



# Ranch Cooking Guide: *Simple Recipes & Tips for Nose-to-Tail Eating*

  
**LONGROOTS**  
RANCH



# Welcome to Your Freezer Full of Flavor

**Thank you for choosing Longroots Ranch!** We're so glad you're here and diving into nose-to-tail eating—you're choosing a way of eating that honors the whole animal and the land that sustains it.

In today's food system, only a handful of cuts get the spotlight while the rest often goes to waste. Nose-to-tail eating is our way of showing respect: nothing is overlooked, and every cut has a place at the table.

Just like fresh vegetables, meat has a season. We harvest our animals when the pastures are at their best—when nutrition is highest and flavor is at its peak. That's why our meat shares are only available certain times of year. Eating seasonally connects you to the rhythms of the land, and we think you'll taste the difference.

This guide is here to help you make the most of your animal share. Inside, you'll find:

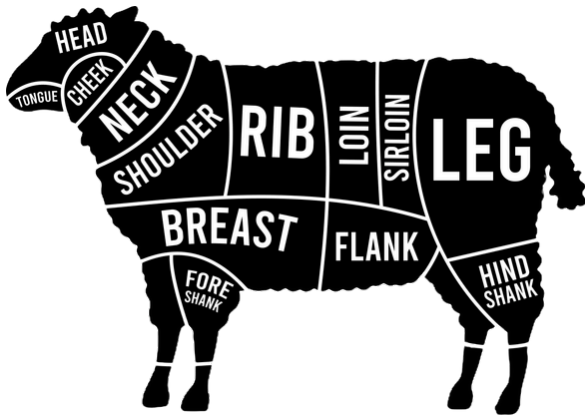
- Our family favorite recipes
- Freezer tips for seasonal eating, year-round
- Ideas to stretch your share and reduce waste

Happy cooking!

Virginia & Peter Sargent  
*Longroots Ranch*  
*Longmont, Colorado*



# Know Your Cuts



## 100% Grass-Fed Lamb

- Raised regeneratively on pasture
- Lean source of protein
- Full of omega-3 fatty acids
- Packed with B12, iron, zinc...

## Best for...

**Chops** - quick grill or sear

**Ribs** - smoke or slow braise

**Shank** - smoke or slow braise

**Leg Roast** - special family dinner

**Shoulder Steaks** - quick grill or sear

**Ground** - bolognese or burgers

**Stew Meat** - comfort food

**Offal** - many ideas [here](#)

## Best for...

**Pork Chops** - quick grill or sear

**Bone-in Butt** - smoke or braise

**Country-style Ribs** - rub and BBQ

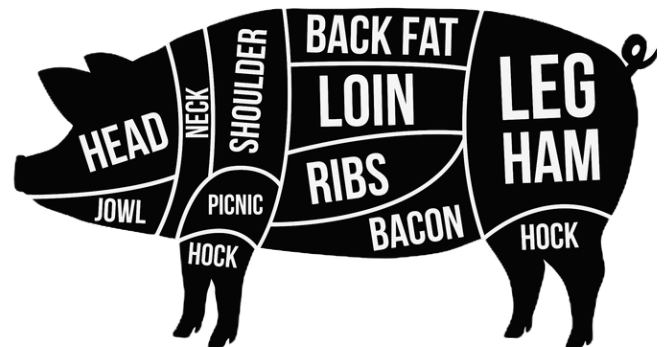
**Spare Ribs** - low and slow bake

**Hock** - smoke or braise

**Sausage** - quick dinners and brunch

**Bacon** - classic bake, save drippings

**Offal** - many ideas [here](#)



## Berkshire Pork

- Raised in our front orchard
- Fed organic grains and apples
- Delicious marbled meat
- Rich flavor and easy eating

# Pete's Meats: Pork on the Smoker

## 1. Cover Meat with Dry Rub

Mix up these ingredients and rub all over meat. If you need more for full coverage, mix up more!

- 1 cup brown sugar
- 2 tbsp paprika
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp cayenne
- 1 tbsp salt
- 1 tbsp black pepper

*Inspired by a Rodney Scott's dry rub recipes.*

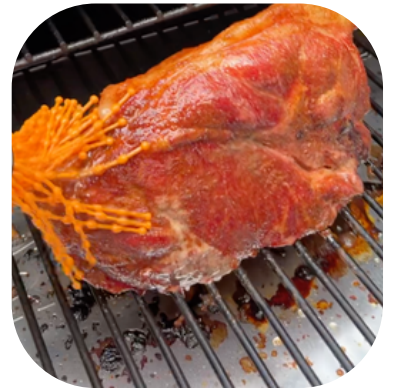


## 2. Make Mop Sauce

Take 2 tbsp of the dry rub and put into a small sauce pan with:

- 2 cups of apple cider vinegar
- 1 tbsp lemon juice

Turn on heat and stir until all brown sugar in dry rub dissolves...then let it cool down.



## 3. Smoke, Mop & Enjoy!

Put meat on the smoker and after 1 hour, start mopping on the sauce. Mop every hour until meat is done.

Shoulder: 203 degrees, let rest before cutting  
Sausage: 165 degrees, let rest before cutting



## Pete's Meats: Preparing Lamb

*Lamb can pack a serious flavor punch! Peter's Australian brother and former chef, Tim Spence, once shared his lamb marinade (wet rub) recipe and it quickly became our go-to recipe. Thanks, Tim!*

### Lamb Marinade

Cover the lamb cut with the marinade, smeared all over. Great for baked or grilled lamb – follow your cooking guidelines for temperature.

½ cup stone ground brown mustard

½ olive oil

Couple sprigs rosemary (at least 1 tbsp)

4 garlic cloves (at least 1 tbsp)

1 tsp salt

1 tsp black pepper

### Lamb Burgers

Mix 1-2 lbs of ground lamb with the same ingredients listed above for marinade PLUS:

Add in 1 tsp mint

½ cup feta

Form into burger patties, grill & enjoy!



# *Favorite Recipes from Elsewhere*

## Pork

- [Spicy \(or not\) pork, eggplant, and basil](#) from Caro Chambers
- [Pork pozole](#) from Tastes Better from Scratch
- [Slow Cooker Pulled Pork](#) from Food Charlatan
- [Honey-Soy Braised Pork with Lime and Ginger](#), NY Times
- [Pork Meatballs](#), from Healthy Recipes
- [Easy Crock Pot BBQ Pork Chops](#), from Suburban Simplicity

## Lamb

- [Moroccan Lamb Stuffed Sweet Potatoes](#), Our Nourishing Table
- [Minted Lamb Burgers](#), from Burrata and Bubbles
- [One-Skillet Lamb Meatballs](#), from Caro Chambers
- [Pesto Roasted Lamb](#), from Caro Chambers
- [Quick Lamb Ragù](#), from Alison Roman

*...help us grow this recipe list! Share your meals @longrootsranch*

# Storage & Maximizing Your Share

## Freezer Tips

**Freezer Life** - vacuum-sealed cuts last for 1-3 years

**Fridge Life** - thawed cuts last 2-3 days before cooking

**Best Thaw** - thaw in fridge for 24-48 hours or place sealed bag in cold water (faster thaw)

**Refreeze** - only refreeze after cooking



## Broth Recipes

**Save bones from any cuts you prepare! You can refreeze bones in a Ziploc bag until you make a batch of broth.**

**Quick Broth** - place bones into large pot and fill pot with water, bring to boil and let cook for 2-6 hours, strain and cool before storing. Freeze broth for another day in soup, risotto, or sauces.

**Bone Broth** - roast bones for 45 minutes at 450 degrees. Then boil in large pot of water for 24-26 hours. Add onion, carrot, celery scraps, and peppercorn for final 2-3 hours.





## ***From Our Ranch to You!***

We're grateful you chose to support our ranch and can't wait to see how you enjoy your lamb and pork shares.

Share your meals! Tag us **@longrootsranch** or email photos to [team@longrootsranch.com](mailto:team@longrootsranch.com)—you might inspire others too.

  
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