

FYR & SALT

DATE: 2/19-2/22

THE MARKET

at 8 Hands Farm

REFRIGERATOR

SPANISH CHICKEN & TOMATO SOUP
THAI CURRY CARROT SOUP
CHEESY ORZO & SPINACH BAKE
BEEF BOURGUIGNON W/ MASHED POTATOES
PASTRAMI HASH
HUMMUS
PEPPER JAM
PORK RILLETTE
SAMBAL
ZHOUGH
FARM HOT SAUCE
-SMOKED, GREEN, PERSIMMON
PICKLED JALAPENOS
KIMCHI
SAUERKRAUT
BEET SAUERKRAUT
PICKLED VEGGIES
CHICKEN SCHMALTZ
PORK LARD
BEEF TALLOW
NYS GRASS-FED & ORGANIC BUTTER
ASSORTED CHEESES

FREEZER

FARM TOMATO PUREE
BEEF & PORK BOLOGNESE
TOMATO SOUP
BEEF CHILI
BROCCOLI "CHEDDAR" SOUP
BEEF & FARRO SOUP
TUSCAN CHICKEN SOUP
FALL SQUASH SOUP
PORK FRIED RICE
CHICKEN TIKKA MASALA W/ COCONUT RICE
BBQ PULLED PORK
SHEPHERD'S PIE
BEEF RISOTTO BAKE
BUFFALO TURKEY DIP
SPINACH ARTICHOKE DIP
ROASTED CHICKEN WINGS
GOCHUJANG HONEY RIBS
BEEF CHILI DIP
SOURDOUGH STUFFING
BREAD PUDDING W/ BUTTERNUT
PORK CASSOULET
PORK TONKATSU RAMEN BROTH
CHICKEN STOCK
BEEF STOCK
TURKEY STOCK
BEEF BASE (BEEF GLACE)
CHICKEN BASE (CHICKEN GLACE)
GINGER & LEMONGRASS BONE BROTH
POULTRY BONE BROTH
NYS GRASS-FED & ORGANIC BUTTER
GLUTEN FREE SOURDOUGH
READY TO BAKE COOKIES
MULLED WINE SORBET
PERSIMMON SORBET
CATALOUPE SORBET



ALL MEAT IS RAISED ON THE FARM.
INGREDIENTS ARE SOURCED FROM THE FARM,
LOCALLY AND ORGANICALLY.

