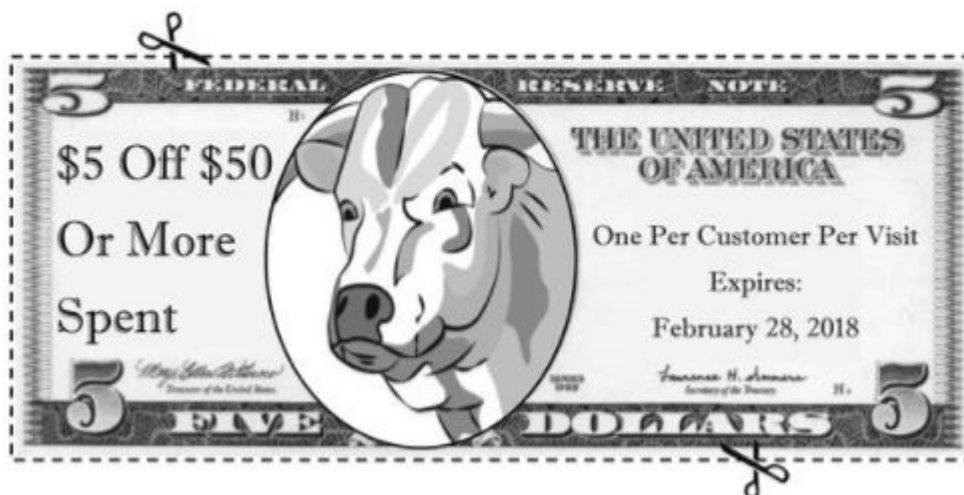




Ssssoo.....there are a few stories about the start of Valentine's day, but the most popular one is that back in 1477, an Emperor named Claudius banned marriage because he thought married men made bad soldiers. A priest from Rome named St Valentine disagreed with the ban and started to arrange marriages in secret. The emperor found out, threw St. Valentine into jail and sentenced him to death. While he was in jail, Valentine fell in love with the jailer's daughter and on the day he was taken to be killed, he wrote her a letter and signed it "from your valentine". Now, we don't know if this is a true story or not, but one fact remains.... Gourmet Meat and Sausage has everything you need to make a delicious and romantic dinner for your valentine! Stop by the shop or call our staff at 303-985-0126!

"Beef Bucks" Only For Newsletter Peeps!



Did You Know?



Four Facts Your Butcher Wants You To Know About Meat:

- 1) It's Cheaper to Buy Meat in Extra-Large Portions:** It can get expensive to buy individually portioned cuts of meat. Buy a large cut of meat, like an entire pork loin, then have your butcher portion it out. From one pork loin you can get baby back ribs, bones to use in sauces and stocks, a roast, chops and even cutlets.
- 2) Cold Running Water is the Best Shortcut for Defrosting Meat:** The best way to defrost meat is, of course, to put in the bottom of your fridge for 24-48 hours. But if you don't have the time, putting your meat package inside a zip lock bag, then placing it inside a pot in the sink under cold running water.
- 3) Different Cuts of Beef Need to Be Prepared Differently:** Everything from the front of the animal is for slow, penetrating, liquid-based cooking (i.e. braising), while the middle to the back end is for higher heat intense cooking (i.e. high heat in the oven or grilling).
- 4) Meat Should be Cooked Or Frozen Quicker than You Might Think:** Meat starts losing moisture, and therefore flavor, immediately when it's cut. So only keep meat in your fridge for 1-2 days before you cook or freeze it. For ground beef, even less fridge time. For maximum flavor, cook or freeze the same day you buy it.

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(Super Bowl) Gruyere Sausage Rolls



INGREDIENTS:

- 1.65 lbs ground pork
- 1 pkg frozen puff pastry
- 3 cloves of garlic, minced
- 1/4 red onion, diced
- 2 eggs
- 1/3 cup gruyere cheese, cut into small pieces
- Handful of fresh parsley
- Your favorite mustard
- 1 tsp dried red pepper flakes
- Salt and pepper
- Olive Oil

DIRECTIONS:

1. Heat olive oil and sautee onion and garlic. Let cool.
2. Mix onion, garlic, parsley, red pepper flakes, salt, pepper and one egg to the ground pork and mix well.
3. Roll out puff pastry into a thin square. Starting at one end, brush a 2 inch wide layer of mustard along the length of the pastry.
4. Place pork mixture on top of the mustard and then pieces of cheese on the pork.
5. Fold the pastry and pork mixture over and press gently to seal. Cut the rest of the pastry and set aside. Repeat with remaining pork mixture, cheese and pastry.
6. Place the full length pastry rolls in the freezer for 20 minutes to set. This makes cutting them into pieces easier.
7. Remove from the freezer and brush egg wash on top of each roll. Cut into 1" pieces.
8. Bake on a greased pan at 425° for around 15 minutes until golden brown.

(Super Bowl) Sausage Stuffed Mushrooms



INGREDIENTS:

- 8 extra large white mushrooms
- 3 tablespoons olive oil
- 1 tablespoons dry white wine
- 1/2 pound hot Italian Sausage, casings removed
- 1/2 cup minced green onions, white and green parts
- 1 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/4 cup italian bread crumbs
- 3 ounces cream cheese
- 1/4 cup fresh grated Parmesan cheese
- 1 tablespoon minced fresh parsley

DIRECTIONS:

1. Preheat oven to 325 degrees°.
2. Remove the mushrooms stems and mince them. Place the mushroom caps in a bowl and toss with 2 TBSP olive oil and the white wine. Set aside to marinate.
3. Heat the remaining tablespoon olive oil in a medium skillet over medium heat. Add the sausage, crumbling it with a wooden spoon. Cook the sausage until cooked through, 8-10 minutes, stirring frequently. Stir in the minced mushroom stems and cook for another 3 minutes. Add the garlic, green onions, salt and pepper, stirring to combine. Stir in the bread crumbs. Finally add the cream cheese and continue to cook until the cream cheese is melted and creamy. Off heat, stir in the parmesan cheese and parsley. Cool slightly.
4. Fill each mushroom with the sausage mixture. Arrange mushrooms in a baking dish in a dish just big enough to hold the mushrooms snuggled against each other in a single layer.
5. Bake for 50 minutes until stuffing is browned and crispy.

Recipe Credit: gourmetcookingfortwo.com

Photo Credit: gourmetcookingfortwo.com

(Valentine's Day) Balsamic Steak Rolls



INGREDIENTS:

- 10 Thin sliced sirloin steaks
- Salt and pepper
- 3 tbsp Worcestershire sauce
- Mesquite steak seasoning
- 1 tbsp olive oil
- 1 carrot
- 1 bell pepper
- 1/2 zucchini
- 5-6 green onions
- 2 cloves of garlic
- 1 tsp italian herb seasoning
- toothpicks
- Glaze:
 - 2 tsp melted butter
 - 2 tbsp finely minced shallots
 - 1/4 cup balsamic vinegar
 - 2 tbsp brown sugar
 - 1/4 cup beef broth

DIRECTIONS:

1. Prepare the glaze and set aside
2. For the glaze, melt the butter on medium heat and add in the chopped shallots until they are tender
3. Add the balsamic vinegar, brown sugar and beef stock and mix well
4. Bring to a boil and reduce the volume to around half the amount as it thickens to a sauce. Set aside in a bowl
5. Cut out 8 strips around 3 inches wide and tenderize if needed
6. Season the steak on both sides with salt and pepper and worcestershire sauce
7. Marinade in the glaze for at least 30 minutes.
8. While the meat is marinating, Chop the shallots and cut up the rest of the vegetables around 4 inches or a little longer than the steak strip width
9. Peel and crush the garlic
10. Sautee the garlic in olive oil and then add the rest of the vegetables and fry for 2-3 minutes. Season them with the italian seasoning and move to a bowl
11. To put the rolls together, simply roll the vegetables in the steak wraps and secure with a toothpick
12. Place the rolls in the pan on medium heat with a little oil and cook on each side for a few minutes until they are cooked through
13. Remove from the pan and place on the serving dish. Remove the toothpick and drizzle with the glaze

Recipe Credit: picturetherecipe.com

Photo Credit: picturetherecipe.com

(Valentine's Day) Surf And Turf For Two



INGREDIENTS:

- 2 lobster tails (5 ounces each)
- 2 lemon wedges
- 2 filet mignons (1-1/4-inch thick)
- Olive oil
- Salt and freshly ground black pepper
- For the compound butter:
 - 4 tablespoons unsalted butter, softened
 - 1/2 medium shallot, very finely chopped (about 2 teaspoons)
 - 2 teaspoons fresh parsley, finely chopped

DIRECTIONS:

1. Remove the filets from the refrigerator to allow them to come to room temperature (about 30 minutes).
2. Prepare the compound butter by combining the softened butter, shallot and parsley in a small bowl. Mix well, then spoon the mixture onto a sheet of wax paper and form it into a small cylinder shape, about 1-1/2 inches in diameter. Refrigerate until ready to use.
3. Position a rack in the center of the oven and preheat to 400°F. Line 2 small baking sheets with aluminum foil and coat them with nonstick spray. Choose sheets small enough to fit in the oven side by side.
4. Place the lobster tails, top side facing up, on a cutting board. Using kitchen shears, carefully cut a slit down the center of the shell, leaving the fan end intact. Be careful to insert the tip of the shears just under the shell to avoid cutting through the meat.
5. Spread the shell apart and very gently loosen the meat, leaving it fastened at the fan end. Pull up gently, press the empty halves of the shell back together and rest the tail meat on top.
6. Prep Tip: To help loosen the meat from the shell, carefully insert an upside-down teaspoon between the underside of the shell and the meat. The shape of the spoon conforms to the segments of the lobster shell, and being smooth and rounded, it helps to separate the meat without shredding.
7. Carefully rinse the lobster tails under cool water and pat dry with paper towels. Should you find a vein that runs the length of the tail meat, remove it and discard.
8. Arrange the tails on one of the prepared baking sheets, squeeze a little lemon over each and top with a pat of the compound butter. Set aside.
9. Preheat a heavy skillet over high heat. Drizzle the steaks with olive oil and season with salt and pepper. Film the pan with a little extra oil, then sear the steaks just until they release easily from the pan, about 1-1/2 minutes per side.
10. As soon as you begin searing the steaks, place the lobster tails in the oven and cook until the meat is firm and opaque, 6 to 8 minutes total. Remove from the oven and cover loosely with foil to keep warm. Watch the lobster carefully – you don't want to overcook it.
11. Once the steaks are seared, quickly transfer them to the other prepared baking sheet and place them in the oven for 4 to 7 minutes depending on desired doneness (about 4 minutes for rare). Remove from the oven and allow the steaks to rest for 5 minutes.
12. Arrange the filets and lobster tails on individual serving plates, top each filet with a pat of the compound butter and serve immediately.

Recipe Credit: mygourmetconnection.com

Photo Credit: mygourmetconnection.com