

Oriental Beef Lettuce Wraps

1.5 pound Stone Bluff Beef lean ground beef
1/2 cup hoisin sauce
1/2 cup Asian peanut sauce
1 medium cucumber, seeded, chopped
1/2 cup grated carrots
Salt and pepper to taste

12 large lettuce leaves (Boston, Romaine or your choice)

Brown ground beef, stir in hoisin sauce and peanut sauce, heat through. Just before serving add cucumber and carrots; toss gently. Serve in lettuce leaves. Enjoy!

Thank you again for your support!

— The Ruckers at Stone Bluff Beef



Mushroom Dumplings

3 T. rendered chicken fat at room temperature
1/2 oz. DRIED mushrooms, rinsed, reconstituted in 1-1/2 C. hot water for 20-30 min., then chopped fine. Save liquid after straining OR 1/4 lb FRESH mushrooms
1 tsp grated onion
6 eggs, separated
1 tsp salt and 1 pinch ground black pepper
1 cup coarse, dried bread crumbs

- * Cook mushrooms and onion in 1 tablespoon of fat for 3 minutes
- * Remove vegetables to cool and discard the fat
- * Beat eggs whites until stiff
- * Beat egg yolks in a blender, 7-12 minutes, until pale yellow
- * Add the mushrooms and onion, salt, pepper and mix thoroughly
- * Gently fold mixture into beaten egg whites
- * Fold in bread crumbs, 1 tablespoon at a time
- * Refrigerate for 1 hour, then form 12 equal size balls, with wet hands, and simmer in 4 quarts of salted water, covered, for 30 minutes.
- * Remove with slotted spoon and serve with gravy

— OM Gardens



Buffalo Sirloin Stir Fry

Cut sirloin into thin strips,
sauté with a small amount of onion,
2 cloves of crushed garlic,
2-3 teaspoons of soy sauce and
3 tablespoons of olive oil.

Stir until almost done. Then add 1/2 cup celery and/or chopped bell peppers,
1 teaspoon Chinese five-spice powder,
a little black pepper, and
more dark soy sauce (2-3 tablespoons).

Stir in 2 cups of cooked rice. Add 1 cup of your favorite broth (preferably buffalo broth made from buffalo soup bones.) Continue to stir until the liquid cooks down, perhaps another 4 minutes. A great quick meal.

— Wichita Buffalo Company at Sandy Springs Farms



Cranberry Facial Mask

15 whole, fresh cranberries
1 T. finely powdered oats
2 T. whipping cream
1 T. finely powdered almonds

Process fresh cranberries in a small food processor to chop well. Add the whipping cream and process further. Add the powdered oats and almonds; process until mixture is chunky and sticks together well. Scrape the sides of the processor with a spatula and process once again to ensure the correct texture is achieved. It should hold together well without being too sticky.

To use, apply to face and neck using the fingertips. Massage the mixture gently over the skin to lightly exfoliate and cleanse. Leave bits on your skin as you go, and allow it to remain there for about 15 minutes before rinsing with warm water. Pat excess water from skin and follow with toner and moisturizer of choice. It should be used within a few days and kept refrigerated between uses.

— Rowdy Stickhorse

