

March Recipes...

Starting this month we will be providing you with some of our favorite recipes to help you prepare our highlighted items on special. We appreciate your feedback and hope you will look forward to our recipes every month!



Warm Winter Salad w/ Bacon

The typical cold greens aren't always so appealing in the winter, so give this warm winter version a try!

- 2 TB vegetable oil
- 4 cups of Kale, rinsed, dried and chopped
- 1 medium head radicchio, rinsed, dried and chopped
- 2 TB capers in olive oil
- 6 slices of Belly Bacon
- 12 Kalamata olives, pitted and sliced
- 1/2 tsp red pepper flakes (or to taste)
- 3 TB currants
- 1 TB extra-virgin olive oil
- juice of 1 lemon
- 3 TB toasted pine nuts
- 1 TB orange zest

Fry, grill or bake belly bacon until crispy and crumble into large pieces.

Heat vegetable oil in a saucepan over high heat. Add kale and radicchio; cook and stir until greens begin to wilt, around 5 minutes. Add crisp bacon pieces, capers, olives, red pepper flakes and currants; cook and toss gently for another 15 seconds. Drizzle with olive oil and lemon juice and sprinkle pine nuts and orange zest on top.



Baked Chicken Wings

- 1 cup Soy sauce
- 2 tsp Freshly grated gingerroot or 1 tsp of powdered ginger
- 2 Cloves of Garlic, minced
- 1/3 cup dark mustard
- 24 chicken wings
- Garlic powder

1. Mix soy sauce, ginger, garlic, brown sugar and mustard together. Blend well. Marinate chicken wings in this mixture at least 2 hours. Drain; reserving marinade.

2. Preheat oven to 350°.

3. Place wings in baking dish and bake 1 1/2

hours, turning and basting frequently. Discard any leftover marinade. Sprinkle with garlic powder and broil wings 1-2 minutes until crispy. Serve

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Beef, Barley & Root Vegetable Stew

Beef and root vegetables makes a hearty, warm and comforting dish. And great leftovers!

- 1/4 cup organic unbleached white flour or organic oat flour (if wheat free recipe is desired)
- 1/4 tsp sea salt
- 1/8 tsp black pepper
- 3/4 pound lean round beef cubes
- 3 TB extra virgin olive oil, divided
- 2 large stalks celery, chopped
- 1 cup chopped onion
- 1 cup chopped carrots, peeled if desired
- 1 cup chopped, peeled rutabaga
- 1 cup sliced fresh mushrooms
- 1/3 cup pearled barley
- 1 qt fat free, natural beef broth
- 1 bay leaf
- 1/4 cup chopped parsley for garnish

In a medium bowl, combine the flour with the salt and pepper. Toss the cubed beef into the flour mixture, coating all sides and reserving any leftover flour.

In a large Dutch oven or soup pot, heat 2 tablespoons olive oil over medium heat. Brown beef on all sides and remove to a plate. Add the remaining tablespoon of olive oil to the pan. Stir in the celery, onion, carrots, rutabaga, and mushrooms, scraping up any brown bits from the bottom of the pot. Cook the vegetables, stirring for 2 minutes.

Add the barley and continue to cook, stirring for an additional minute. Stir 1/4 cup beef broth into the remaining flour until completely blended. Add this along with the rest of the broth and the beef cubes back into the pot. Bring to a boil then reduce heat to simmer, uncovered, and stirring occasionally, cook for one hour or until thickened into a stew. Remove bay leaf. Garnish with chopped parsley.



Beretta's Beef Short Ribs in Beer

- 4 lbs Beretta's organic beef braising ribs
- 4 large red onions, evenly sliced
- 2 cups blond ale
- 2 cups Beretta's beef stock
- 1 bunch fresh parsley, off of the stem and roughly chopped
- 1 tbsp butter

Preparation

1. Lightly saute onions in butter until 1/2 cooked.(4-5 minutes). Set aside.
2. Turn on broiler to medium heat. Broil ribs in a deep pan for 15 minutes or until brown.
3. Spread onion over browned ribs. Pour beer and beef stock over all.
4. Preheat oven to 325 F. Cover and bake for 1 and 1/2 hours or until meat is tender, remove from oven/broiler and sprinkle with parsley. Cheers!!

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Mustard seed, garlic & thyme Crusted Sirloin Roast

Here is a simple crust/ paste recipe that will not only enhance the flavor of your roast but will also organically hold in juices and aromas.

Ingredients

- 1 cup olive oil
- 3 tbs dry mustard seed
- 3 tbs mustard powder
- 2 tbs cracked black pepper
- 2 tbs finely chopped fresh thyme
- 1 tbs garlic powder (not garlic salt)
- 1 tbs minced fresh garlic
- 1 (3-4 lb) Steak Roast

Method of Preparation

1. Preheat oven to 350F degrees.
 2. In a bowl mix all ingredients together. Place steak roast in a raised roasting pan.
 3. Evenly distribute paste mixture with a spoon or spatula onto the roast.
 4. Cook roast for 17-18 minutes per pound for medium rare, 20-22 minutes a pound for medium, and 24-26 minutes per pound for well done.
 5. Let roast rest for 10 minutes before slicing.
- **Internal temperatures should read on a meat thermometer, MR: 125 degrees, Med: 140 degrees, Well: 150 degrees.



Old Fashioned Meat Loaf

This is quick and healthy meal that can be made ahead of time and served hot, warm or chilled.

- 2 slices bread, crumbled
- 1/4 cup broth
- 3/4 lb extra-lean ground beef
- 1 cup grated carrots
- 1 stalk celery, finely chopped
- 1 medium onion, minced
- 2 cloves garlic, minced
- 1 can (6 oz) no-salt-added tomato paste
- 1 egg white, slightly beaten
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp pepper

1. Preheat oven to 400°F. Line 8 1/2" x 4 1/2" loaf pan with foil.

2. In large bowl, combine bread and broth. Add beef, carrots, celery, onion, garlic, tomato paste, egg white, thyme, salt, and pepper. Mix until well combined.

3. Transfer to prepared pan and bake 25 minutes, or until cooked through. Serve hot, warm, or chilled.

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