

2014 Early February Update Some Cooking Tips and Miscellaneous

**From:** Tom Barthel

**Sent:** Wednesday, February 5, 2014 9:16 PM

**To:** Tom Barthel <Snakeriverfarmer@gmail.com>

**Subject:** Early February Update, Some Cooking Tips and Miscellaneous

**Dear Friends, Neighbors and Customers**

There was a capacity crowd here on Saturday for the first rendering day.

Brother Mike, who directed parking, filled the lot and parked some of you in the farm yard.

It was the nicest weather in weeks.

Everything went as planned.

Thank you all for coming.

1. I posted a few photos on the facebook page. You can link to that below.  
**Link to our Facebook page.**  
[Snake River Farm Minnesota on Facebook](#)
2. We will do it all again on February 15.  
I will send a detailed reminder next week.
3. Sarah posted a recipe for [Lard Pie Crust Recipe](#) on her blog.
4. Jayme, used the pressure cooker recipe for chuck roast which I sent last week and sent the feedback below.

“Tom –

I attempted this pressure cooker recipe with a Chuck roast this past weekend. I found the cooking time was nearly double what was indicated in the recipe, which was probably due to my temperature being too low – however the roast turned out wonderfully tender and the leftover broth made an excellent au jus.

Thanks for sharing!

Jayme”

That recipes is on Sarah’s blog as follows.

[Betsy’s Old Fashioned Pressure Cooker](#)

5. Laura and Nate sent a note about cooking using a cast iron skillet.  
“We are enjoying our beef very much. We just had the best Porterhouse steak we've ever eaten. I made sure it was room temp, then pan-fried in a very hot cast-iron skillet, both sides, then turned off the heat and covered it with tinfoil while it rested.”
6. David W sent the following link to a New York Times article about the popularity of pastured pork.

<http://mobile.nytimes.com/2014/01/21/business/demand-grows-for-hogs-that-are-raised-humanely.html?hpw&rref=business&referrer=>

7. Gail sent a link an article by a surgeon regarding the bad information we have been given about fats and cholesterol.

No surprise to many of you.

: <http://www.tunedbody.com/heart-surgeon-declares-really-causes-heart-illness/>

8. Sorry for the numbering scheme but it is helping me keep this stuff straight.  
I wrote a short article on soil biology which I may send to you tonight or tomorrow. Some of you will be quite interested. Others not.

After that I am working on a letter concerning our priorities here at the farm and another much longer letter or letters on animal handling. I hope you can stand all that.

It is winter. I have some time to write.

9. If you have not placed your 2014 order, consider doing so. I know I have said it before but we really will have later orders that go unfilled this year.

Best possible regards.

Tom

p.s. Gail, Sarah, I and all the volunteers who help us had a delightful time on Saturday.

We must have the best group of customers in the world.