

Newsletter – Winter 2021

Beef & Lamb in 2021

This year, we are making some changes in our beef and lamb schedule at Dunhill Ranch. We have decided that grass-fed *and finished* beef is best processed in the Fall, when the steers are good and fat from all the rich gramma grass that grows over the summer, so we are switching all of our meat deliveries (beef and lamb) to the Fall. We expect beef to be available from early September through December. Lamb should be ready in late September through November.

Due to the excellent rains that our ranch received in 2020, we had enough good grass to increase our steer herd to 7 animals and we hope to have 80 lambs this Spring. We are still very careful about keeping our numbers sustainable because we feel we are overdue for a drought year. We have received more than our share of rain in the past few years.



Steers on Pasture in Late Summer

Even with the increased number of animals, we expect most of them to be reserved before the end of the Summer, so please don't wait to [make a reservation!](#)

Even if you have a standing order with us, it does not hurt to e-mail to ensure that we have your order correct in our system.

Product information and pricing can be found at <http://www.dunhillranch.com/ordering>.

It costs NOTHING to make a reservation and you can change your mind at ANY time. Send your requests to sales@dunhillranch.com (please include your phone number in the e-mail) or call us at 575-854-2847.

Emma in Rehab

Emma, our younger guardian dog at 3 years old, is very tightly bonded to her sheep flock. We made a great effort during her training to ensure that she wanted nothing more than to protect them. In contrast to our other dog, Thor, who wanders off occasionally, Emma eats, sleeps, and stays with the sheep 24/7.



Emma on the Mend

Imagine our surprise one Spring morning when we found Emma lolling in the shade of our front porch, with the sheep nowhere to be seen. "Emma! What are you doing here? Bad dog! Where are your sheep?", we cried. In response, we got a half-wag and a raised

Golden Lentil Soup with Lamb Meatballs

It is rare that we find a lamb recipe that does not need a lot of chopping and changing to suit our taste, but this recipe from Wolfgang Puck on the [Food Network](#) is an exception. We made no changes whatsoever, and it is delicious. Thanks to A. Marquis for the link.

Serves 8

Ingredients for the Soup

- 3 Tbs olive oil
- 1½ cups chopped red onion
- ½ cup diced carrot
- 5 cloves garlic, chopped
- 1 Tbs turmeric
- 2 tsp ground cumin
- ½ celery stalk
- 1 branch fresh parsley
- 1 branch fresh thyme
- 1 pound golden or red lentils (or regular lentils, if not available)
- 10 cups chicken stock
- Salt and freshly ground pepper
- Pinch of chili pepper flakes

Ingredients for the Meatballs

- ½ cup fresh bread crumbs
- ¼ cup milk
- 1 pound ground lamb
- 1 cup blanched almonds, toasted and ground
- 1/3 cup onion, chopped fine
- 1/3 cup raisins, lightly chopped
- 1 egg, lightly beaten
- 3 cloves garlic, minced
- 2 Tbs chopped fresh parsley leaves
- 1 Tbs chopped fresh cilantro leaves
- ¼ tsp chili pepper flakes
- Salt and freshly ground pepper
- 2 Tbs olive oil, plus more for drizzling

Ingredients for the Garnish

- 1 cup plain yogurt
- 1 Tbs chopped fresh mint leaves
- ½ tsp lemon zest
- ½ tsp fresh lemon juice
- 1 tsp honey
- Pinch salt

Instructions

1. Prepare the soup: In a large saucepan, heat the olive oil. Add the onion, carrot, garlic, turmeric, and cumin. Sauté over high heat until the onions are glassy, about 5 minutes. Meanwhile, make a bouquet garni by tying together the celery, parsley, and thyme, and add it to the pan. Stir in the lentils and the chicken stock, season lightly with salt, pepper, and chili flakes, and bring it to a boil. Reduce the heat and simmer for 25 to 30 minutes, or until the lentils are tender. Skim off the foam as necessary.

2. Prepare the meatballs: Preheat the oven to 350 degrees F. In a small bowl, soak the bread crumbs in milk. In a mixing bowl, combine the lamb, almonds, soaked bread crumbs, onion, raisins, egg, garlic, parsley, cilantro, and chili pepper flakes. Season the mix lightly with salt and pepper.

3. Drizzle olive oil on a platter on which you will place the meatballs and rub oil into the palm of both hands. Form meat mixture into 40 golf ball-size meatballs, each about 1 inch in diameter.

4. Heat 2 tablespoons olive oil in a large ovenproof skillet or sauté pan. Arrange the meatballs in one layer in the pan, quickly sear meatballs over high heat, and then place in the oven. Cook until the meatballs are well browned and firm to the touch, turning to brown all sides, 8 to 10 minutes.

5. Prepare the garnish: In a small bowl, combine all ingredients. Refrigerate.

6. Return to the soup: Remove the bouquet garni. With an immersion blender or egg beater lightly blend the soup (you want it to still be a little chunky). Correct the seasoning to taste. Alternatively, you could transfer 2/3 of the soup to a blender, blend it until smooth and return it to the saucepan.

7. Ladle soup into 8 soup bowls. Divide the meatballs evenly among the soup bowls and drizzle the garnish mixture over.

8. Serve immediately.

Beef Hand Pies

Long a tradition with the British, beef pasties have a well-deserved reputation as a tasty, portable lunch. Here is an updated recipe that combines Southwestern flavors with a more durable crust that will not leave your car full of crumbs.

Serves 8

Ingredients

- One 3-cup recipe of pizza dough Here's a simple [recipe](#) for that.
- 1 lb ground beef
- 1 Tbs coarse salt
- ½ tsp cayenne pepper
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp ground cumin
- ¼ tsp ground white pepper
- ½ tsp ground black pepper
- 1 small yellow onion, chopped
- 1 green pepper, chopped
- 1 jalapeno, stemmed/seeded/chopped
- 4 plum tomatoes diced
- 1 tsp dried thyme
- 4 fresh bay leaves
- ½ tsp Worcestershire sauce
- 2 Tbs all-purpose flour
- 2 Tbs water
- ½ cup scallions thinly sliced
- 5 dashes Tabasco

Instructions

1. Make a 3-cup recipe of [pizza dough](#) and allow to rise until double.
2. Heat the oil in a 12-inch skillet over medium-high heat.
3. In a medium bowl, mix the salt, cayenne, paprika, chili powder, cumin, white pepper, and black pepper and sprinkle over the beef.
4. Cook beef and spices in a large skillet on medium high heat for about 8 minutes until browned.
5. Add the onion, bell pepper, jalapeno, tomatoes, thyme, bay, and Worcestershire sauce. Cook, stirring for an extra 15 minutes, until most of the juices have evaporated and the veggies have softened.

6. Dust the flour over the meat and add the water, stirring to combine (this will tighten up the mixture a bit more).
7. Stir in the scallions and hot sauce and remove from heat.
8. Pre-heat oven to 350 degrees. Divide the dough into 4 or 6 pieces. Roll out to about 3/16" thickness. Put a large dollop of meat mix on one side of dough. Fold over and crimp/seal in a half moon shape with a ravioli cutter or a fork. Spray each pie generously with vegetable oil.
9. Bake the pies on silicone sheets or a well-greased pan for about 20 minutes until golden brown. Let 'em cool a bit before biting into them; they're HOT.

Chicken Fried Steak with Green Chile Sauce

Here's another long-time favorite, updated for Southwestern tastes.

Serves 4-6

Ingredients for Sauce

- 4 Tbs butter
- ¼ cup white flour
- 1½ cup chicken broth
- ½ tsp Liquid Smoke or hickory smoke powder
- 1/3 cup chopped green chile

Ingredients for Steak

- 1½ lbs beef round steak, tenderized and trimmed to single portion sizes
- 3 large eggs
- ½ tsp salt
- ¾ tsp ground black pepper
- ¾ tsp red chile powder
- 1 cup white flour
- ¼ cup olive oil for frying

Instructions

1. Melt butter in saucepan on medium heat until foaming.
2. Add flour and whisk well until smooth like peanut butter. Add more flour/butter as needed to get the right consistency.
3. Add broth to flour/butter mixture and whisk together while still heating. Within a

Chicken Fried Steak - Continued.

minute, the consistency should be a thick sauce. If it is too thin, cook it a bit longer and it will eventually thicken up.

4. Add Liquid Smoke and green chile, reduce heat to low. Cook for a few minutes, adding additional broth as necessary to make it slightly runny. While you are making the steaks, stir it occasionally and it will gradually thicken to the proper consistency.
5. In a medium bowl beat together the eggs, salt, pepper, and chile powder.
6. Put flour on a large plate. Put olive oil in a large frying pan on medium heat.
7. Dip a steak into the eggs, coating both sides, and then into the flour, again both sides. Then egg again, and flour again. Repeat for each steak.
8. Fry the steaks in olive oil about 2-3 minutes per side. They should be light brown with some darker patches when done.
9. Put each steak on a plate and cover with sauce. Serve with your favorite green vegetable and potatoes.

Finn With Broccoli



What? You Were Expecting Another Recipe???

Emma in Rehab - Continued

paw, that was obviously swollen and painful: a rattlesnake bite.

Immediately contrite, we took her into our shaded, walled garden for treatment and rest.

Our experience with rattlesnakes and dogs is that, while extremely painful for the dog, rattlesnake bites are rarely dangerous; a week of rest with regular doses of penicillin and Benadryl has worked wonders in every previous case, as it did in this one.

What we were most worried about was that Emma might get spoiled by all the attention and want to retire from working to become an overgrown lap dog. This has happened to us before and we did not want a repeat of that experience. We needn't have worried. Emma knew that she needed help, and was smart enough to ask for it, but once she had recovered, she ran right back to the flock to resume her duties. She hasn't left since!



Who's in Charge Here? You or Me?

Thor in the Salad Bar

If you, like us, have a garden in a rural area, you know that to hungry wild animals, your carefully cultivated vegetables are nothing less than choice delicacies in an overgrown salad bar. That fence or wall around it is, to them, just like the sign on an all-you-can-eat salad bar that reads: "Please fill only one plate at a time", that is to say, a rule often ignored.

Thor in the Salad Bar – Continued.

This fact was vividly brought home to us one night in September of last year, when we awoke to the sound of rustling right outside our bedroom window. "Is it a Peeping Tom?", wondered Jessica. "Burglars!", thought I. Cautiously getting out of bed, we looked out the window and saw a large elk, not two feet away, eagerly devouring our squash plants.

Somewhat relieved, but rather displeased about losing our winter vegetables, we hooted and hollered, which caused the elk to leap over the garden wall (a good 4½ feet of solid adobe) and vanish. The next morning, we surveyed the damage and were dismayed to discover that the leaves of most of the squash and chile plants were gone. However, we gathered in the ripe vegetables that remained, and managed to persuade ourselves that we had sufficiently scared the elk so that it was unlikely to come back.

Fast forward two nights, and more rustling and trampling woke us up. Same cause, same elk, near as we could judge. Being a bit pissed off at this point, I grabbed my shotgun, rushed out the door and loosed off a couple of rounds into the air. "There!" I said to Jessica, "That elk won't be back any time soon." How very wrong I was.

Sometime later that night, the elk returned. The first warning we had was the sound of the elk *jumping out of* the garden. The next morning our garden looked like the fields of France after the battle of the Somme: tomatoes, basil, rosemary, all trampled and half-eaten; nothing left at all of the squash and chile plants. Clearly stronger measures were called for so we recalled our guardian dog, Thor, from night lamb duty.

Thor was content with the change and lay down quietly in the garden until about 1am, when we were jolted awake by an almighty racket complete with barking, scrabbling, and gravel flying all over the place. We figure the elk must have jumped in before it realized that Thor was there. From that point on, we got no sleep at all, as Thor kept on barking at intervals throughout the night.

Fortunately, the next several nights were peaceful; Thor had proved his worth yet again. Eight hundred pounds of hungry elk was no match for him. Even when Thor returned to lamb duty, that elk never came back.



Unforgettable Ewes

A Memorable Meal

We love lamb, roasted, braised, grilled, on the half shell, anyway at all. What's not to love? It's tender and tasty and a little bit goes a long way to making a hearty meal.

Now, it appears that lamb is not only tasty, but can make you smarter! A recently-published study concluded that "The weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess".

Cognitive prowess? Say what? Are we talking mental gymnastics here?

Really, we're not making this up! Just ask the folks at Iowa State University who published the study: Here is a [link](#), if you are doubting, or your name happens to be Thomas.

Essentially, the study attempted to show a link between eating certain types of food and how well people could think "on the fly" later in life.

Although we did not take the "Fluid Intelligence Test" (required of all study participants), the results seem crystal clear to us: when planning your next meal, crack open a bottle of red wine and nibble on some cheese while your lamb chops are grilling. Then you can rest assured that you will be able to remember the dinner for years to come.