

What's Simmering ... With Chef Jack!

Greetings to all!

January 26th will be our second "hands on" cooking class of the winter. We will be joined by John and Dorothy Priske from Fountain Prairie Farm. They raise Scottish Highland beef and run a bed and breakfast. The beef are raised on pastured, finished with corn and dry aged for 21 days. We will be using their pork and beef in a variety of great winter dishes. Many would work out great for a superbowl party. The class is limited to 12 so do not delay. Below is an excerpt from their farm. The web site is <http://www.fountainprairie.com/>.

Set in the tranquil countryside of Wisconsin, Fountain Prairie Inn and Farms offers their guests more than the usual overnight stay. The Inn at this sustainable family farm serves locally grown produce as well as Berkshire pork and their trademark grass fed Highland beef.

It is easy to forget that food doesn't originate in grocery stores. From asparagus to zucchini you can count on Fountain Prairie's home cooked freshness. A stay at Fountain Prairie Inn and Farms allows guests a glimpse into the origin of their meals, as well as an overview of "The Good Farmer's" approach to land stewardship. With 280 acres to explore, including a 60-acre restored tallgrass prairie and wetland and over 300 head of grass fed Highland cattle, you can learn about sustainable farming. The unique Highland cattle are docile, hairy beasts that are an important aspect of Fountain Prairie's holistic approach to farming. Our grass fed beef is lean and delicious.

Fountain Prairie Farm isn't just a cattle operation. A large portion of our farm is actually restored tallgrass prairie and wetlands, which provides a haven for all sorts of birds and other wildlife that had been driven away by industrial agriculture. We have brought back dozens of species of native grasses and other plants, and recreated the original wetlands that once supported the flocks of migrant waterfowl that are now returning. It's a beautiful landscape, one that had been all around here not all that long ago.

A feast for the senses ... Fountain Prairie Inn & Farms is an island of grass in a sea of corn. We hold an ecological treasure where we, the artisan farmers, welcome you to share our vision; the landscape as a work of art. To paraphrase Aldo Leopold; the farm is a portrait of the farmer. Come see our portrait!

Local food really is local farms! It's an experience!

Chef Jack

P.S. If you are interested check out my website, featuring many tidbits about local food.

www.wisconsinlocalfood.com

This is a tasty make ahead breakfast dish.

Chef Jack's Strata

Yield: 9x13 Portion: Serves 12 Oven: 350° Bake: 45 minutes

Amt.	Unit	Ingredients	Amt.	Unit	Ingredients
1/2	lb.	Artisan smoked bacon, 1" pieces	3	oz.	Pleasant Ridge Cheese
3/4	qt.	Half and half			or a good Gruyere
9	ea.	Eggs, free range	1	cup	Roasted red bell peppers,
1/2	oz.	Dijon mustard			skinned, sliced or diced
1/4	tea.	Kosher salt	1	cup	Onions, cut in half, sliced into half
1/2	tea.	Freshly ground black pepper			moons and sauté with a little butter
3/4	lb.	Ciabatta, 12-15 slices	1	cup	Mushrooms, sliced and sauté with
3	oz.	Smoked or plain Gouda			a little butter, salt and pepper

Method:

1. Chop or grind bacon and cook off, drain.
2. Mix eggs, Dijon, salt and pepper.
3. Butter each pan.
4. Lay down row of bread.
5. Layer with half of the bacon and vegetables.
6. Layer 1/3 of the cheese.
7. Lay down row of bread.
8. Layer with half of the bacon and vegetables.
9. Layer 1/3 of the cheese.
10. Lay down row of bread.
11. Layer 1/3 of the cheese.
12. Saran and foil.
13. Let sit overnight.
14. Bake.

You may double the vegetables if you like. Just make sure you sauté them till dry or your strata will be mushy.