

FYR & SALT

DATE: 10/29-11/1

THE MARKET

at 8 Hands Farm

REFRIGERATOR

TURKEY SOUP W/ PASTA & VEGGIES
CURRY CHICKEN OVER RICE
LAMB RAGU
BEEF CHILI
SQUASH SOUP
SPLIT PEA SOUP W/ PORK
ROASTED VEGETABLES
CHICKEN LIVER MOUSSE
HUMMUS
ASSORTED HOT SAUCES
ROASTED ZHOUGH
PICKLED RED ONION
LACTO SAMBAL PICKLES
PICKLED BEETS
ZUCCHINI RELISH
KIMCHI
SAUERKRAUT
BEET SAUERKRAUT
CHICKEN SCHMALTZ
PORK LARD
BEEF TALLOW
NYS GRASS-FED & ORGANIC BUTTER
NYS GRASS-FED & ORGANIC BUTTERMILK
ASSORTED CHEESES

FREEZER

ROASTED TOMATO SAUCE
BEEF & PORK BOLOGNESE
SPANISH CHICKEN SOUP
POTATO LEEK SOUP
THAI CARROT SOUP
BEEF BURRITOS (2)
ROASTED FALL VEGETABLES
CORN & MUSHROOM RISOTTO
SQUASH MAC & CHEESE
CURRY LAMB RICE
BAKED BEANS W/ PORK
PECONIC ESCARGOT W/ HERBED BUTTER
SPANISH CHICKEN BROTH
CHICKEN STOCK
BEEF STOCK
BEEF BASE (BEEF GLACE)
GINGER & LEMONGRASS BONE BROTH
POULTRY BONE BROTH
READY TO BAKE COOKIES
GRASS-FED ORGANIC UNSALTED BUTTER
EGG WHITES
STONE FRUIT SORBET
GINGER & HERB SORBET
APPLE CIDER SORBET
VANILLA CUSTARD
COFFEE CUSTARD



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

