



# 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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**Let's Talk Turkey!!**

According to the Dictionary of Idioms, to “*talk turkey*” means to “*to discuss a problem in a serious way with a real intention to solve it*”. If your problem is finding the highest quality, juiciest, and best tasting turkey this holiday season than our solution is Diestel Family Turkey Ranch! They have been our go to supplier for premium turkeys for 20 years now because when it comes to turkeys, we think that the Diestel family really knows what they’re doing.

We took a closer look at their operations and have come to the conclusions that they are control freaks, which suits us just fine! Located in Sonoma, CA, in the clean foot hills of the Sierra Nevada Mountains, Jim and Jean Diestel currently oversee their sustainable family ranch which has been producing high quality range grown turkeys since 1949. That’s right **RANGE GROWN**, never caged or confined! In fact their turkeys are given four times the space to grow than conventional birds.

Wait! It gets better! To make sure they know exactly what is going into their birds, Grandpa Jack built their first feed mill in 1956 which insures that every turkey is fed a diet of 100% pure grains, free of “antibiotics, growth enhancers, hormones, gluten, and animal by-products.” Their controlling nature even extends beyond the pasture to the processing plant which the Diestel family also owns and operates. Their USDA inspected facility processes their turkeys with “absolutely no additives or preservatives” and each bird must meet their own strict quality standards. That makes perfect sense to us. If you have done everything right from the beginning why would you need to mess with your product at the end?

The more we do business with Diestel Family Turkey Ranch, the more we have come to realize that they are just like us! Family owned, focused on the quality of our products, and free of short cuts.

Now that’s **TALKING TURKEY!!** Better yet pick up one of their birds, cook it up this holiday season and let its quality, tenderness and flavor speak directly to your taste buds!! We’ll have a bird for every sized table, from 10 to 30 pounds. Place your order by November 18th!!

If you want to talk more turkey the folks at Diestels would love to bend your ear. Check them out at [www.diestelturkey.com](http://www.diestelturkey.com) or call them direct at 888-4-GOBBLE. **Happy Thanksgiving & 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



## Stuff It!

We know how it is. Everyone seems to run out of time these days. We don't want that to keep from enjoying a delightful and delicious home-cooked meal. And, heaven forbid, we don't want you to have to eat something that comes out of a box!

So, we do a little stuffing. That is, we stuff pork chops for you. Preparing these beauties is almost as easy as buying them. Just season with a bit of salt and pepper and place in a pre-heated 350° oven for one hour. That's all it takes. Placing them on a rack works best because they will brown all over, but it isn't really necessary.

These are available with any of our three stuffings. That's the **Sage & Sausage**, the **Apple-Cinnamon** and the **Cajun Cornbread**. (The Cajun is great on the grill too!)

You can serve these to guest or just make it a special middle-of-the-week dinner for the family. Why not start with an old fashioned relish dish? You know, celery and carrot sticks and such. Serve the chops with rice or baked yams, fresh corn or carrots.

A lightly chilled red, like a Gamay, would be a good choice to round out the meal. If you prefer a blush or white wine, stay with something that has a bit sweetness. A Johannesburg Riesling or Chenin Blanc would do nicely.

Just to make it even easier for you, we will be offering these **Stuffed Pork Chops** at just **\$5.99lb**. They freeze well, if you want to buy extra. Just remember to thaw them in the refrigerator for a day or two before you use them. **Enjoy!**

## It's a Turkey, It's a Duck, It's a Chicken... It's a Turducken!!!

Now the history of the Turducken, like many other tasty culinary creations, is somewhat cloudy and often disputed. Food historians credit the Romans for first coming up with the idea stuffing one animal inside another and then roasting it. Another account from the early 1800's tells of a French Chef who stuffed no less than seventeen birds inside one another in what he called an "incomparable roast" (*rôti sans pareil*). Here in the U.S. the modern version of the Turducken has roots in Cajun and Creole cuisine and in the cook books of Chef Paul Purdhomme.

We can't confirm or deny any of that, but what we do know for sure is that a little over ten years ago we cooked up a commercially prepared frozen Turducken, tasted it, and said "*We can do better!*" At that moment a new San Diego holiday tradition was born and another chapter was added to Turducken history.

Our version starts by stuffing a seasoned boneless chicken with Cajun Cornbread Stuffing which gets placed inside a boneless duck with Apple Cinnamon Stuffing. That duo is then expertly trussed into a de-boned turkey with Traditional Sausage and Sage Stuffing. We think that we are doing something right (and tasty), because what started with just a few dozen orders that first year has grown to well over 450 Thanksgiving orders annually.

Let our Turduckens help you create the most memorable meal for your family and friends. We offer three different sizes of Turduckens to choose from. **Small Turducken is \$175** and will feed 15 to 20 people. The **Large Turducken is \$195** and will feed 20 to 30 people and the **Frozen Turducken Roll is \$125** and will feed 10 to 15 people. We'll have plenty of cooking guides available and our in-store experts will answer any of your holiday dinner questions. **Don't forget to place your orders by November 18th!** ENJOY!!



The last time we checked, everyone we know....eat's Doesn't that sort of make food the universal gift?

And if that gift happened to be from **Iowa Meat Farms or Siesel's Meat & Deli**, we would have to say that it was a "gift in good taste" or maybe that it's a "gift that taste good". Either way we offer gift cards in any denomination and can be used at either store.

If you are a company or business owner that would like to give gift card or holiday ham to your valued employees, let us know and we can put a package together for you.

## Running out of time?

No worries!! **Iowa Meat Farm's and Siesel's Meat & Deli** are on **Instacart**. Just login, and shop away!!! Your Holiday shopping has never been easier!





# Dom's Perfect Picks!

Look all around you and you will see that holiday decorations have been popping up all over town, and so you know it's only a matter of time before the hustle and bustle of the season begins in earnest. I thought I would take a slightly different approach for this month's newsletter. Instead of showcasing several specific wines, I thought it might be useful to include the following guide as you prepare for your holiday meals over the next few months, just to lighten the stress a little bit. The chart has been adapted from The Wine Bible by Karen MacNeil. All of these varietals can be found at both locations. And if you're considering wine gifts, don't forget to check out our selections from Duckhorn, Silver Oak, Grgich Hills, Stags Leap, Penfolds, Rombauer and so many more.

<b>Red Meat (Beef, Lamb, Venison)</b>	<b><i>Bold Reds (Perfect Pairing)</i></b> <i>Malbec</i> <i>Syrah/Shiraz</i> <i>Petite Syrah</i> <i>Mouvedre</i> <i>Cabernet Sauvignon</i> <i>Bordeaux Blends</i> <i>Meritage</i>	<b><i>Medium Reds (Alternative Pairing)</i></b> <i>Merlot</i> <i>Sangiovese</i> <i>Zinfandel</i> <i>Cabernet Franc</i> <i>Tempranillo</i> <i>Barbera</i>
<b>Pork</b>	<b><i>Medium Reds (Perfect Pairing)</i></b> <i>Merlot</i> <i>Sangiovese</i> <i>Cabernet Franc</i> <i>Tempranillo</i> <i>Barbera</i>	<b><i>Bold Reds (Alternative Pairing)</i></b>
<b>Poultry (Chicken, Duck, Turkey)</b>	<b><i>Light Reds (Perfect Pairing)</i></b> <i>Pinot Noir</i> <i>Grenache</i> <i>Gamay</i> <i>St. Laurent</i> <i>Carignan</i> <i>Counoise</i>	<b><i>Rich Whites (Perfect Pairing)</i></b> <i>Chardonnay</i> <i>Viognier</i> <i>Roussanne</i>
<b>Fish</b>	<b><i>Light Whites (Perfect Pairing)</i></b> <i>Sauvignon Blanc</i> <i>Albarino</i> <i>Pino Grigio</i>	<b><i>Rich Whites or Sparkling (Alternative Pairing)</i></b>
<b>Mollusk (Oysters, Mussels, Clams)</b>	<b><i>Sparkling (Perfect Pairing)</i></b> <i>Champagne</i> <i>Prosecco</i> <i>Sparkling Wine</i> <i>Sparkling Rose</i>	
<b>Lobster and Shellfish</b>	<b><i>Rich Whites (Perfect Pairing)</i></b> <i>Chardonnay</i> <i>Viognier</i> <i>Roussanne</i>	



Iowa Meat Farms  
6041 Mission Gorge Road  
San Diego, CA 92120  
619-281-5766  
Mon to Sat 9-6 Sun 10-6

# Specials

Siesel's Meat & Deli  
4131 Ashton Street  
San Diego, CA 92110  
619-275-1234  
Mon to Sat 9-7 Sun 9-6

Good from November 8th, 2023 to November 30th, 2023 or while supplies last

Midwestern  
**Kruse  
Bone-In Ham**

**\$3.99** lb.  
Whole or Half

**Siesel's Double  
Smoked Ham**

**\$4.99** lb.  
Whole or Half

Glenn's  
**Boneless  
Rolled & Tied  
Ham**

W/Apricot & Pineapple Glaze  
**\$9.99** lb.

**Siesel's  
Glazed Spiral  
Hams**

**\$4.99** lb.

Our Own  
**Turducken**

Large \$195  
Small \$175  
Roll \$125

Order by Nov. 18th

Fresh Premium Young  
**Diestel  
Turkeys**

**\$5.99** lb.

Order by Nov. 18th

In House  
**Stuffed Pork  
Chops**

**\$5.99** lb.

USDA *PRIME*  
Midwestern, Aged

**Rib  
Roast**

**\$34.99** lb.

Free Range  
**Mary's  
Whole Fryer**

**\$5.99** lb.

Our Own, Fresh  
**Breakfast  
Sausage**

**\$4.99** lb.

16/20 ct.  
**Colossal  
Cooked  
Shrimp**

**\$19.99** lb.

#1 Grade  
**Ahi  
Steaks**

**\$14.99** lb.

Proudly Offer  
**American  
Wagyu New  
York Steak  
From  
Nebraska**

**Siesel's  
Turkey  
Gravy**  
**\$7.99** quart.

**Apricot &  
Pineapple  
Glaze**  
**\$9.99** lb.