

The Pasture Perfect Press

Who would have thought 60 degrees in January! We are taking advantage of this warm weather to build some new fence for additional pastures for our cows to graze. We have missed seeing you at the markets and would love to hear from you! Send us your favorite beef recipes to share, or testimonials of your past experiences with our beef. Our freezers are fully stocked for all of your beef needs. Please feel free to place an order for pick up or delivery! Looking for that perfect gift? We have gift boxes and gift certificates available! As you are aware, Pasture Perfect Beef is all natural and all local!

Know your farmer...Know your food!

Try one of our new signature spices at **Pasture Perfect Beef!** Our grill 'n spice makes your meat taste like you just took it off of the charcoal grill! Our steak seasoning is a robust blend of spices to enhance any steak and our roast beef rub gives any roast a deep, rich beefy flavor! **\$4 each**



“Like” us on Facebook to see daily updates, recipes and more pictures around the farm, thanks to our own Robyn Orres!



<http://facebook.com/pastureperfectbeef>

Find us at these Upcoming Events

- **Grove City Trade Show- February 23 9-3**
Grove City College
- **Farm to Table Convention- March 22 & 23**
10am-5pm David Lawrence Convention Center, Pittsburgh

January Specials

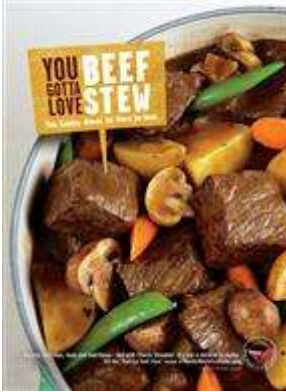
- **Ground Beef Bundle-10 pounds of ground beef or ground round for \$50; get a FREE jar of one of our new signature spices**
- **Sampler Pack: 1 round roast, 3 packs ground beef, 1 sirloin steak for \$50; get a FREE jar of one of our new signature spices**
- **Kabob Cubes SALE: \$3.50/# regular \$6/# (great for soups and stews)**
- **Meaty Soup Bones \$3/#**

Please contact us at 814-786-7384 or 814-786-0140 or pastureperfectbeef@gmail.com for questions or to arrange a visit to the farm. We look forward to seeing you!

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Red-Eye Beef Stew

Recipe



Total recipe time: 2-1/2 to 2-3/4 hours
Makes 6 servings
Serving size: about 1-2/3 cup

Ingredients

1. 2-1/2 pounds beef chuck shoulder or bottom round pot roast , cut into 1-1/2 inch pieces
2. 1/3 cup all-purpose flour
3. 1 teaspoon dried thyme leaves
4. 1/2 teaspoon pepper
5. 2 tablespoons olive oil, divided
6. 1/2 teaspoon salt
7. 1 medium onion, chopped
8. 2-1/2 cups brewed coffee
9. 1/3 cup tomato paste
10. 2 tablespoons molasses
11. 1 tablespoon Worcestershire sauce
12. 6 small Yukon Gold or yellow flesh potatoes (about 2-inch diameter), quartered
13. 8 ounces button or cremini mushrooms, cut in half
14. 1-1/2 cups baby carrots 🥕
15. 8 ounces sugar snap peas

Instructions

1. Combine flour, thyme and pepper. Reserve 3 tablespoons flour mixture. Lightly coat beef with remaining flour mixture.
2. Heat 2 teaspoons oil in stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with 2 teaspoons oil and remaining beef. Remove beef from stockpot. Season with salt.
3. Add remaining 2 teaspoons oil and onion to stockpot; cook and stir to 5 minutes or until onion is tender. Add coffee; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in tomato paste, molasses, Worcestershire sauce and reserved flour mixture. Return beef and accumulated juices to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours.
4. Add potatoes, mushrooms and carrots to stockpot; return to simmer. Continue simmering, covered, 25 to 30 minutes or until beef and vegetables are fork-tender. Add peas; cook, covered, 8 to 10 minutes or until peas are crisp-tender, stirring once.