



We are excited to send out our first Newsletter! Each month we will send out in-house specials just for you, updates both on the website and at the shop, and of course....recipes! Enjoy!

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## Did You Know?



One of the things that sets us apart, is that we take the time to dry-age our meat. Why is that a big deal? The dry-aging process allows enzymes that are already present in the meat to break down the muscle tissue.

By exposing the meat to air, dehydration can further concentrate the flavors and the result is a far superior tasting cut of meat. Next time you're in the shop, ask Marv more about how this works!

Photo Credit: FineCooking.com

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## Spinach & Artichoke Steak Roll Ups



### Ingredients:

1 lb. flank steak  
1 15.5-oz. can artichoke hearts, drained and chopped  
2 c. baby spinach, chopped  
2 cloves garlic, minced  
1 c. ricotta  
1/2 c. white Cheddar  
kosher salt  
Freshly ground black pepper

### Directions:

Preheat oven to 350 degrees F. On a cutting board, butterfly steak to make it a long rectangle that lays flat.  
In a medium bowl, combine artichokes, spinach, garlic, ricotta, and cheddar and season generously with salt and pepper.  
Spread steak with spinach-artichoke dip. Tightly roll up steak, then slice into rounds and bake until steak is cooked through to desired doneness, 20 to 25 minutes for medium. Serve with dressed greens. Kim, Marv's wife, made this a couple of weeks ago and it was delicious! Tell us what you think!

Photo Credit And Article: <http://www.delish.com/cooking/recipe-ideas/recipes/a45905/spinach-and-artichoke-steak-roll-ups-recipe/>

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## Just For Our Newsletter Subscribers!

