



Slow Food Oklahoma City

Live the Slow Life

*Good food, locally produced,
artisanal methods*

Interesting Links for more
information

www.slowfoodokc.com

www.slowfoodusa.org

www.edibleschoolyard.org/

<http://www.oklahomafood.coop/>

Local chefs supporting Slow
Food

[www.coach-house-
restaurant.com](http://www.coach-house-restaurant.com)

www.boulevardsteakhouse.com

www.labaguettestbistro.com

www.terralunagrill.com

www.cafenovaokc.com



Slow Food Fall Picnic a Success –

Rick Bayless – Award winning chef and celebrity featured at next event- Sunday, November 27 – details below!!!

On Sunday, September 18th, Slow Food OKC sponsored a family picnic at the Round Barn in Arcadia. The event was attended by over 120 area participants and was a phenomenal success despite an unfortunate heat wave. This event was, by far, the most well publicized and attended event for Slow Food OKC.

We hope to continue to host events like this one that support local producers and the goals of Slow Food. The picnic highlighted the interest in local Oklahoma food production and the gifts our

local chefs have to transform these fantastic products into sumptuous menus.

Below is a menu of the delicious meal as well as the local producers and chefs who made this event possible:

Slow Roasted Buffalo Short Ribs

Wichita Buffalo
Kurt Fleichfresser of Coach House

Roasted Herbed Free Range Chicken

Walters Hatchery
Cally Johnson of Boulevard
Steakhouse

Potato Leek Tart/Pasta Salad

Alain Buthion of La Baquette

Breads from Farrell Family Organic Breads

Succotash

Sean Cummings of BOCA
BOCA & Vitos

*Vegetables provided by
Guilford Gardens*

Bread & Butter Pickles, Potato Salad, Cole Slaw Fried Okra, Deviled Eggs, Sweet Potato Salad

Picnic Accompaniments by
Kam's Kookery – with Neely

Howard & Hudda Mussa
Vegetables & Dairy from
Guilford Gardens, Horn's

Chicken & Eggs,
Leatherwood Farms,
Peachcrest Farms, Blue Skye
Farms, Sunrise Acres

Desserts

Apple Tarts
Peach Crest Farms
Donna Ragazzino of Terra
Luna Grille

Asian Pear Tart

Pears from OSU- OKC Farmers
Market
Ian Wagner of Café NOVA

Slow Food OKC – Become a Member!

We encourage you to join Slow Food USA – your contributions support local and national Slow Food activities. Contact Kerry Norman Kernorman@aol.com or join online at www.slowfoodusa.org Slow Food OKC members receive: Invitations to “members only” events where you will meet with Slow Food Chefs and local producers

Discounted admission to all Slow Food events and priority reservations

Regular Newsletters full of slow food recipes, the latest events of interest around town, profiles of local producers/chefs and organizations and Slow Food USA publications. Membership is \$60 for individuals; \$75 couples/family.

Slow Food is a movement that protects taste, culture, and the environment as universal social values. This organization is dedicated to the preservation and enjoyment of traditional and artisanal foods.

Upcoming events

NEW!! Sunday, November 27th at 5PM - Authentic Mexican Dinner at the Coach House with Award Winning Chef, Author and Oklahoma Native, Rick Bayless of Frontera Grill. 4 course dinner featuring recipes from Chef Bayless' newest cookbook, *Mexican Everyday*, will be prepared by Chef Kurt Fleischfresser who will be honored at this event by Slow Food OKC for his decades long support of Slow Food principles.

Rick Bayless, winner of the prestigious James Beard Award and his 4 star restaurants, Frontera Grill and Topolobampo, exemplify the principles of Slow Food. Chef Bayless is active in and serves as a board member of *Chefs Collaborative*, an organization that supports environmentally sound agricultural practices. He founded The *Frontera Farmer Foundation* committed to promoting small, sustainable Midwestern farms, by providing them with capital development grants. His restaurants feature sustainably produced meats, fruits, vegetables and dairy products. Finally, Chef Bayless promotes shared "slow" table experiences with family and friends, another guiding principle of Slow Food.

Full Circle Bookstore is proud to be sponsoring the book signing at this event. For more information about Rick Bayless visit his website at www.fronterakitchens.com. For more information about Full Circle Bookstore visit their website at www.fullcirclebooks.com.

This event is open to Slow Food members. If you have not had an opportunity to join (or are unsure how) please contact Kerry Norman at Kernorman@aol.com or 848-4940. Cost of membership is \$60 per year (\$75 for couples/families) and includes benefits listed above. This very special evening with Chef Bayless at the Coach House is \$100 per person for the meal and wine (tax & tip included). If you would like further information contact Cristina McQuiston at cfmcquiston@yahoo.com or (405) 440-6555. Space is limited and advance **paid** reservations are required so please contact Cristina as soon as possible.

Monthly Farm to Table Cooking Classes with producers at **Kam's Kookery**. These hands-on cooking classes will focus on local products - naturally raised buffalo, venison, beef, lamb and poultry products as well as in-season vegetable & fruit preparation & organic breads. First Saturday of each month – see below for more information.

Other Events

- Field trips to local producers facilities
- Additional members-only dinners
- Producer dinner at the Coach House
- Annual Picnic (we promise cooler weather next year!)
- Children's education events/ edible schoolyard activities

Profile of Fall Picnic Oklahoma Producers



Walters Hatchery provided the chicken for the September event. It is their 2nd year of producing chickens - having begun to add chicken to an already acclaimed heritage turkey offering. Walters Hatchery is owned by Mike Walters, a fifth generation farmer, who hand raises every turkey and chicken with help from his family but especially his grandmother, Grace Stephenson, on the family farm near Stilwell, Oklahoma.

Mike relies on good breeding practices to develop naturally hardy poultry without growth hormones, stimulants, or chemical medications to survive. The turkeys, chickens and quail are raised in a natural setting, with 24-hour access to open air and pasture. Because the birds are not concentrated in huge buildings as on industrial farms, there isn't an excessive build-up of manure, and no subsequent run-off of nitrates or other pollutants into nearby streams. Mike's poultry enjoy a chick-to-harvest time double the factory farm norms - allowing for natural development.

The turkey is the most genetically eroded of all livestock species. Commercial stocks are limited to a few strains of the Large White turkey selected for industrial farm systems. If a disease hits the flocks, it could wipe out the whole industry. This lack of genetic diversity nearly wiped out the corn crop in the 1970's. A tastier benefit to genetic diversity is the

unique flavors that the different breeds bring to the table. For example, many of Slow Food members prefer the flavor of Narragansett while others prefer Red Robin.

One of Mike Walter's goals is to diversify and maintain the turkey gene pool for the future. Walters Hatchery maintains the most diverse flock of turkeys in the US with over 11 breeds. Another goal is to help revive rural America through an honest enterprise that is good for consumers, good for the community, and can make a fair return to farm families. By meeting these goals, Mike is producing a Heritage Turkey that brings back the great taste of Thanksgiving and Christmas feasts.

Slow Food USA's initial project was to preserve the heritage turkey for future generations by working with producers like Mike Walters. This effort has been an unparalleled success. In 2002, Slow Food, through its company Heritage Foods, ordered 160 turkeys from Walters Hatchery and due to demand purchased over 400 turkeys. This and the efforts of the American Livestock Breeds Conservancy (ALBC) to publicize Walter's Hatchery have aided the business - including Walters Hatchery being featured in the November 2005 issue of Martha Stewart.

Visit the Walters Hatchery website at www.waltershatchery.com for more information or call (918) 778-3535. You can order poultry products directly from Mike (delivery requires certain minimums). Smaller orders are handled monthly through the Oklahoma Food Cooperative. For more info on the coop go to www.oklahomafood.coop. Most turkeys are ordered by early spring for Thanksgiving allowing Mike to grow the turkey to your desired weight. Most turkeys have been pre-sold for 2005, but you can purchase a Walters Hatchery turkey through Dean & Deluca. Mark your calendars for next year, as Mike would rather sell locally. Watch the Slow Food OKC website as we search for other local sources for heritage turkeys for your Thanksgiving table.

Walters Hatchery's turkeys are featured in Dean and Deluca's gourmet cooking catalog www.deandeluca.com/cgi-bin/ncommerce3/ExecMacro/store/framescat.d2w/report?cgrfnbr=10922

Follow this link for a look at the startling contrast between free range heritage turkeys from Walters Hatchery compared to commercially available turkey. www.waltershatchery.com/whyheritage.html

For more information on preparing heritage turkeys join the Farm to Table Cooking Class on November 5th. See article at the end of this newsletter for more information.

Wichita Buffalo Company (WBC) provided the buffalo for the event and is the premier buffalo producer for Oklahoma. Wichita Buffalo is a family owned and operated 320 acre ranch in Hinton, Oklahoma that has been selling buffalo meat for over 8 years. Wichita Buffalo's focus is to provide to healthy, tasty, Oklahoma-raised buffalo meat and other buffalo products including: bison meat, jerky, sticks, summer sausage, and breakfast sausage. Bison does not marble fat (put fat in the muscle) and, therefore, has less fat and calories per pound.

The Wichita Buffalo bulls roam the pastures munching on native grasses with supplemental minerals and low protein feed. WBC does not feedlot their bison and the buffalo are not given hormones or antibiotics. Bulls are processed from 900 to 1,200 pounds and between 18 and 30 months of age.

WBC meat is available in restaurants and stores in the following cities: Oklahoma City, Norman, Tulsa, Enid, Elk City, OK and Wichita, KS. WBC delivers weekly to the Oklahoma City area stores and products are available through the Oklahoma Food Cooperative. Individual cuts of meat are available as are ½'s, and ¼'s. The Steps will deliver purchases over \$200 personally. The Health Food Store on I-240 has the widest selection of WBC meat, with Crescent Market, and Kamp's on Classen carrying select products. You can also order any WBC product through the Oklahoma Food Cooperative monthly. For more info on the coop go to www.oklahomafood.coop. Visit Wichita Buffalo at www.sandyspringsfarms.com/ or call (405) 850-4156.

Wondering how to cook buffalo? - Catch our Buffalo Farm to Table Cooking Class (FTCC) January 7th at Kam's Kookery, visit with the Steps and cook up and sample their bison products. Certain products will be on hand for purchase.

Farrell Family Organic Breads is a family owned artisan bakery in Tulsa, Oklahoma - owned by Tom Farrell, artisan baker, and his physician wife, Loretta Farrell, M.D.

Farrell Family Organic Breads' mission is to revive the art of artisan baking for our community. The bakery's miller based in California gives heirloom varieties of wheat seeds to local farmers. They grow the wheat according to stringent organic requirements. The miller then gently grinds the grains, preserving many of the nutrients. Farrell Family Breads receives the flour within days of milling and stores it in their freezer.

The dough made by Farrell Family Organic Breads is minimally mixed, and all loaves are 100% hand-formed. Gentle hand shaping gives their loaves varying holes inside, and a more complex flavor than any other method. Slow, cool fermentation allows the dough to develop flavor naturally, without added sugars or flavoring agents. Next, their hearth oven produces a crispy and caramelized crust by injecting live steam during baking. The loaves are cooled and distributed the same morning to ensure that all our customers have access to the best, freshest breads available. Farrell Family Organic Breads are available in the Oklahoma City area at Crescent Market, Nichols Hills, Health Food Center, Walnut Square Shopping Center, Earth Natural Foods, Norman Oklahoma.

Note from fellow Slow Food members - Farrell Breads are not to be missed and will be featured at the Farm to Table Cooking Classes. Some of our personal favorites are Organic Sourdough Boule, Organic Stirato, Organic Tuscan Bread, Honey Challah, Chocolate Cherry Bread, Pumpnickel, Rye, fabulous rolls and on and on. For OKC folks, Crescent Market and Akins are your best bet for Farrell Breads however they do not carry the full line-up of breads. If you know the breads you want you can email or call the bakery and they will deliver it to either of those markets for you. Deliveries are Monday, Wednesday, and Friday. But owing to the SLOW method of fermentation and given that all breads are made by hand that day for delivery special orders should be made in advance. Visit Farrell Family Organic Breads at www.farrellbread.com or call (918) 477-7077.

Profile of Local Chef Supporting Slow Food



Slow Food OKC honors Kurt Fleischfresser as our first Chef of Distinction for his decades long support of Slow Food principles. Kurt is very active in seeking out local farmers and ranchers who use sustainable agriculture practices to provide his restaurants with the finest product available. He has been a member of Slow Food since 2000 and has held several producer dinners over the years. These dinners showcased venison from Honey Hill Farms, lamb from Country Raised Lamb, poultry from Horns, breads from Farrell Breads, heirloom tomatoes from Guilford Gardens and these products are regularly featured seasonally on his menu. Both Coach House and Irma's Burger Shack feature the famous Penskar cattle from No Name Ranch. Kurt has been an integral part of the initial OKC Slow Food events. In addition, he instills the values of using fresh local products to those who participate in his apprenticeship program. Kurt and wife Jayne live on a small acreage east of Oklahoma City and in their spare time grow vegetables and herbs.

The following outlines Chef Kurt Fleischfresser's distinguished career. Kurt began his career in Chicago at Le Vichyssoise where he served a traditional two and one-half year apprenticeship under acclaimed French chef Bernard Cretier. After traveling around the country honing his skills at such restaurants as The French Room, the Adolphus in Dallas, Enjolie at The Mandalay, Four Seasons in Los Colinas, Vincent's on Camelback in Phoenix and La Champagne at the Registry Resort in Scottsdale. With several of Oklahoma City's favorite and finest restaurants under his belt, it's safe to say Kurt Fleischfresser knows what he's doing. And he should - he's been cooking for as long as he can remember. Kurt and former partner, Chris Lower, created Restaurant Resource Group, which conceptualized several of Oklahoma City's foremost restaurants including Ground Floor Café, Iguana Lounge, Earl's Rib Palace, The Museum Café, Portobello and The Deep Fork Grill. As the sole proprietor and chef of The Coach House, Kurt has perfected his own brand of gracious and elegant dining. Under his experienced hand, The Coach House continues to offer seasonal cuisine highlighting the best local produce and regional specialties, prepared with his classical perfection. Through this endeavor, he has become a great bastion of high cuisine and has made The Coach House a treasured part of our neighborhood landscape.

Kurt has twice been invited to the world-renowned James Beard House in New York City as part of the Great Regional Chefs Program. He is a two time finalist in the prestigious American Culinary Gold Cup Competition and in 2003; Kurt won Oklahoma's "The Taste of Elegance" award sponsored by the Pork Producers. Kurt has written, produced and appeared in over 25 episodes of "The Oklahoma Kitchen" and has filmed more than 35 commercials for the Oklahoma Beef Producers and Made in Oklahoma Coalition. On an international level, Kurt travels extensively on behalf of SUSTA (Southern United States Trade Association) to plan and execute U.S. menus and conduct master chef classes, seminars and television programs promoting western style cuisine. To date, he has traveled to Singapore, Germany, France, China, Chile and is tentatively scheduled to travel to Argentina this summer. Kurt currently serves on the Board of Directors for The James Beard Organization and Slow Food.

Recipes from the Fall Picnic

Slow Roasted Buffalo Short Ribs - Chef Kurt Fleischfresser

5 lbs Buffalo Short Ribs
1 lb Onion
1 lb Carrot
1 lb celery
1 cup Red wine
½ cup Tomato paste
Assorted herbs - rosemary, thyme, oregano (fresh is best)
Stock (beef would be lovely - chicken is good too) fills the cooking vessel ½ way up the meat.

Sear the short ribs (in batches) in a cast iron skillet/dutch oven. Do not crowd as that steams rather than sears the meat. Remove all meat from pan and sear the rough chopped vegetables. Add the rest of the ingredients, meat and stock ½ way up the sides of the cooking vessel. Cover and roast at 250 degrees till pull apart tender - start checking after 3 hours.

Indian Sweet Potato Salad – Kam’s Kookery

3 medium sweet potatoes cut in 1 inch cubes
1/3 cup red wine vinegar
1/3 cup fresh lime juice (about 3 small limes)
¼ cup molasses
¼ cup catsup
2 tablespoons Dijon mustard
1 tablespoon curry powder
¼ cup raisins
1 teaspoon minced fresh chile pepper of your choice
¼ cup chopped fresh cilantro
Salt and pepper to taste

- 1) In a large pot, bring 2 quarts of salted water to a rapid boil over high heat. Add sweet potato and cook until they can be pierced fairly easily with a fork but still offer a good amount of resistance (8-10 min). Drain, rinse with cold water, refrigerate until chilled (at least 30 min).
- 2) In a medium bowl, combine all remaining ingredients and mix well. Add the chilled sweet potatoes, toss well to coat. (can be kept covered and refrigerated for 3-4 days)

Monthly Farm to Table Cooking Classes (FTCC) with the producers at Kam's Kookery

This unique series of classes, held the first Saturday of every month, focuses on local products - naturally raised buffalo, venison, beef, lamb and poultry products with seasonal vegetables & fruits & organic breads. Slow Food members will be given first preference and a \$5 discount per class. Producers will give presentations on their operations and nutritional information will be available. Depending on interest, 2 classes will be offered the first Saturday of each month and will be two hours in duration.

Our purpose is to introduce you to the producers AND teach you how to prepare their products AND make these products available to you. For example, Slow Food members raved about the buffalo short ribs at the September picnic. At the Buffalo/Bison FTCC Saturday January 8th, we will cook and sample those same short ribs and other Wichita Buffalo products such as buffalo burgers, breakfast sausage, and the following different buffalo roasts - chuck, round, rump, arm and pikes peak roast and stew meat. The preparation method is similar for the aforementioned muscle meats (roasts) but the seasonings (Italian, Cajun, Indian, Mexican, etc) will be different for each. Be prepared to learn, taste, and cook. Classes will be individually priced based on the cost of materials.

November 5th– *Heritage Turkeys* – features heritage thanksgiving turkeys and local seasonal sides - sweet potatoes, slow simmered greens, pumpkin soup, apple pie, pumpkin chiffon pie. This class is filling up so contact Kam as soon as possible if you are interested.

December 3rd *Free Range Local Beef* for the holiday table.

2006 Classes: January 7th - Buffalo. February - Quail and other exotic poultry. March - Venison. April - Lamb. May - Pork. June - local fish. Class size will be limited and reservations are on a first come first serve basis. Contact Kamala at 840.0725 or visit her website for a schedule of classes at www.kamskookery.com .

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