFD beef, is much faster than conventional grocery store meat (usually about 20% faster). All of the beef at RFD has some Wagyu in it, but the steaks out front have the most marbling, which equates to great taste and tenderness.

Worried about the fat content? Fat is where the nutrition is! For more info, I urge you to look up the Weston A. Price Foundation website (westonaprice.org). Founder Sally Fallon has authored *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*; copies are available at the store.



RFD February Specials

ONE-WEEK SUPERBOWL SPECIALS (Jan. 31 to Feb. 5 only)

Enjoy healthy party food: 10% off on 1/4-, 1/3- and 1/2-pound frozen burger patties; all beef natural hot dogs; Ranch Foods Direct famous brats; and natural chicken wings. Also, it's a great time to stock up on the handmade salmon dip, local Baja and Mountain Lightning fresh salsas, tri-color tortilla chips and organic Papa Hill's popcorn!



Split Pea Soup

1 pkg dried split peas
1 onion, diced finely
2 T salad oil OR bacon grease
2 carrots, peeled and shredded
2 bay leaves
ham bone
1-2 cups cubed ham
salt and pepper

Rinse and sort through peas for any debris. Set aside. Sauté onion in oil until soft and translucent. Add peas, carrots, bay leaves, ham bone and ham and 6 cups of water. Bring to a boil. Reduce heat and simmer partly covered for 2 to 3 hours, stirring occasionally. Add more water, up to 4 cups, as needed to keep from sticking. Remove bay leaves. Remove ham bone from soup, cut off all meat, discard bone and return meat to soup. Season to taste and serve.

Baked Potato Soup

1/2 c butter
1/2 c flour
7 c milk
4 large baked potatoes, skinned, and cubed
6 scallions, sliced
1 lb bacon, cooked crisp, crumbled
1 1/2 c cheddar cheese, shredded
8 oz sour cream
salt and pepper to taste

Melt butter in large Dutch oven and stir in flour. Cook 1-2 minutes. Gradually stir in milk until thickened. Add potatoes and scallions; bring to a boil, stirring constantly. Reduce heat to low and simmer 10 minutes. Use an immersion blender or potato masher to break up potatoes. Make the soup as smooth or chunky as you like. Add remaining ingredients and stir until cheese melts. Season to taste.

FOR VALENTINE'S DAY: Melt someone's heart with meltingly tender heart-shaped rib-eyes!

It's a once a year special, just for celebrating your Valentine! Check out the display of extra marbled Wagyu steaks, a perfect gift or the centerpiece for a truly memorable meal. Plus, four-pound pails of frozen pie cherries from the Western slope, great for making a variety of sweetheart desserts, \$16 each.

MONTHLY SPECIALS:

Chuck Tender - \$3.99/lb introductory offer · Flank steak, 10% off · Sirloin tip and roasts, 10% off · Stew meat, 10% off · Marrow bones, \$2.50/lb
Brisket whole or flats, 10% off
Ground Beef buy-2-get-1 free M-T-W
Pet food special: ground salmon raw pet food is now \$2.50 a package.

Look for daily/weekly specials posted online at ranchfoodsdirect.com.



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Ripe2U: Citrus as local as you can get

After learning of the high quality fruit grown in Arizona and recognizing the need for quality citrus in Colorado, the Glenn Austin family of Paonia teamed up with a third generation family orchard to form Ripe2U. They supply Ranch Foods Direct with oranges and lemons.

The organic fruit is harvested from 60-year-old heirloom trees for an emphasis on flavor rather than appearance. The Austins explain that the fruit is "orchard run," meaning it is bagged fresh from the tree, rather than sorted, graded and stickered, and includes a natural assortment of sizes.

The history of citrus groves in Arizona dates back to around 1900. The first generation of citrus farmers was employed by the University of Arizona Experimental Farm in Mesa, Ariz. Working at the farm sparked an interest in farming and in 1920 Tom Armistead decided to purchase desert acreage and plant the first fruit trees. Eighty years later, the family is still in the citrus business and the fifth generation works in the orchards. The fruit is as fresh and as local as Coloradoans can get!

Did you know?... According to a study at the University of Washington, organic lemons contain 10 times the antioxidants of conventionally grown lemons. You know citrus is high in Vitamin C, but did you know the body can't produce its own? Fresh-squeezed juice is an ideal source.



Sweet Orange Curd

Substitute 6 egg yolks for the whole eggs for a super rich curd (More recipes: www.ripe2u.com)

- 3 large eggs
- 1/4 cup of honey
- Grated zest of one orange
(1 1/2 tablespoons)
- 1/2 cup of fresh orange juice
- 6 tablespoons virgin coconut oil, ghee, or butter

In a medium stainless steel or enamel saucepan, whisk together the first three ingredients until light colored. Add the the coconut oil, ghee or butter, breaking it into small clumps as you drop it into the pot for even melting. Then add the orange juice. Cook, whisking, over medium heat until the coconut oil is melted. Continue to cook until the mixture thickens and you start to see a few bubbles popping at the surface, and remove immediately from the heat, still whisking to prevent the eggs from getting overcooked. Scrape into a fine sieve set over a bowl. Strain the curd by gently stirring through the sieve. Refrigerate for several hours to thicken. Will keep about one week in the refrigerator.