



THE Country Kitchen Journal

“Iowa Meats and Siesel’s Meat & Deli - Serving San Diego since 1968!”

An Iowa Meat Farms/Siesel’s Meat & Deli Publication

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Springtime Center of the Table

When it comes to Easter Dinner there are many options to choose from depending upon religious customs, family traditions or the size of the crowd you are cooking for. It is definitely one of those “Sunday Roast” type of holidays that calls for a sit down dinner with the family. Let’s take a look at some of the more popular cuts available at **Iowa Meat Farms and Siesel’s Meats and Deli**.

LAMB: The tradition of serving roasted lamb for Easter is associated with the religious practice of the sacrificial lamb. Historically the young spring lamb would then be spit roasted and consumed to end the Lenten period of fasting. These days we commonly roast either the saddle or the leg.

The saddle or rib section is split into individual racks (2-4 servings) or our butchers will tie two racks together to form the majestic **Crown Roast of Lamb** (4-6 servings). The leg is available bone in, semi boneless (with only the shank bone remaining so you something to hold onto when carving) or BRT which means boneless, rolled and tied. All of our lamb is domestically raised. It’s juicy, tender and slightly milder tasting then its imported counterparts.

HAM: Chances are that if you are not dining on roasted lamb for Easter, you are most likely having Baked Smoked Ham. Although there may be a religious connection, we most likely enjoy Easter Ham out of necessity and convenience. Hogs were typically slaughtered in the late fall. Most of meat was cured and smoked to preserve it through the long winter. The larger hams could take several months to fully cure making them ready to eat right around Easter.

We offer several varieties of hams in our stores. **Kruse Bone-In Ham** and **Siesel’s Double Smoked Hams** are available in half or whole sizes. For your convenience we suggest our **EZ-Carve Ham**. It’s a boneless ham that we pre-slice then tie back together. Once it’s done baking you simply cut the strings and **ENJOY!** Don’t forget the **Glenn’s Pineapple Apricot Ham Glaze**.

PORK LOIN: If you had a ham at Christmas and are not into lamb, may we suggest roast pork loin? We can custom cut it to fit the size of your Easter gathering. Figure one bone per person. If you are having the whole family over then we’d go with a **Crown Roast of Pork**. Same concept at the lamb crown mentioned above except much larger and an even more impressive presentation!! Consider filling the center of the crown with one of our **homemade stuffings**. As always, we’ll include the cooking instructions. No worries!

BEEF: There are some of us can’t resist a good old fashioned Roast Beef no matter what the occasion. **Standing Rib Roast, Whole Top Sirloin, or Beef Tenderloin** is always available and hand cut to order.

Easter Sunday is on April 20th this year so plan accordingly. Call the store a week in advance and we’ll have your order ready for you to **ENJOY!!**

Iowa Meat Farms • 6041 Mission Gorge Road, San Diego CA • 619-281-5766
Siesel’s Meat & Deli • 4131 Ashton Street, San Diego CA • 619-275-1234



In case you hadn't noticed, we are pretty fanatical about food. Actually, we are more than that. We are crazy about food. We are also knowledgeable, professional, passionate. We have been at this game for many a decade, and it just keeps getting stronger.

Nowhere does all of that craziness show itself more than when we talk about chicken. That poor little creature is the best example of what is so terribly wrong with this industry. From its humble and natural beginnings, it has been poked at, experimented with, manipulated, and "engineered" until it no longer can reasonably be called a "chicken".

These things are "manufactured", not raised. The industry's only goal is cost and "efficiency". "Quality" is just a word to them. Yet, through marketing and advertising, they have been able to sell that inferior product to a vastly uninformed public.

If you don't believe our rantings and our ravings, do us a favor. Invite one of our true, free-range chickens to the center of your table. One savory taste and you will truly understand what we are saying.

Over the years, procuring these delights has been a bit of task. But five years ago we found **Mary's Chicken**. We consider them the absolute finest bird we have ever had.

Family owned and operated since 1954, Mary's sons, David and Ben Pitman, are third-generation Pitman farmers who lead the company today. Their chickens and turkeys are raised the old fashioned way and there is never anything added or injected. They are Certified Humane and Global Animal Partnership. Fed a vegetarian diet, no preservatives, no antibiotics EVER and no added hormones.

This month we will have **Mary's Free Range Whole Fryers** available for **\$4.29lb**. For a little extra culinary pleasure try a couple of split, free-range chickens that have been marinated "Baja" style.

They are all seasoned and ready to go, so all you do is pop them onto an indirect grill or into the oven at 350°. In forty-five minutes to an hour, your main course is done. Add tortillas, beans, guacamole, salsa and a salad, and you're ready to go! **ENJOY!**

Goodies Galore!!!

Looking to fill your Easter Basket? Why not try some of our delicious sweets, gourmet sauces, jams and jellies. Or check out our wide variety of Micro-brewed beers and hand selected wines! We have everything you need to fill your basket no matter what the theme. Oh and you can never go wrong with a **Gift Card** in any denomination from **Iowa Meat Farms & Siesel's Meat & Deli!**



One Cut, Endless Possibilities!

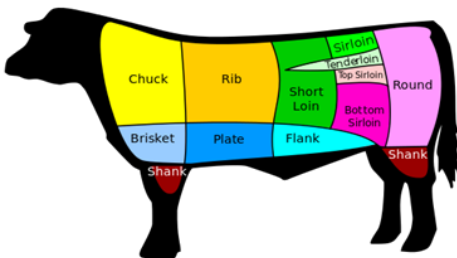
From time to time, we have to look back. It's hard to imagine, but there are people out there who have never heard of a "Tri-Tip".

It is a roast, a steak, ka-bobs, stroganoff, fondue, stir-fry ad (almost) infinitum. Part of the sirloin group, it is a single muscle that lies on the outside between the top sirloin and the sirloin tip. It is tender and well marbled.

The Tri-Tip is very popular in some regions of the country and unknown in others. In California, it's extremely popular in the Santa Maria area. In fact, a lot of people refer to it as a Santa Maria Steak.

For those of you who have never tried them, pick one up the next time you want a roast, or a steak, or London broil, or fondue, or stroganoff.....well, you get the idea.

Seriously, if you have never tried it, the best way is the simplest. Just roast uncovered, fat side up at 350° for one hour. That's all it takes. At 1½ to 2½ pounds, it is the ideal roast for two to three people. Oh and it just so happens we have our **USDA Choice Marinated Tri-Tip Roast** on special this month for **\$14.99 lb**. **ENJOY**





NOTES OF WINE

By Dom

Ham and lamb are the more traditional meats served for Easter dinner, yet both pose the most questions about which wines pair best. A typical glazed Easter ham has both sweet and savory flavors along with a touch of salt. The idea is to match it up with a wine that has high acidity, low tannins and lots of fruit. So, a lighter Zinfandel, Rhone or Chianti could work, but a good Pinot Noir is the way to go. The **Highlands 41 Pinot Noir (\$17.99)** fits the bill. It is fruit forward with notes of warm baking spices, stone fruit and cherry with supple tannins with a well balanced finish.

For the white wine drinker, a good Reisling is probably the best pairing. The apple and tropical flavors typically associated with this varietal contrasts perfectly to a salty ham while the bright acidity and light style keep the sweetness levels in check. For that we recommend the **Maddalena Reisling (\$17.99)**. The rich mouth feel of this wine greets the palate with fresh fruit flavors of pear and green apple while balancing the natural acidity and sweetness. If you are serving lamb, remember it is full of flavor and fat, and you need a big-boned tannic wine to stand up next to that. While some consider a Bordeaux to be the classic wine for pairing, a California Cabernet Sauvignon will work just as well. There is a wonderful collection of Cabernet from which to choose at both stores.

While these are some suggestions, other white wines to consider to pair with ham include Sauvignon Blanc, Pinot Grigio, and some other reds include Zinfandel and Syrah. Some alternate pairings for lamb also include Sauvignon Blanc or Albarino for the white wine drinker or a Pinot Noir or Chianti Classico for those preferring a red wine. As always, our wine departments offer a variety of wines for everyone's palate and budget. And remember, Wednesday is "**Wine Wednesday**" when all wines are 10% off. Cheers!

Wine
Wednesday

At both stores

10% off

All Wines

(Valid only on Wednesdays)



Weather Watchers



Our annual "**Sweet Onion & BBQ Festival**" is coming up this May. For some of you "newbies" out there, San Diego has its own sweet onion. They are called "Sweet Imperials". And they are grown in the Imperial Valley, just about a hundred miles away. These blow Vedalia's and Maui's out of the water, and you'll get to taste them for yourself. We will have printed recipes and other info about them available. We have been fans of these onions for many decades, and we have learned a thing or two about them. That's the reason for the weather reference above. These onions go into the ground around Thanksgiving and are harvested late April and into May. We keep our eye on the weather down in the Valley. A cold, chilly winter will produce a substandard crop. They will still be good, but they won't be at their best. Thankfully, this winter was very mild and seems to be warming up early. That's the recipe for a superior crop. We can't wait!

Chilled Lemon Herb Cooked Shrimp

In a large bowl, whisk together 3 tbsp olive oil, juice of 2 lemons, 2 minced garlic cloves, and 1 tsp Dijon mustard. Add 1.5 lbs large 16/20 cooked shrimp (peeled, deveined), ¼ cup chopped fresh herbs (parsley, dill, chives), ½ tsp red pepper flakes, and salt to taste. Toss gently to coat. Refrigerate for 20 minutes to allow flavors to blend. Serve chilled with lemon wedges and crusty bread. This bright, refreshing dish makes an elegant entrée with minimal effort! On special this month **Large 16/20 count Cooked Shrimp \$18.99lb. ENJOY!**



April Specials

Good through 3/28/2025 to 4/20/2025 or while supplies last



Midwestern Kruse Bone-In Ham

Whole or Half
Avg. weight 8-20lbs.

\$349 lb.



Siesel's Double Smoked Ham

Whole or Half
Avg. weight 8-20lbs.

\$449 lb.



Midwestern Pork Crown Roast

\$999 lb.



Midwestern Center Cut Boneless Pork Roast

\$699 lb.



USDA Choice Marinated Tri-Tip Roast

\$1499 lb.



USDA Choice, Midwestern Cattleman Steak

\$1149 lb.



USDA Choice Flat Cut Brisket

\$999 lb.



USDA Prime Sirloin Baseball Steak

\$1999 lb.



Free Range Fryer

\$429 lb.



Large 16/20 Count Cooked Shrimp

\$1899 lb.



Sweet or Hot Fresh Italian Sausage

\$699 lb.



Vienna All Beef Hot Dogs

\$1099 lb.