

RSWA HASH

- 1 lb. your choice: Ground Pork, Beef, Sausage, or Lamb
- 1 medium onion, chopped
- 2 medium carrots, grated
- 1 medium green pepper, chopped
- 3 cups diced cooked potatoes
- 1/2 tsp. salt
- 1/4 tsp. pepper

In a large skillet, brown the meat. drain.

Add the onion, carrots, and green pepper, cook till tender.

Stir in potatoes, salt and pepper.

Reduce heat: cook and stir for 20 minutes or until lightly browned and heated through.

— Rowdy Stickhorse Wild Acres



Shiitake Nut and Cheese Loaf

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| 1 T. olive oil | 1 C. walnuts, chopped |
| 1 small onion | (roast in 350° F oven for 10 min.) |
| 1 lb. fresh shiitake, stems removed and chopped | 1/3 C. cashews or sunflower seeds, chopped |
| 3 cloves garlic, chopped | 3 eggs |
| 1 chopped bell pepper | 2/3 C. cottage cheese |
| 1-1/2 tsp. thyme | 1 lb. grated cheese: combination of Parmesan, fontina, cheddar |
| 1/2 tsp. marjoram | 1/3 C. fresh parsley, minced |
| 1/2 tsp. sage | |
| Salt and pepper to taste | |
| 1 C. cooked brown rice | |

Heat oil in a large skillet, over medium heat and cook onion until translucent. Add mushrooms, garlic, peppers, dried herbs, salt, pepper. Cook on medium-low heat until all the juice evaporates from the mushrooms, about 20-25 min. Place mushroom mixture in a large bowl, add rice, nuts, eggs, cottage cheese, and cheese.

Preheat oven to 350°F. Put the mixture into an oiled, 9" x 9" cake pan or 2 small loaf pans. Bake 40 minutes to an hour or until firm. Remove from oven and let cool on a rack for 10 minutes. Remove the loaves from the pans. Garnish with fresh parsley.

— Mushroom Planet



Polish Sausage and Kraut

Kraut mixture:

Sauté 1/4 C. onion and 1/4 C. green pepper in butter in sauce pan.

Add 3 C. sauerkraut and 1 C. diced apple.

Cover and cook over low-med heat for 30 minutes; stir occasionally until apples are tender.

Sausage:

While kraut mixture is cooking, sauté sausage links in another pan until brown. Cut into bite-size chunks.

Top hot kraut mixture with sausage and serve.

Makes 6 servings.

— Cattle Tracks



Grilled Sirloin Steak with Chipotle Lime Mustard Sauce

- 4-6 sirloin steaks
- Olive oil for coating the steaks
- Salt & Pepper
- 1/4 C. The Prairie Gypsies' Chipotle Lime Mustard
- 1/4 C. (or more) Tequila
- 1/8 C. Balsamic vinegar
- 4 T. Wagon Creek Butter
- 1 T. lime juice

Rub the steak with olive oil and salt and pepper. Grill on high heat for 1 min. on each side. Then grill on low heat for another 3-4 minutes on each side. Every time you turn the steak brush it again with olive oil. Please, please, please don't overcook buffalo. When it is done, it will not be brown in the center, it will be a pale red. Slice the steaks into 1/2" strips and arrange on a platter.

Sauce: Prepare the Sauce by combining the Mustard, Tequila, Balsamic vinegar, butter and lime juice in a small sauce pan. When warmed and well mixed, pour over the steak strips on the platter. Serve immediately.

— Wichita Buffalo Company at Sandy Springs Farms

