Meat from grassfed animals is healthier for people, climate, water, land, and local farms. When you buy local, grassfed meat you are preserving our region’s agrarian heritage and helping farmers thrive and provide fresh, nutritious food to our communities. Learn more at www.futureharvestcasa.org!

Image courtesy Edwin Remsberg
GRASSFED PEPPERED LAMB
With Herb Hazelnut Sauce

Choose lamb that was processed 6 months or younger. Serves 4.

Recipe courtesy of Rita Calvert and Michael Heller, authors of The Grassfed Gourmet Fires it Up! Available on Amazon.

Ingredients:

½ cup whipping cream
2/3 cup chicken stock
3 young fresh carrots, julienned
2 tsp fresh lemon thyme, chopped
3 tbsp freshly snipped garlic chives
Kosher salt
4 tbsp coarsely cracked pepper
4 lamb shoulder chops, boneless, 4 oz each, trimmed
½ cup hazelnuts, toasted and coarsely chopped

For the Sauce:

Heat the cream, chicken stock, carrots, and lemon thyme in a saucepan over medium-high heat. Stir occasionally, until the carrots are just tender. Stir in 2 tbsp chives. Season with salt and pepper, cover and keep warm on very low heat.

For the Lamb:

Heat the grill to high. Press pepper onto both sides of lamb and then sprinkle completely with salt. Grill lamb about 4 minutes per side for medium-rare or 130°F to 135°F on a meat thermometer.

Transfer lamb to plates. Combine most of the hazelnuts and sauce and spoon over the lamb; sprinkle remaining nuts and chives over the sauce as a garnish.
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BISON BURGERS

Infused with Wine and Bay Leaves

Bison should be 22-28 months old when processed and dry aged 2-3 weeks for tenderness. Serves 6.

Recipe courtesy of Rita Calvert and Michael Heller, authors of The Grassfed Gourmet Fires it Up! Available on Amazon.

Ingredients:

- 2 pounds ground bison
- 1 tbsp fresh lemon thyme, finely chopped
- 6 fresh bay leaves
- 8 medium cloves garlic, minced
- 2 ½ cups dry red wine
- ¼ cup fresh lemon juice
- 2 tbsp balsamic vinegar
- 1 tbsp extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

Instructions:

Mix the bison with the lemon thyme and form into 6 patties. Place the burgers in a flat, nonreactive baking dish with a bay leaf under each and garlic sprinkled over the tops. Combine the wine, lemon juice, vinegar, and olive oil and pour over the patties. Season with a bit of salt and pepper.

Cover and refrigerate, turning the burgers several times, for at least 3 hours.

Half an hour before cooking, remove the burgers from the refrigerator and drain on paper towels. Discard the bay leaves.

Heat the grill to medium-high.

Grill 3 to 6 minutes per side.

Serve on warmed rolls with fresh arugula and farm-ripe tomatoes.
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GLAZED PORK LOIN

With Fresh Salsa

Recipe courtesy of Rita Calvert and Michael Heller, authors of The Grassfed Gourmet Fires it Up! Available on Amazon.

For the Glaze:

3 tbsp fresh lime juice
3 tbsp honey
2 medium cloves garlic, minced
1 tsp kosher salt
2 pork tenderloins, ¾-1 pound each

For the Salsa:

1 cup fresh plum tomatoes, diced
1 cup freshly cooked corn kernels
½ cup red onion, minced
3 tbsp fresh basil, finely chopped
1 tbsp white wine vinegar
2 tbsp fresh lime juice
¼ tsp kosher salt
1 jalapeno, seeded and minced

Instructions:

Combine the glaze ingredients, then coat the tenderloins thoroughly. Let rest in glaze for 1 hour in the refrigerator.

Meanwhile, make the salsa by mixing ingredients together and hold at room temperature to let season until ready to serve with the pork.

Preheat the grill to medium high.

Place the tenderloins on the grill and cook, turning frequently, for about 18 minutes, or until the meat is 150°F.

Transfer to a platter and allow the meat to rest 10 minutes, loosely tented with foil, before carving.

Serve with salsa on the side.
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Select beef that was processed at 18-24 months old and dry aged for 2-3 weeks. Serves 2-4.

**Ingredients:**

- ¼ cup extra-virgin olive oil
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp freshly ground pepper
- 2 large garlic cloves, minced
- 1 pound rib eye steak, trimmed, and cut in 1¼ inch cubes
- ½ tsp kosher salt
- 4 3-inch red bliss potatoes, scrubbed and cut in half
- Olive oil cooking spray

**Instructions:**

Heat the grill to medium-high.
Remove meat and potatoes from the marinade; heat remaining marinade to just a boil to kill any bacteria. Reserve for basting sauce.
Thread meat and potatoes evenly onto each of 4 12-inch skewers.
Place the skewers on a grill rack coated with cooking spray; grill 3 minutes on each side or until medium-rare. Serve immediately.

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SHREDDED-CHICKEN

**Soft Tacos**

Recipe courtesy of Rita Calvert and Michael Heller, authors of *The Grassfed Gourmet Fires it Up!* Available on Amazon.

**Ingredients:**

- 1 tsp ground oregano
- 1 tsp ground cumin
- ½ tsp garlic powder
- Kosher salt
- Freshly ground black pepper
- 1 pound boneless, skinless chicken thighs or chicken breasts
- 12 6-inch white corn tortillas
- 1½ cups thinly sliced romaine lettuce
- ¼ cup shredded cheddar
- ¼ cup sliced radishes
- Avocado slices
- Lime wedges
- Sour cream

**Instructions:**

Heat the grill to high.

In a small bowl, combine the oregano, ground cumin, garlic powder, salt, and pepper to make a rub; press all over the chicken.

Grease the grill rack and then grill chicken over direct heat for 10 minutes on each side or until done. Let stand 5 minutes, then shred (or pull apart) with your fingers.

Heat the tortillas on the grill (along with the chicken) and keep warm until the chicken is grilled. Divide the shredded chicken evenly among the tortillas; top the chicken with equal parts of the lettuce, cheese, and radishes. Add an avocado slice, if desired.

Slather with a salsa of your choice and serve sour cream and lime wedges on the side.