

T.O. Cattle Company, LLC



MORRIS GRASSFED BEEF®

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Cattle at the Kelly Thompson Ranch in Watsonville.

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CUSTOMER SURVEY

We will be conducting a survey in the next few weeks to better serve our customers. Thank you in advance for participating. Your feedback is very important to us.

IN THE NEWS

An article, *Conscious Carnivores* by Stett Holbrook just ran in the "Metro Active" and featured Joe Morris. "Through the food we produce we can connect people with the life on the land," he says. "We see that as a relationship that has been stretched if not broken in the United States. We want more people to collaborate with us." Read the full article at:

<http://www.metroactive.com/features/conscious-carnivores.html>

2010 ORDER FORM IS UP & READY!

Finally, our new order form is on the website and ready to go. We have tried to simplify it so that the process is clearer and answers rather than provokes questions. Again, this year we are offering two distinct modes of delivering our beef, the **Traditional** and the **CSA**. The **Traditional** split half is the most economical, but it requires about 4-4.5 cubic feet of storage in your freezer to comfortably store the beef. The **CSA**, on the other hand, is delivered in three portions and requires only a third of that space. We will also have extra ground beef for sale. The extra ground beef will be delivered at all of our delivery days, both **Traditional** and **CSA**, deliveries, so is basically available year round. Please spread the word to your friends and family!

MORRIS GRASSFED BEEF FIELD DAY APRIL 17TH

The annual Morris Grassfed Beef field day will be held Saturday, April 17, 2010. Come and join us for a great barbecue burger, beans and salad and a hike around the pastures. The grass and wildflowers should be at their peak, so it should be a lovely day for a picnic. This is a great chance to introduce your family to the people who raise their beef, to learn about holistic management, grass and cows, and to meet and share notes with other Morris Grassfed customers. Hope to see you there!



2009 Field Day "Slow Lunch" under the oak.

Cost for the Field Day:

Adults - \$15
 Children - \$10
 Family Rate - \$40.
 (2 Adults/2 Children)

Please RSVP to
info@morrisgrassfed.com



Joe speaking to our guests about our Ranch Practices.

GRASSFED BRISKET

SUBMITTED BY:
SILKE PFLUEGER

1 grass-fed brisket
1 chipotle pepper in ancho sauce
salt, pepper
oil, canola or your cheapest olive oil
2 carrots, chopped
a handful of prunes, chopped
5 garlic cloves
1 bottle of beer, preferably dark beer
2 bay leaves
several cups of broth
whatever herbs you have, rosemary,
thyme, sage....
6 onions, sliced

Rub the chopped chipotle pepper, salt and pepper all over the brisket. If possible let it sit overnight. Preheat the oven to 350 degrees. Heat a large casserole or dutch oven with the oil. When it's really hot put in the brisket. Brown all over. This will take 15 to 30 minutes, depending on how hot your pot is. Don't turn the meat if you have to force it loose from the bottom of the pan, let it sit until it comes free easily.

When it's nicely browned carefully add the beer, ensuring that all the browned bits in the pot are loosened. Add carrots, garlic, prunes, herbs, and 1 - 2 cups of broth so that the liquid comes half way up. Scatter the onions on the top. Withstand the temptation to taste the braising liquid at this point, it's horrible at this point - think beer with onion juice. Stick the pot in the oven, for a total of 2.5 to 3 hours, until it's super-tender, checking it after an hour or so, and adding more liquid as needed.

Remove the meat from the pan, and reduce the liquid down until you get a nice thick sauce. Cut the meat against the grain and serve it with the sauce all over. If you have an extra day, let the meat cool down in the braising liquid, cut it when it's cool, then reheat in the reduced sauce - the taste will be improved and the meat is much easier to cut when it's cold.

**Disclaimer - my recipes are more ideas than firm written rules. I may have used 6 garlic cloves instead of 5, and if you hate garlic you can leave it out - that goes for everything in here.

SUPER SLOW ROAST GETS AN "A+" FOR TASTE & EASE

I don't know about your lives but sometimes our life gets so busy that thinking about cooking a good meal for the family seems overwhelming. Nevertheless, it also seems by any measure one of the best things we can do for the health and well being of our families. Many of the families who are customers of Morris Grassfed beef have discovered the utility and cannot-beat-the-taste characteristics of our ground beef. But have you discovered the ease with which you can roast a beef? It is amazing.

The other day I was one of those on which I was catching myself coming and going. I was busy in the morning out on the ranch, in the office in the early afternoon, had to coach soccer practice a bit later. Julie had a similar schedule, and we all walked in the door, at last, around 6 pm. We were eating a roast beef dinner with Julie's garlic and rosemary, potatoes and onions and a salad by 6:45. How is it possible, for no one was home between 2:30, when I left to pick up my son until we all got home at 6? "Super slow roasted beef" according to Shannon Hayes, the "Grassfed Gourmet." (See detailed recipe in the January newsletter on our homepage at www.morrisgrassfed.com or a brief version below.)

We had thawed the cross rib roast (any roast seems to work!) a day or two before, and I rubbed it with a simple garlic herb rub and let it rest at noon. About 1:30 I put into a pre-heated oven at 250 degrees for a half hour, then turned down the oven to 170° and went about my business. When we all arrived home at 6, I checked the roast and it was almost done to perfection. Another forty-five minutes, as we made the salad and potatoes and chatted about our day, the roast finished, the kids set the table or showered, and we were ready to eat an amazing meal.

For some reason, people can be intimidated by the idea of roasting beef. In fact, nothing could be simpler. If I can do it, so can you. I would bet that most of you have a roast in your freezer. I think it's time for you to get it out and try this Super Slow Roasting recipe. You'll be happy when you do. Bon appetit!

PICTURES FROM THE RANCH



It is "calving season" at the ranch.



Cattle enjoying nature's bounty.