



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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Tasting Recipes

All recipes compliments of chef Linda Hoffman, [Come Back to the Table](#)

Black Bean Pumpkin Chili

1 tbsp. olive oil
1 cup chopped onion
1 cup red or green bell pepper, diced
2-3 cloves garlic, minced
1 lb. grass-fed ground beef
1 can (14.5 oz.) diced tomatoes
2 cups pumpkin puree
1 ½ tbsp. chili powder
1 tsp. ground cumin
1-2 cans black beans, rinsed and drained
1 small can diced green chiles
salt and pepper to taste
1-2 cups chicken stock
2 cups grated cheddar cheese
sour cream

Heat the oil in a large soup pot over medium heat and sauté the onion, bell pepper, garlic, cumin, chili powder, and crumbled beef with salt and pepper until vegetables are tender and the beef is browned. Stir in the pumpkin, tomatoes and stock, and bring to a boil. Reduce heat and simmer 20 minutes until flavors blend and serve, garnished with grated cheese and sour cream.

Optional: add your favorite heat ingredients, such as chipotle powder or hot smoked paprika, minced jalapeno or cayenne powder. Add 1 cup corn kernels or even 1 bunch chopped greens.

Pumpkin Puree

1 pumpkin
Salt and pepper

Cut the pumpkin in half and scoop out the seeds. Cut each half in half again, season with salt and pepper, and place cut side down in an 11x14 baking dish. Roast at 375° until the pumpkin is tender when pierced with a knife tip, about 45 minutes depending on thickness. Remove from the oven and when cool enough to handle, pare the skin from the pumpkin, place into a food processor and process to a smooth puree. Use two cups or so for the chili, and freeze the rest to use at another time or for another purpose.

Beet Salad

3 beets, medium size

1 4oz. goat cheese log
Minced red onion
Lettuce greens
Olive oil
Reduced balsamic vinegar
Chopped fresh dill

Wash the beets and peel away any roots or rough spots. The beets are organic, so no need to peel unless you want to. Place the beets in boiling water to cover and add a large pinch of salt. Cook until tender, drain and chill.

To serve, toss the beets with the greens, dill, minced onion, and goat cheese. Sprinkle the salad with salt and pepper, drizzle with good quality olive oil and the reduced balsamic. Toss again, and serve at once.

Beef Liver Pate

3 strips bacon
1 lb. of beef liver
1 onion, chopped
½ cup dry red wine
2-3 cloves garlic, crushed
1 medium shallot, chopped
½ tsp. Dijon mustard
1 sprig fresh rosemary
1 sprig fresh thyme
1 tbsp. fresh lemon juice
½ cup unsalted butter at room temperature
2 tbsp. cracked black pepper
Salt to taste

Rinse and drain the pieces of liver. Cut the bacon crosswise into 1 inch pieces and brown in a large skillet. Remove when cooked to a paper towel to drain. In the bacon drippings with a pinch of salt, melt half of the butter and cook the liver and soften the onion and shallot over medium heat. When the liver is cooked but not overdone, stir in the garlic and cook for 1 minute. Add the mustard, herbs, lemon juice and wine, and cook uncovered until most of the liquid is gone. Allow to cool a bit, then remove to the bowl of a food processor and blend until smooth, adding the rest of the butter. The texture should be smooth and creamy. If it is dry and crumbly instead, add more butter. Pack into a ramekin and press the black pepper into the top.

The pate can be frozen in ice cube trays, or in ramekins that are just the right size for your family.

Carne Seca, or Dried Beef

Traditionally, carne seca was used as a technique to preserve the beef harvest. While no longer necessary as a preserving method, it does produce a flavor and texture not achieved with stewed beef chuck or round. In Mexico, it's often called Machaca.

Dried Beef:

3 lbs. top round, eye of round, or chuck roast
3 tbsp. white vinegar

1 tbsp. salt
2 tsp. black pepper
10 cloves garlic, sliced
1 tbsp. ground mild red chile, preferably ancho or Anaheim
8 cups water
juice of 2 limes

Dried Seasoning Blend:

1 tbsp. dried mild red chile, ground
1 tsp. salt
1 tsp. black pepper

¼ cup oil
1 medium onion, chopped
¾ cup roasted mild green poblano chiles, chopped
2 small tomatoes, chopped
4-5 garlic cloves, minced
1 tsp. dried oregano
salt to taste
Lime wedges to garnish

Combine all the dried beef ingredients (except the lime juice) in a heavy saucepan or Dutch oven.

Bring to a boil, skim off any foam, reduce the heat to a simmer, and cover. Cook for 2-2 ½ hours, until very tender. Strain, reserving one cup for this recipe. The rest can be used as a soup stock.

Preheat the oven to 275°. Shred the meat and return to the Dutch oven. Add the reserved 1 cup cooking liquid and simmer until the liquid is absorbed. Pour the lime juice over the meat and toss to combine.

Transfer the meat to a couple of cookie sheets, spreading it thin. In a small bowl, combine the dried seasonings, and sprinkle half of it over the meat. Bake for 20 minutes, and sprinkle with as much of the remaining seasonings as you like, toss together, and bake again for 30 minutes or so, until browned and dry. Can be prepped ahead and refrigerated for 1-2 days before using.

Transfer a handful at a time to a blender and pulse to lightly puree into fine threads. Resist over processing, as it will resemble sawdust.

I used the beef on tortillas, with pickled onions and grated cheddar cheese, and grilled them until the cheese was melted and the tortillas lightly browned. Cut into wedges and serve with chipotle sour cream.

If you prefer, you can add the beef to the tomato mixture and use it to fill tortillas.

Warm the oil over medium heat in a heavy skillet. Add the onion and soften, then stir in the chiles, tomatoes, garlic and oregano and cook, covered, for a few minutes. Add the browned meat and heat through, until all the liquid is absorbed. Add additional salt to taste. Serve with lime wedges, plain or in tortillas.

Chipotle Sour Cream

½ cup sour cream
juice of ½ lime
salt and pepper to taste
¼ tsp. ground chipotle powder, or more to taste
¼ tsp. ground cumin
¼ tsp. granulated garlic powder

Stir together all ingredients and serve. If too tart, add more salt.

Pickled Onions

2 red onions, peeled and cut into ½ inch slices
2 cloves garlic, smashed
¾ tsp. salt
¾ cup cider vinegar
Black pepper, freshly ground
Pinch or two of Mexican oregano

Bring a saucepan of water to a boil, and add the onion slices for 30 seconds. Drain and set aside. In a non-reactive bowl, place the rest of the ingredients and stir in the onion slices. Let sit on the counter for several hours, and serve with any grilled meats or as a condiment for Mexican tacos or fajitas. Pickled onions may be refrigerated for several weeks.

Linda's Sangria

1 bottle red or white wine
1 bottle sparkling water
1 cup simple syrup
1 cup brandy
Seasonal fruits

Make the simple syrup by dissolving 1 cup sugar in 1 cup water over medium heat. Cool, and combine with other ingredients. Chill.

Seasonal fruits are ideal to add to sangria. In winter, I use citrus fruits like orange, lime and lemon slices with both red and white wines, perhaps a handful of berries. In summertime, I use sliced peaches and plums; sliced peaches and strawberries; sliced peaches with blackberries. With red sangria, I like all the dark berries, including blueberries, blackberries, raspberries, strawberries, plus plums.