



Wild Night at the Coach House Celebration of Wild Game surpasses Wildest Expectations

Sunday, February 11th Slow Food OKC Hosted a sold out event featuring wild game prepared by Chef Kurt Fleischfresser at the Coach House.

Chef Kurt prepared an extraordinary 5-course meal. Walters Hatchery quail and pheasant started off the meal followed by venison by Honey Hill Farm and buffalo from Wichita Buffalo. A delicious roasted pear dessert completed a sumptuous meal.

Chef Kurt's incredible talents were on full display with this meal. Guests were delighted as course after course of gourmet splendor appeared before them. In the words of Slow Food members, Suzy and Chip Morgan, "Sunday night's meal was nothing short of incredible. Not only was that the finest meal we have ever had at the Coach House, but it may have been the finest anywhere (including Al Forno in Providence, Commander's Palace in New Orleans, the Blue Boar in

San Francisco and the Bakery and Topolobampo in Chicago as well as a few places in France and Italy)." What more can we say!

Superlative wines were paired with the meal, brought to us through the ongoing generosity of Republic Beverages. Jeff Coyle, Director of Sales of Republic Beverages in Oklahoma, spoke to the group about the wines and the reasons for pairing them with each course. Truly, even the wine snobs at the event were impressed with the quality and variety of the wines provided. As always, Slow Food OKC thanks Corey Bauer at Republic for his support of our events.

Jerry and Jo Logan of Honey Hill Farm were on hand to share information about the venison they produce.

The evening lasted over 3 hours with many guest not wanting the evening to end—embracing the Slow Food principles of taking your time to enjoy a fine meal with friends.

Given the success of this special evening, we hope to offer another Wild Night next winter.

Wild Night Menu

Spinach and Pinenut Stuffed Quail in a Wild Mushroom Parmesan Soup

Eberle Viognier Paso Robles 2005

Seared Pheasant Breast on Mescaline Greens with a Smoked Onion Vinagrette

Girard Chardonnay 2005

Confit of Juniper Cured Venison on a Roasted Garlic-Sage Risotto

Madrigal Petite Syrah 2002

Whole Roasted Buffalo Tenderloin with Red Wine Sauce & Mushroom Dust and Roasted Shallot Tart

Napa Wine Company

Cabernet Sauvignon 2001

Roasted Pear Stuffed with Pecan Cream on Toasted Apple Cider Sabayon

Cognac



The Coach House—Visit often for the finest dining in Oklahoma



Slow Food OKC could not be where it is today without the constant support and generosity of the Coach House. Chef Kurt Fleischfresser, his wife, Jayne, and the staff at the Coach House are always willing to participate and/or host the Slow Food events. They prepare extraordinary meals using the finest ingredients. Chef Kurt has been focusing on locally

produced items for longer than there has been a Slow Food OKC and regularly offers seasonal produce and the wild game featured at Wild Night.

Since 1985, the Coach House has been considered the finest restaurant in Oklahoma. Please frequent The Coach House and Irma's Burger Shack as often as you can. And look for the opening of Irma's II in the Plaza Court this summer!

Chef Ann Cooper—Slow Food OKC and UCO Presentation and Book Signing in OKC March 10th 2007 2pm

Slow Food OKC, in association with the University of Central Oklahoma and OK Fit Kids Coalition, is proud to introduce Chef Ann Cooper to Oklahoma City on Saturday, March 10th. There will be 2 presentations—a luncheon (sold out) and 2nd presentation in the afternoon.

Chef Ann and OK Farm to School's Chris Kirby have graciously agreed to offer a second presentation at 2pm at UCO's Pegasus Theater in the Liberal Arts Building room 121.

Chef Ann's talk will highlight the challenges facing our school lunch program and the successes she has had in the Berkeley Public School System bringing locally produced and organic foods to the schools. OK Farm to School and OK Fit Kids Coalition will be presenting information about programs underway in Oklahoma. Chef Ann will be signing her new, highly regarded book, *Lunch Lessons: Changing the Way we Feed our Children*—made available by Full Circle Bookstore.

Chef Ann is currently the director of Nutrition Services for the Berkeley Unified School

District where she was hired by Alice Waters' Chez Panisse Foundation. Chef Ann considers herself a Renegade Lunch Lady—working to transform cafeterias into culinary classrooms for students.

Chef Ann is at the forefront of the movement to transform the National School Lunch Program into one that places greater emphasis on student health. Chef Ann's lunch menus emphasize regional, organic, fresh foods and nutrition education, helping students build a connection between their personal health and where their food comes from.

Chef Ann's newest book, *Lunch Lessons*, is overflowing with strategies for parents and school administrators to become engaged with issues around school food. The book includes successful case studies of school food reform, resources that can help make a difference and healthy, kid friendly recipes that can be made at home or by the thousands in school cafeterias.

Chef Ann did not always serve food in the cafeteria line. She attended the Culinary Institute of America, was named one of the "up and coming" chefs by Gourmet magazine and was the Executive Chef at the Putney Inn in

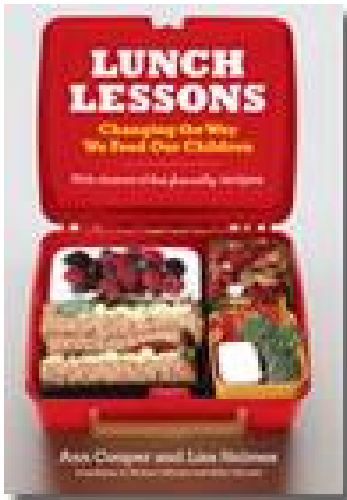
Vermont before embarking on her current career as educator and reformer.

According to Chef Ann, we won't have much hope for future generations of healthy kids unless we begin teaching them what good food really is. The Centers for Disease Control and Prevention has stated that 35 percent of our children are overweight, which statistically predicts that children born in the year 2000 will be the first in our nation's history to die at a younger age than their parents—we just can't allow this to happen. Sadly, Oklahoma's youth are some of the least healthy in the nation and childhood obesity is considered the number one health issue for children in our state. Join us for the presentation and book signing on the 10th of March and learn more about what you can do to change the way our children eat.

To learn more about Chef Ann Cooper visit her site at www.chefann.com.

To reserve a spot for the afternoon presentation please email slowfoodokc@yahoo.com or call Cristina 440-6555.

Visit our website for more information and a map www.slowfoodokc.com



Congratulations Oklahoma Food Cooperative—1,000 members strong—bringing great local food to Oklahomans!

A Deer Tale: Honey Hill Farm Venison



Honey Hill Farm began in 1984 when Jerry & Jo Logan purchased 320 acres in Logan County north of Guthrie, OK. Four years later, while Jerry was cutting summer hay, a man stopped him asking if Jerry would want to trade hay for a dozen fallow deer. Those 12 deer were the start of a herd that now numbers around 350!

Fallow deer are a “type” of deer and are native to the Middle East and Europe. Fallow deer are now found all over the world and are favorites of chefs due to their mild flavor and tenderness. There are several varieties of fallow deer with slightly different antlers and body sizes. Due to their heritage, they are easy to farm and do not mind very cold or hot weather—making them ideal for Oklahoma. Fallow deer do not get chronic wasting disease. The Honey Hill Farm herd was the first commercial deer herd in Oklahoma to be tested and certified TB and brucellosis free and has kept this certification every year since 1994.

The 2-year old bucks are slaughtered annually in August and September. Local restaurants and chefs order in

early summer for their fall and winter menus. Chef Kurt Fleischer of *The Coach House* was the very first person to order when the Logans began to market their venison in 1991!

Venison is a naturally lean red meat. There is very little exterior fat and little to no marbling, making it a healthy meat choice. *The Coach House* serves the loin and tenderloin. *The Metro* serves steaks and medallions from the hind leg. *Chevers* served shoulder roasts pot-roast style with gravy. Individual customers can buy Fallow venison from the Logans directly or through the Oklahoma Food Coop at www.oklahomafood.coop/shop. The best time to order special cuts is in August. Ground venison, summer sausage and jerky are usually available all year round or until the supply is gone.

Honey Hill Farm Lasagna

1 lb ground venison
1 large onion chopped fine
3 cloves garlic, minced
2 (14 oz) cans diced tomatoes

1 (12 oz) can tomato paste
1/2 cup water
1 Tbl each basil & oregano
1/2 tsp crushed red pepper
1 Tbl fresh parsley, chopped
1 lb low fat ricotta cheese
1 lb grated mozzarella and extra for topping
1 egg
1/2 tsp pepper
1/4 tsp nutmeg
1 lb lasagna noodles
Brown Venison until barely pink. Remove from skillet and set aside. In same skillet with some olive oil, sauté the onion and garlic. Add tomatoes, tomato paste, water, spices and parsley. Simmer 15 minutes. Add venison and simmer the sauce for about 45 min. In medium bowl combine ricotta, mozzarella, egg, pepper and nutmeg. Mix well. Set aside. Cook noodles according to directions. Assembly: spread 1 cup sauce on bottom of 9x13 pan. Layer noodles, mozzarella and sauce. Top with mozzarella. Cook 375 degrees for 30-40 min. Let stand 10 minutes before serving.

The Oklahoma Organic Garden Planner

Bill Smith, Grand Master Gardener, is the author of a publication that will help anyone in Central Oklahoma with an interest in organic gardening get a start on his or her garden. Now is the time to order as you begin to plan for your summer gardens—available through the Oklahoma Food Coop or directly from Bill Smith by emailing him at MIDWESTSMITTY@cs.com

“The *Oklahoma Organic Garden Planner* is an annual publication to assist with growing herbs

and vegetables in the backyard. I developed the Planner in an effort to coordinate and improve my own gardening. The idea is simple: coordinate all tasks ahead of time. This allows you to plan the entire growing season and stay organized along the way. I have tried to feature ideas and information important to all, yet localize the information with knowledge gained from growing in the Sooner State. The localized information can be crucial to success.

The ‘Calamary’ is part CALendar, aMANac and diARY. It contains astronomical and weather data to help with short and long range growing strategies. This section includes plenty of room to record what, when and how you performed a garden-related task. Note successes as well as failures—you learn from both. You can track everything that happens in YOUR garden, not someone living across town or across state. There are also several custom designed forms for those wishing

records on such things as activity planning, crop performance and other garden chores.

The appendix is an extensive reference section with all sorts of useful information: plant, tool and supply lists, efficient organic techniques, contact info for seed companies and garden suppliers and a dictionary.

Good planning and record keeping can make gardening easier and more rewarding. Make sure you know what goes into your soil or crops ‘cause it all eventually goes into you! HAPPY GARDENING.”

Travels with Slow Food—Blue Hill Restaurant—NYC

Slow Food OKC Leader, Kamala Gamble and her husband, Lance Cornman, were in New York in November to run the New York Marathon and also enjoyed a perfect Slow Food meal.

In order to celebrate completing the marathon, Kamala and Lance treated themselves to a dinner at Blue Hill. Blue Hill is a quiet restaurant in Manhattan run by Chef Dan Barber, one of the nation's top chefs. Dan Barber was awarded the prestigious Best Chef, New York City in 2006 by the James Beard Society. Blue Hill NYC is a

sister restaurant to the famous Blue Hill at Stone Barns—the restaurant located on the Rockefeller Family Farm in Tarrytown, NY. Stone Barns is an organic farm and education center.

Kamala and Lance told the maitre d' that they were leaders of Slow Food OKC when they arrived. They were treated to an extraordinary 6-course chef's tasting menu celebrating the finest ingredients and producers of the Hudson Valley. Their meal included the freshest vegetables available, brought in from the Stone Barns, Berk-

shire pork and a dessert featured Granny Smith apples prepared three ways. The meal was marked by its simplicity and freshness—highlighting the purest essence of the fresh foods.

Topping off the incredible meal, they were treated with a visit from Chef Dan Barber who arrived with a truck full of vegetables from the Stone Barns for the next day's meal. Kamala mentioned Slow Food Oklahoma City and the CSA she runs.

Kamala and Lance have visited

many restaurants all over the US and they described this meal as one of the finest they have enjoyed.

Reservations are a must. www.bluehillnyc.com

If you have some extra time and want to get out of the City—Blue Hill at Stone Barns would be an experience not to be missed—40 minutes north of NYC in Tarrytown.



Wild Night at the Coach House Menu *Photography Courtesy of Shannon Cornman*



Quail

Pheasant

Venison

Buffalo

Roasted Pear
Dessert

*Coming in May—Slow Food OKC Presents
A Celebration of Spain and Portugal:
Tapas, Wines, Cheeses, Chorizo and Ham
Sunday, May 6th, 5pm*

Visit our website www.slowfoodokc.com