



SUPER BOWL MENU

JAM GLAZED MEATBALLS

- *Lamb with Apricot Preserves OR Spiced Fig Jam*
- *Beef with Apricot preserves & smoked Chiles*

Directions: Combine 1 pound grass-fed beef/lamb with 1.5 tsp sea salt, and fresh ground black pepper to taste. Using a cookie scoop, scoop seasoned meat unto shallow baking tray. Bake @ 375F for 20-30min or until medium rare. Remove from oven, place in slow cooker. Whisk together 1 cup of preserves/jam with 1 Cup bone broth (if unseasoned add 1.5 tsp sea salt). Optional, whisk in 1/2tsp Aleppo or Chipotle peppers for some smoking sweet heat! Cook on low 3-4hrs, or on high 1.5-2hrs. Baste & stir meatballs half way through cooking.

BUFFALO CHICKEN 3 WAYS

- *Mini Sliders: Hawaiian Rolls/buns + Blue cheese + Pickles*
- *Zesty Pizza: Red Onions + Mozzarella + Spinach*
- *Wraps: Wrap of choice + Cheddar + Pickled Red Onions*

*Directions: Thaw a 3.5-4.5lb chicken, place in slow cooker. *Optional: cut in half, by removing back bone, cook all three parts together. Add 4 Cups of water, 1tsp sea salt. Cover and cook 6-7hrs on low, or 3-3.5hrs on high. Remove chicken and shred with two forks, set aside all bones for future broth making. Strain stock and set aside. Return shredded chicken to slow cooker, add 1 Cup buffalo sauce (creamy or vinegar based), add enough stock to keep chicken moist but not soupy. Now your ready to enjoy your buffalo chicken on a slider, pizza or wrap! Use your chicken stock in the next recipe!*

BONE BROTH HOT COCOA

*Directions: Using unseasoned, unflavored (i.e no veggies, pepper, etc. in the stock) Chicken broth, * like the recipe above.*

In a heavy bottomed saucepan, combine 1/2 Cup chicken broth, with 1/4 cup whole raw milk/coconut milk, 1.5 TBS dark cocoa, 1-2TBS maple syrup, pinch of sea salt. Whisk and cook on medium low until it reaches desired temperature, be sure to whisk often to keep from burning to the bottom. Serve with homemade whipped cream!

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VALENTINES MENU

PAN SEARED LAMB CHOPS

- *Lamb chops + butter + thyme + White Wine + Spiced Fig Jam*

*Directions: Thaw chops on a plate, out of wrapper in the fridge, 1 day in advance. Preheat oven to 325F. Heat an oven safe skillet (cast iron) to medium high on the stove top. Meanwhile season chops with 1tsp sea salt and ground pepper. Melt 1 TBS of butter in skillet and add chops. Sear each side for two minutes, move pan to oven and continue to cook until internal temperature is 5 degrees LESS than your desired finished temperature, [*find cooking temperatures CLICK HERE](#). Immediately remove chops and tent them with a bowl or tin foil for 5 minutes to rest. Meanwhile, add 1 tsp chopped fresh thyme or 1/4 dried thyme to the skillet, as well as 1 TBS butter and 1/4 cup white wine. Cook over medium heat until reduced by half. Optional, fold in 2TBS fig jam and a pinch of Aleppo or chipotle peppers. Serve pan sauce on or beside chops!*

WINE BRAISED LAMB SHANKS

- *Grass-fed Shanks + Red Table Wine + carrots + celery + onions*

Directions: Thaw a 2-6 lamb shanks, 1 per person. Preheat oven to 325F. Heat a dutch oven on the stove, add 1 Tbs butter or lard, sear shanks on all sides, approximately 5min each side. Set shanks aside, in the same dutch oven, sauté 1 diced onion, 1 cup thinly sliced celery, and 1.5 Cups large cut carrots 1-2" pieces, or whole baby carrots, 1 minced clove of garlic. Sauté for 5 minutes, then nestle the shanks back into the pot sprinkle with 2 tsp seas salt and black pepper to taste, add 2 cups red wine and 2 cups water. Braise in 325F oven for 1.5hrs with lid on, then remove lid rotate shanks and baste, then return to oven to cook for 1 hour uncovered. Serve one shank per person, with a ladel of veggies and broth!

DEEP DISH FARM PIZZAS

- *Buffalo CHK + Red Onions + Mozzarella + Spinach*
- *Italian Sausage + Baby Kale + Cheddar + Olive + Feta + Onions*
- *Chorizo Sausage + Gouda + Spinach + Honey + Chipotle Peppers*
- *Lamb Shanks + Mozzarella + Olives + Feta + Honey*

Directions: Preheat oven to 450F with an 8 Inch cast iron inside. Meanwhile prepare your toppings and crust. Roll out your crust to a ten inch circle, set aside. Warm your sauce, we like oregano, sea salt, olive oil and black pepper in ours. chop and sauté toppings. Once the oven is preheated, remove the cast iron, melt 1TBS lard or butter in pan, then gently lay your dough inside allowing the extra dough to ride up the sides of the pan. Use a fork to punch steam vents in the bottom of the pan, 3-5 pokes of the fork should do! Place back in the oven and bake for 15 min. Remove from oven, top with sauce, cheese, veggies and meats. Return to oven until cheeses is melted, 10-15min.

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