

## **Fall Menu**

Grass Finished Stew Meat Chili  
Millers Wundergrain Bread  
Mary's Persimmon Bread

Fall's Fruit Salad  
Raw Fall Butter  
Sweet Vanilla Cream

### ***For the Chili -***

After morning chores, about 9 hours before dinner; cut four pounds of Chaffin Family grass finished lamb, beef, or goat stew meat into ½ inch squares. Warm four tablespoons of sesame oil in a skillet over medium high heat and brown the meat on all sides.

Transfer browned meat to a large slow cooker. Additionally add to the slow cooker; 8 ounces of tomato sauce, 42 ounces of diced tomatoes, 16 ounces of canned kidney beans, rinsed well, 2 cups diced carrots, 1 large chopped onion, ½ cup each chopped red, yellow, and orange peppers, ¼ cup minced parsley, 3 Tablespoons chili powder, 2 tsp sea salt, 1 ½ tsp cumin and 1 tsp freshly ground pepper. Stir well, cover slow cooker and cook on low for 9 hours or until meat is tender. Serve garnished with small chunks of Pedrozzo Northern Gold Cheese and small dollops of fresh sour cream.

### ***For the Persimmon Bread-***

In the late afternoon prepare the persimmon bread so it will still be warm for dinner. In a large mixing bowl blend two Chaffin Family pasture raised eggs, ¾ cup sugar, and ¼ cup warm coconut oil and ¼ cup sesame oil. Mix well and allow to stand. In a separate bowl mix the pulp of two soft baking Chaffin Family persimmons with 1 tsp. baking soda, add to the sugar mixture. In another bowl sift together 1 ½ cups flour, 1 tsp cinnamon, and ½ tsp sea salt add ½ cup chopped walnuts and ½ cup golden raisins to dry ingredients. Fold dry ingredients into persimmon mixture. Pour into a greased 3" x 4" x 9" pan. Bake at 325 degrees F for 1 hour and 15 minutes until loaf tests done. Turn out from pan after 10 minutes and allow to rest in a warm place until serving. (if persimmons are not soft enough yet to use, place in the freezer and allow to become solid, then take out and thaw, upon thawing, fruit will be soft enough to use)

### ***For the salad -***

Just before the meal peel and chop 4 Chaffin Family Fuji persimmons into ¼ inch squares. Place in a large salad bowl. Hold a large ripe pomegranate under cold water in a large sink. Peel the Chaffin Family pomegranate and loosen the jewel like seeds, remove all of the white peel and husk. Place seeds in bowl with persimmon. In a pan over medium high heat toast 1 cup of chopped pecans until crunchy, add to fruits in bowl. In a 2 cup glass measure mix one cup of whole milk plain organic youghurt, 1 tsp stevia or 4 Tbsp honey, and ½ tsp cinnamon. Mix well until smoothly combined. Taste, add more sweetener or cinnamon if you wish. Pour dressing over fruit and toss well.

### ***For Dessert -***

Place 1 cup of whole raw cream in a chilled mixing bowl. Add ¼ - ½ tsp of vanilla and ¼ to ½ tsp stevia leaf powder. Whip until firm enough to dollop but not overly firm. Slices of the persimmon bread can be laid on their sides, top each with a dollop of the cream and sprinkle of freshly ground nutmeg.