



Brrrrr.... Baby, it's cold outside! We hope you had a great New Years and now we're off to 2018 with our resolutions in hand! Apparently, the ancient Babylonians made New Years Resolutions some 4,000 years ago. Their calendar year didn't start until March when they planted the crop, so if you don't do well on your first resolution this year, you can always start again in March on "Babylonian Time"! No matter what your plans are, Gourmet Meat and Sausage has Tenderloin, Bone In Ham, and a large variety of meats for winter stews and chowders. Stop by the shop or call our staff at 303-985-0126!

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## Did You Know?



## Pop Quiz! Have You Ever Asked For Some Of These Lesser Well Known Meats?

**Skirt Steaks:** Cut from the underbelly, this long and lean belly is famous for it's beefy flavor and juicy, toothsome texture. It can be dry if cooked past medium, so keep the heat high and the cooking time short! A grill, cast iron pan or broiler all work well.

**Denver Cut/Beef Chuck Blade Center Steak:** Chuck steaks aren't known for being tender and juicy, but this chuck blade is. That's because the butcher cuts it from a particularly tender muscle found in the chuck roll area of the animal. Decent marbling means it can be marinated and grilled or pan-seared or savor it superbly rich flavor with very minimal cooking.

**Beef Short Ribs (English Style):** These flavorful ribs come from the ends of the rib roast. There's lots of meat here, although much of it is layered between fat. Braising is a classic treatment for short ribs.

**Tri-Tip Steak:** Lean tri-tip comes from the sirloin, that meaty area between the loin (midsection) and round (hindquarters) of the animal. Like other sirloin cuts, it is flavorful and remains tender if not overcooked. A grill or screaming-hot cast iron skillet on the stovetop will sear the outside and leave the center a juicy medium rare.

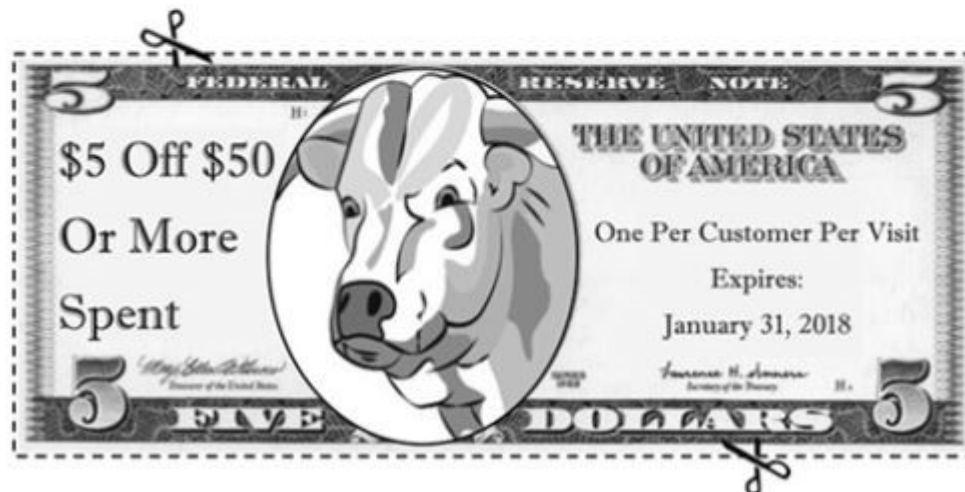
**Flat Iron Steak:** Good marbling and good beef flavor means it's tender enough for grilling but robust enough for long, slow braising or roasting. A line of sinew sometimes runs horizontally through the cut; it will melt during slow-cooking, but should be cut out by your butcher if you want to grill the steak.

Content Credit: [thestreet.com](http://thestreet.com)

Photo Credit: [epicurious.com](http://epicurious.com)

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## "Beef Bucks" Only For Newsletter Peeps!



## INGREDIENTS:

- 2 1/2 pounds beef tenderloin
- 2 tablespoons butter, softened
- 2 tablespoons butter
- 1 onion, chopped
- 1/2 cup sliced fresh mushrooms
- 2 ounces liver pate
- 2 tablespoons butter, softened
- salt and pepper to taste
- 1 (17.5 ounce) package frozen puff pastry, thawed
- 1 egg yolk, beaten
- 1 (10.5 ounce) can beef broth
- 2 tablespoons red wine

## DIRECTIONS:

1. Preheat oven to 425 degrees F (220 degrees C). Place beef in a small baking dish, and spread with 2 tablespoons softened butter. Bake for 10 to 15 minutes, or until browned. Remove from pan, and allow to cool completely. Reserve pan juices.
2. Melt 2 tablespoons butter in a skillet over medium heat. Saute onion and mushrooms in butter for 5 minutes. Remove from heat, and let cool.
3. Mix together pate and 2 tablespoons softened butter, and season with salt and pepper. Spread pate over beef. Top with onion and mushroom mixture.
4. Roll out the puff pastry dough, and place beef in the center. Fold up, and seal all the edges, making sure the seams are not too thick. Place beef in a 9x13 inch baking dish, cut a few slits in the top of the dough, and brush with egg yolk.
5. Bake at 450 degrees F (230 degrees C) for 10 minutes, then reduce heat to 425 degrees F (220 degrees C) for 10 to 15 more minutes, or until pastry is a rich, golden brown. Set aside, and keep warm.
6. Place all reserved juices in a small saucepan over high heat. Stir in beef stock and red wine; boil for 10 to 15 minutes, or until slightly reduced. Strain, and serve with beef.

Recipe Credit: [allrecipes.com](http://allrecipes.com)

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# Spanish Meatballs With Pepper In Tomato Wine Sauce



## SPANISH MEATBALLS INGREDIENTS:

- ground beef - 1.5 pounds (you can substitute with ground turkey, pork, veal, bison or whatever your little heart desires.)
- crackers - 1.5 cups (I used Mark and Spencers Black olive crackers but you can exchange with gluten free breadcrumbs- put cracker in a sealed plastic bag and pound with a rolling pin until small crumbs)
- olives - 1 cup roughly chopped (I used black seedless but you can use whatever kind you have on hand)
- paprika - 1 teaspoon
- basil - 1 teaspoon
- oregano - 1 teaspoon
- egg - 1 beaten
- olive oil - 1/4 cup
- parsley - 1 large bunch flat leaf chopped
- salt and pepper - to taste

## DIRECTIONS:

1. Preheat the oven to 190 degrees C (375 degrees F)
2. Make the Spanish Meatballs: Mix the ground beef, cracker crumbs, olives, paprika, basil, oregano, egg, olive oil parsley and salt and pepper. Mix well and form mixture into small 1.5 inch meatballs. Place on a greased baking sheet and bake for 12-15 minutes or until golden brown.
3. In the meantime, make the sauce: In a large skillet, place olive oil, chopped onion, chopped red pepper, minced garlic and cook until translucent. Add red wine to the mixture and then add the red tomato sauce, paprika, basil, oregano and salt and pepper to taste.
4. Add baked meatballs to the sauce to finish off cooking and baste for about 5 minutes.
5. Enjoy as a delicious hot tapas or as a lunch or dinner with a tossed salad and maybe a slice of crusty bread to soak up that delicious sauce.