



Bohaty's Gourmet Grass Fed Beef

November 2007

We're on the web at www.gourmetgrassfedbeef.com

The Grass Fed Gourmet

Magic with Leftovers

“Not cold roast beef again!!” Does your family complain when you try to use up beef left from Sunday’s roast? This month I’ll try to give you a few different alternatives to eating leftover beef. Trying to make cold roast beef look and taste like a freshly prepared dish can be a challenge. Let’s see what alternatives we can discover.

Hot Beef Sandwiches

Of course the most obvious re-do for left over roast is hot beef sandwiches. This works well if you also have left over gravy from the roast, but canned gravy or gravy mixes can substitute if your gravy is gone. The best way to make hot beef sandwiches is to heat the sliced roast in the gravy. Add water to your gravy if it seems too thick and only heat long enough to warm up the meat and gravy. Left over mashed potatoes can be used up here as well; they are best reheated in the microwave until just hot. If no potatoes are left and you have the time make fresh ones or if in a hurry use the frozen mashed potatoes from the store.

Barbequed Beef Sandwiches

One of my family’s favorites for left over roast is to turn them into a spicy barbeque. If you know this is what you want to do with the beef when you finish the first meal, shred the meat while it is still warm. It is much easier to shred warm than cold and

shredded beef is better in barbeque than cubed beef. I like to add the barbeque sauce to the beef before I refrigerate it. It absorbs the flavor of the barbeque sauce while standing and tastes like you just made it. My family likes Famous Dave’s or Cookie’s barbeque sauces or you can make your own if you have a favorite.

Beef Stroganoff

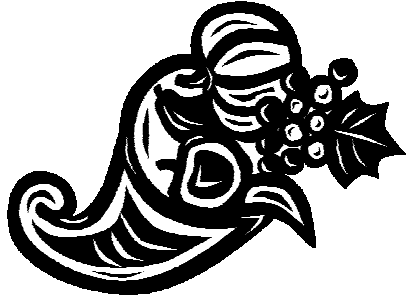
Beef Stroganoff makes a quick & easy second meal out of left over roast. Again if you shred the beef while it is warm it makes a nicer looking stroganoff. The easiest way to make this dish is to heat the left over roast in Cream of Mushroom soup with 1 cup of milk added to the soup and add salt & pepper, to taste. Cook rice or noodles which ever you prefer to serve your stroganoff on. Adding fresh or dried thyme to the mushroom gravy adds more flavor. Just before serving add about a half cup of sour cream to the mushroom/beef mix and heat for about 30 to 45 seconds.

Roast Beef Hash

This works well with pot roast where potatoes and carrots have been roasted with the beef. Cube or if you prefer grind the beef, carrots and potatoes. Stir in left over gravy or canned gravy and heat until hot. Tastes good on cold winter days.

Roast Beef Sandwich Spread

Finely grind left over roast beef. Add a small, diced onion, 2 or 3 hard cooked eggs, chopped, & add ½ cup mayonnaise or enough to make a moist spread. Add salt and pepper (to taste) and if you like a teaspoon of Dijon mustard and/or sweet or dill pickle relish to the roast beef spread. Serve on white, wheat or rye bread.



Beef Quesadilla

2 teaspoons vegetable oil
2 flour tortillas (6 inches)
½ cup shredded cheddar cheese (divided)
½ cup cubed, cooked roast beef
¼ cup sliced fresh mushrooms
½ cup shredded Monterey Jack Cheese
Sour cream and salsa, optional
Heat oil in a skillet, add one tortilla. Layer with half the cheddar cheese, all the beef, mushrooms, and half the Monterey Jack cheese. Top with the second tortilla. Cover and heat until cheese melts & bottom tortilla is browned. Turn over: sprinkle with remaining cheddar and Monterey Jack cheeses. Cook until bottom tortilla is browned. Cut into wedges and serve with sour cream and salsa.

Farm Notes

Fall is here and corn harvest is over. The cow herd is grazing the residual corn stalks and the calves are weaned & home in the lots where they are being fed stored forages. This years grass finished steers are grazing rye grass and the first group of the steers has been taken to the processor. This year our steers will be processed at Kneifel's Meat Processing, which is 7 miles south of Columbus. We expect the last of the steers to be finished and sent to the processor by the middle of December.

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Reserve Your Beef for 2007!

Our grass fed beef is sold as a whole beef carcass, or just a half or quarter. You determine how your beef is cut up and packaged. If you are unfamiliar with this process we can explain the basic cuts of beef and the processor will help you make the final decision.

Our 2007 price is \$1.10 per pound of live animal weight. This is the weight of the live animal at the time it is delivered to the processing plant. Live animal weights usually range between 1050 to 1250#. Dressed or hanging weight is

estimated to be around 60% of live weight. Most processors expect the cutout weight (the weight of the meat going into your freezer) of a whole steer to be 60-65 percent of the dressed weight. The reason for the reduction in weight is the moisture loss during the dry aging process and the amount of bone, fat, & etc removed during processing.

Delivery of the live animal to the processing plant is free. Processing costs are the buyer's responsibility. Basic costs of processing can be found at www.gourmetgrassfedbeef.com