

Building community

around healthy food

March 2014

# Rare Meat

Food • People • Recipes • Ideas



**CALLICRATE BEEF**

HIGH QUALITY, HORMONE & ANTIBIOTIC FREE BEEF AND...IT'S LOCAL.

“A seed is a conveyance system for information. It is words taken wing... ancient instructions clasped between hard covers, everything needed to carry a story to a new place where it can take root... A dandelion seed is an epic on a parachute.” — Kathleen Dean Moore

## Hip, funky downtown hideaway shows off chef's cutting edge creativity

**THE SCOOP:** Tucked behind a neighborhood bar called the Triple Nickel Tavern, a surprising jewel of a dining experience awaits at Brother Luck's Street Eats.

Inside the small red-brick and wood-paneled space, complete with a funky garage door in one corner and a stage for live music, the chef seats diners at a few tables or at the bar, all of which has the intimate feel of an eat-in kitchen at home. “It’s interactive. You get to talk to the chef and watch your food being done,” says Chef Luck with satisfaction. “That’s what I want. There’s no barriers.”

Callicrate Beef is among the locally sourced ingredients, appearing on the menu during a recent evening in the form of a bacon jam burger, a New York strip steak with roasted wild mushrooms and a Mexican chorizo meatloaf, which was served in thick slices over jalapeno grits and topped with a fried egg and a guajillo chile sauce. A half-dozen favorites are available on a standing menu that includes fluffy creamy jalapeno poppers coated in a golden tempura batter. Desserts are whimsical and fun, such as the delicate orange cream brulee accented with balsamic marinated strawberries and peanut butter powder, intriguing components that meld warmly.



**THE BACKSTORY:** Chef Brother Luck landed here after making a name for himself at the Craftwood Inn. Before that, he recalls earning scholarships for his culinary education by competitive-cooking his way around the country. The inventiveness he honed is on display in creative flavor combinations and gorgeous presentations. He is clearly having a blast with his new “underground gastropub,” where he can offer friendly upscale pub food, and dream up with “crazy stuff”... including special “pop-up” events such as the Willy Wonka dinner with edible chocolate menus, an illusion dinner, and a masquerade dinner for Mardi Gras. On Mondays, he hosts an 8 p.m. “knife fight” between two local guest chefs who are given a deadline for transforming a special mystery ingredient into something amazing. Winners get to write their name on a chalkboard display.

“I’ve worked at so many fine dining restaurants around the country, but I just want to make great food more approachable,” he says. The fun he’s having seasons every dish. And it’s thoroughly contagious.



# A pig's life... and it's a good one

*The circle of life, told through snapshots, as a pig comes of age*

## Ham and Cheese Bread Pudding

*This savory bread pudding makes a delicious breakfast casserole or main dish.*

1 loaf brioche, country style bread or leftover rolls, cut into 1-inch cubes (about 12 cups)  
2 cups cooked ham, cut into 1-inch cubes  
2 cups shredded (or cubed) cheddar cheese  
1 tablespoon olive oil  
1 onion, minced  
1 red bell pepper, diced  
3 cups milk  
10 eggs  
1 teaspoon kosher salt  
1/2 teaspoon black pepper  
1/4 teaspoon garlic powder

Heat olive oil in a medium skillet. Add onions and red bell pepper, and saute until onions are translucent, about 7 minutes. Remove from heat and let cool.

In a large mixing bowl, whisk together milk, eggs, salt, pepper and garlic powder. Stir in bread, ham, onion-pepper mix and cheese. Pour into a greased 9x13-in. baking dish and cover with foil. Refrigerate at least one hour or overnight.

Bake at 350 degrees F for 45 minutes. Remove foil and bake 10-15 minutes more until top is golden brown. Serve immediately.

**THE SCOOP:** In the cold of winter, the life of one pig at Callicrate Cattle Co. came full circle when she had her first litter of piglets in the same nursery barn where she was born months earlier. (Gilts are typically bred for the first time at 6 months of age and the gestation period is 3 months 3 weeks 3 days.) Here, in a “photo album” of sorts, are pictures showing her as a piglet (upper right), later as a young pig, and, in February, full grown and now a new mother with her own set of babies, enjoying fresh straw and a heat lamp designed for added warmth (below.) As a first time mother, she successfully delivered 12 healthy vibrant piglets.

Call it “gestation crate free” pork. Her story stands in stark contrast to modern production methods, questioned by animal welfare groups, which include keeping pigs confined to small metal crates for long periods of time without the opportunity to roam or root and express normal pig behaviors. Most hogs today spend their entire lives indoors in large confinement sheds.

**THE BACKSTORY:** Callicrate Cattle Co., source of the highly prized beef at Ranch Foods Direct, started raising hogs and chickens along with cattle about three years ago. “I love pigs,” owner Mike Callicrate says.

“I was interested in raising pigs even before I started raising cattle.” Without an avenue for selling directly to consumers, however, he said there’s no way he’d get involved in hog production the way it is practiced today. Ranch Foods Direct has enabled him to raise pigs in an outdoor setting and satisfy consumers looking for alternatives to industrial pork. The hams, pork chops, pork sausages and other pork products at Ranch Foods Direct are all humanely raised, either at Callicrate Cattle Co. (<http://www.callicratecattleco.com>) or by the Mauro family of Pueblo.



## Shawn Saunders, Bread Whisperer



**L**ocal baker Shawn Saunders was in the store recently to sample a wide selection of his Sourdough Boulangerie breads, which include caraway scented Jewish rye, sweet potato brioche and bacon cheddar whole wheat. Drawing inspiration from Peter Reinhart, one of the great masters of the dough craft, Shawn's been perfecting the art of bread for more than 20 years and says, "I've done my homework." He uses only unbleached flours from the former Rocky Mountain Milling at Platteville (now Bay State Milling) along with other high quality ingredients. For example, his pumpernickel rye contains molasses, coffee and black onyx cocoa powder from the Savory Spice Shop, which gives each loaf its dark hue (rather than the more common artificial food coloring.) Most of his loaves sell for \$5 or less. Try one!

## Ranch tours offered to restaurants



Garden of the Gods Club Chef Steve Weber, at center, and Food and Beverage Director Erik Pedersen, right, toured Mike Callicrate's ranch last month.

**CONGRATULATIONS** to Local First Grocer of Manitou Springs for reaching and exceeding their \$17,000 fundraising goal on Kickstarter. They plan to open in March at 116 Canon Ave. Local First Grocer will serve as "a full line co-op grocer prioritizing locally grown and produced products" such as Callicrate Beef.



## Beef promo a silver lining?



There was a silver lining in Denver's loss to the Seattle Seahawks in last month's Super Bowl game. In fulfilling a friendly bet between legislators from the rival states, Colorado Congressman Doug Lamborn, above right, shipped some beautiful, hand-selected steaks to his colleagues in Washington state. Callicrate Beef was among several iconic Colorado products exchanged as a concession for losing the game, but it gave Colorado a chance to proudly showcase some of its finest products. Interestingly, Callicrate Beef already has a tie to Washington. The first Wagyu bulls used by Callicrate Cattle Company to introduce high quality beef genetics to the Angus cowherd came from Gerry Pittenger (shown below), of Ellensburg, Wash., one of the first cattle breeders to bring Wagyu bloodlines from Japan to the U.S.



# Traditional Irish curing creates unique taste

*Slow-cook corned beef until it's fall-apart tender*



*Traditional corned beef was so named because it was cured with “corns” of salt. Get ready for St. Patrick’s Day; Ranch Foods Direct is offering a pre-seasoned corned beef brisket. “It’s like a chuck roast... Cook it low and slow,” owner Mike Callicrate says. “It should be fall apart tender when you’re done.” Made from Callicrate Wagyu-Angus Beef, “it’s unmatched in quality and taste. It’s the best corned beef you’ll eat in your life,” he insists. The meat is typically used for sandwiches or in corned beef hash. Check out the full in-store display.*



**UPCOMING EVENT:** Ranch Foods Direct will provide the secret mystery meat ingredient for chefs competing at the 19th annual Wine and Food Expo at the Broadmoor, Sunday, March 9, 12-3 p.m.

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