



AUXILIARY TO THE SOUTH DAKOTA STOCKGROWERS ASSOCIATION

Volume 29, Issue 6

Membership Newsletter

January/February 2009

# The wonders of winter~



## Legislative Beef Day

Wednesday, March 4, 2009  
Capitol Rotunda  
10 am to 2 pm

Join the South Dakota Cattlewomen and other Beef Industry organizations as we share the importance of South Dakota's number one industry with legislators and capitol visitors.

## Message from the President

### Thank You All Team BEEF members!

We have had a great year so far and there are exciting things on the horizon! Team BEEF has an exciting opportunity to share the importance of the Beef Industry with our State Legislators on Wednesday, March 4<sup>th</sup>. I hope that you will all join us at the Capitol Rotunda for Legislative Beef Day 2009. The SDCW, along with other organizations in the industry, will spend the day sharing information about our industry.

The Women's Lifestyle Conference in Pierre on January 23<sup>rd</sup> was a great opportunity for the SDCW to promote Beef as a part of a healthy lifestyle. Our sponsorship provided plated appetizers, "Mojo Beef Kabobs," for the evening reception. The recipe from the "Healthy Beef Cookbook" was a big hit! In addition, we provided the newest brochure in the participant bags. The brochure features the 29 lean cuts and a cooking method chart.

Get your running shoes ready! We have a busy summer planned! We hope that you will be a part of Team BEEF as we revamp the SD Beef Cookoff being held this summer. We will also be participating in the Sturgis Rally in August...all of the team will be needed to get this promotion up and running!

Looking forward to seeing all of you in Pierre on March 4<sup>th</sup> for Beef Day and our Quarterly meeting.

Lisa Dorschner  
(605) 280-6339  
email: [tldorschner@pie.midco.net](mailto:tldorschner@pie.midco.net).

**Mission: South Dakota Cattlewomen strive to Promote, Educate and Inform about our BEEF INDUSTRY.**

~ [www.sd cattlewomen.org](http://www.sd cattlewomen.org) ~

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# What's Happening in the Beef Industry

## News from the American National Cattlewomen (ANCW)

◆ **Ginny Lee, Valentine, NE., CattleWoman of the Year** - She was chosen the 2008 Outstanding CattleWoman of the Year during the ANCW Awards Reception. Ginny was chosen, in part, because of over 40 years of leadership and contributions on the state and national level.

### New ANCW President and Executive Committee

◆ Kristy Lage of Arthur, Nebraska was installed as 58<sup>th</sup> President at the Cattle Industry Annual Meeting in Phoenix.

◆ ANCW's new Executive Committee members were installed as follows:

President Kristy Lage, Neb;  
President Elect Lana Slaten, Ala.; Vice President, Jill Ginn, Tex.;  
Recording Secretary Glee Swanson, Neb.;  
Past President Fita Witte, N.M.;  
Region I Director Bonnie Bargstedt, N.Y.;  
Region II Director Marcia Lightsey, Fla.;  
Region III Director Bev Rowe, Iowa;  
Region IV Director D'dee Haynes, Okla.;  
Region V Director Linda Davis, Mont.;  
Region VI Director Barbara Jackson, Ariz.;  
Region VII Director Janice Rustad, N.D.;  
Parliamentarian, Ginny Lee, Neb.; and  
Historian Anna Larsen, Neb.

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## Notice some changes in the newsletter?

The SDCW leadership is working on ways to streamline how we help membership to stay informed~this is an exciting time for the SDCW. Stay tuned!

■ For 2008-2009, Colette (Adrian) Kessler is serving as the Newsletter Editor. Please send contributions to Mary Ann Morford or to Colette at 29528 SD Hwy 34, Pierre, SD 57501 or (605) 224-1820 or email: [kesslers@mncomm.com](mailto:kesslers@mncomm.com). Digital material is welcome.

■ Colette works with Mary Ann Morford to get the newsletter out. Contact Mary Ann at Highmore Herald, Box 435, Highmore, SD 57345. Her phone/fax is (605) 852-2927 and email is [hiherald@venturecomm.net](mailto:hiherald@venturecomm.net).

■ Becky Littau handles Membership. She provides labels for mailing the newsletter. Please send any address changes to Becky at 27969 301st Ave., Winner, SD 57580. Email Becky at [relittau@gwtc.net](mailto:relittau@gwtc.net).

## Things to think about...

### Article: Hot Food Trends in 2009

*Excerpt from the American Farm Bureau "Foodie" blog site*  
*Farm-to-table cuisine.* Consumers wanting to know where their food comes from, how it is prepared and who prepared it intersect in the growing "farm-to-table cuisine" trend, which is an extension and refinement of the local foods trend.

*Cutting back and bargains rule.* Consumer interest in reducing outlays for food will continue to spur the eating/baking at home trend; economizing at restaurants and splitting orders with a dining companion will become mainstream.

*Restaurants go high-tech.* High-tech entertainment offerings to entice diners will grow at restaurants. At UWink in Los Angeles and Mountain View, Calif., customers place food orders at touch screens that do double-duty as video game consoles.

*Buckwheat, the next hot grain.* The "intensely earthy" flavor of buckwheat will grow in popularity with chefs, as the grain has proven to be a remarkable workhouse ingredient in what foodies describe as "rich, luxurious dishes."

### Article: The Consumer as CEO

*From American Farm Bureau "Foodie" blog site*

"Food 2020: The Consumer as CEO" is a new study that examines consumer perceptions and expectations about food. Consumers in the United States and four other countries were surveyed. More than half said they wanted greater involvement in the use of ingredients and additives, the source of ingredients and the treatment of animals; nutritional content; and who should be responsible for food safety and quality.

- 43% of consumers believe that the kinds of foods we eat in the year 2020 will be different than what we eat today; 39% believe the way we shop for food will be different.

- While 78% of consumers say they would like to get their foods from local farms or companies by the year 2020, most expect even more of their foods will come from other countries by then—with 28% of consumers expecting "most" of their food to be imported by 2020, compared to 19% who think "most of their food is imported today."

Consumers want good taste, but they also want to know more about their food.

- 63% of consumers in all countries surveyed want to be able to recognize all of the ingredients on a food label; 34% want foods to be made with as few ingredients as possible.

- Concern about what's on the label is highest in Argentina, where 73% of consumers said they want to be able to recognize all the ingredients.

- Consumers in China were least concerned about recognizing ingredients, though still more than half want to.

Read the full survey at: [http://www.ketchum.com/food2020\\_news\\_release](http://www.ketchum.com/food2020_news_release).

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# What's Happening in the Beef Industry

## News from the American National Cattlewomen (ANCW)

### Recession Impacting Beef Consumption

Research released in December shows consumers are cutting back on beef, except ground beef. Restaurant sales of beef are down but grocery store sales are up, but the tonnage increase is almost all ground beef. Fast Food Restaurants seem to be doing okay. The Industry will be promoting the middle meats for the first time in ages. Also of importance to consumers is how to use the less expensive cuts and stretching meals to feed the family twice with one recipe. You all know this because you do it at home all the time. Let's get out and promote beef with your expertise on how to feed the family in a healthy and economical way.

### Beef it's What's for Dinner Web Site Revamped

Take a look at the [Beef, It's What's For Dinner](http://www.beefitswhatsfordinner.com/) web site at <http://www.beefitswhatsfordinner.com/>. Encourage consumers, friends, and relatives to sign up for the weekly recipe ideas in **Beef So Simple**. Consumption of just one more serving a week of beef is very important, particularly in this economic downturn.

### Facts about Nutrients Found in Beef

**Nutrients** in some of your favorite foods actually **help your brain grow and develop**. So, get your ZIP every day!

**Zinc** helps you think and improves things like memory and paying attention. At the same time it's helping to increase your brain power, zinc helps heal your injuries and strengthens your body to fight colds. Turn to lean beef, dairy foods, poultry, whole grains and nuts to get the zinc you need.

**Iron** helps your brain by supplying oxygen. People with less iron in their diet score lower on problem-solving tests. You also need iron to fuel everyday physical activity. Without enough iron in your diet, it's hard to perform your best on the field and in the classroom. Some of the best foods with iron are enriched breads and cereals, lean beef and turkey, and beans.

**Protein** is a source of energy for your body. Protein builds and repairs all your body's tissue, and keeps your muscles strong. **Protein** is found mostly in foods from the meat, beans group and the dairy group.



### National Beef Cookoff® Seeks "Sonoma style" Recipe Entries for \$75,000 in Prizes

Sonoma, California, is known for delicious food, great wine and beautiful scenery. The 28th National Beef CookOff will be there during the peak of the area's harvest season.

Home cooks from across the country can submit their "SonomaStyle" original beef recipes by March 31, 2009, that have a simple approach reflecting the SonomaStyle diet, using few ingredients that compliment the beef while adding color, texture and flavor to the dish. Recipe entries should shine with great taste, health and convenience and should yield four to six servings.

Fifteen home cook finalists will be selected to compete in the Mediterraneanlike climate that is Sonoma, California, for prizes totaling \$70,000 on September 23, 2009. One grand prize winner will receive \$25,000, three category winners will each receive \$10,000 and three runnerup winners will each receive \$5,000 in cash prizes.

Four new recipe categories focus on the "SonomaStyle" theme:

- **Live Well with Fast & Convenient Grilled Beef Recipes**— Home cooks will demonstrate beef's role as a healthy and easy option for busy families.
- **Teens Cooking with Beef**— Teens submit their favorite family beef recipe that they enjoy preparing themselves at home.
- **Lean Beef in NutrientRich OneDish Meals**— Home cooks will pair lean beef cuts with other nutrient rich ingredients to promote enjoyable, healthful meals.
- **San Francisco Bay Area and Sacramento Counties "Best of Beef" Chefs**— This category gives local professional restaurant chefs an opportunity to display their eclectic Sonoma flair for beef.

For more information, a showcase of winning recipes and contest rules, go to: [www.beefcookoff.org](http://www.beefcookoff.org), or contact: National Beef CookOff Entries, ANCW, P.O. Box 3881, Englewood, CO 80155 by March 31, 2009.

Source: Sherry Hill, American National CattleWomen, Inc. Phone: (303) 850-3441 email: [s.hill@beef.org](mailto:s.hill@beef.org).

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# What's Happening in the Beef Industry

## Government Estimates One in 200 Children are Vegetarians

A recent Centers for Disease Control and Prevention (CDC) study found one in 200 U.S. children under 18 years of age are vegetarians. According to the study, a vegetarian diet is one totally devoid of meat – red or white. The study is the government's first estimate of vegetarianism in children. [“Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007”](#) used data from the

2007 National Health Interview Survey to report estimates of complementary and alternative medicine use among U.S. adults and children, including estimates of diet-based therapies. When reporting on vegetarianism in the adult population, the study found adults following a vegetarian diet decreased 0.1 percent from 2002 to 2007. Learn more at the CDC website: [www.cdc.gov/nchs/data/nhsr/nhsr012.pdf](http://www.cdc.gov/nchs/data/nhsr/nhsr012.pdf).

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## Create Healthy Changes

*Holly Swee, SD Beef Industry Council*

Many Americans made a New Year's resolution to lose weight or to simply become more healthy and fit. Most people are motivated in the beginning and have good intentions to keep working towards their goals, however many will unfortunately become impatient and slowly lose the momentum to stay on track.

In my opinion, diets are not the best choice for most people because they usually lead to unrealistic expectations. Diets ultimately make people feel like they are being deprived or worse, that they have failed. Many fad diets can even have serious health implications due to insufficient nutrition from one or many of the food groups.

Our bodies need energy for everything we do and we have to get it from food. Think about your vehicle. Would you put less fuel in it and expect it to go as far every day? Would you put inefficient fuel in your vehicle and expect it to perform at its peak? All foods within each food group can be good or bad for us, depending on how much or how little we eat of it. The key to eating healthier is balancing a variety of food, from all of the food groups, in appropriate amounts. It's also important to balance daily exercise into your life as well.

Healthy lifestyle changes that you can commit to are the best ways to becoming more healthy. I recommend taking small steps first. Make realistic goals that you are comfortable with.

Here are a few basic tips to help you stay on track.

- Choose foods from all of the food groups and pick the nutrient-rich foods first. These foods provide a high amount of nutrition compared to the amount of calories they provide. Nutrient-rich foods are identified by their bright deep colors. Beef's bright red color indicates its nutrient richness.

- Understand what a serving is for each food group. Measure the different foods out so you can visualize what a serving looks like. For example, a 3 oz serving of beef is approximately the size of a deck of cards. For more information go to [www.mypyramid.gov](http://www.mypyramid.gov), [www.beefnutrition.org](http://www.beefnutrition.org), or [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com).

- Write down everything you eat for a week. This will help you gain a better understanding of how much you eat, as well as when and why. This will also help you see what foods you may be eating too much or too little of.

- Set realistic goals. For example, if you wish to lose weight, set a goal to lose 10 percent of your body weight. By losing weight slowly, you will be able to keep it off. Find an exercise routine that you can commit to and make it fun. Regular exercise should make you happy and become a part of your everyday life.

- By decreasing your calorie intake by 500 calories per day, you can lose approximately 1 pound per week. Realize that your weight loss will vary from week to week. Again, don't forget regular exercise; it will help burn extra calories.

- Eat low calorie, high fiber foods during the day, as well as high quality protein, like lean beef, to provide satiety and nutrients.

- Drink eight cups of plain water per day. Water helps hydrate your body and curb your appetite. Water also promotes regularity and prevents cramping and discomfort that often comes from increasing fiber in your diet. Don't forget that plain water is calorie free unlike many other beverage choices.

Recent research, provided by beef checkoff dollars, revealed meals that included high quality animal protein, like lean beef, helped people meet their weight loss goals. The report attributed successful weight loss to an increase of satiety, which is the feeling of fullness, as well as an increase of thermogenesis, which is the increase of metabolism. By increasing your metabolism you can maintain lean body mass more easily, which also helps your glycemic control.

This tenderloin, cranberry and pear salad with honey mustard dressing recipe packs a powerful punch of vitamins, minerals and energy to keep you going strong all day long.

For more healthy beef recipes and information contact Holly Swee RD, LN Director of Nutrition & Consumer Information for the South Dakota Beef Industry Council at 605-224-4722 or [www.sdbeef.org](http://www.sdbeef.org).

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# Reports

## Minutes of the SDCW Quarterly Meeting

Respectfully Submitted by Katrina Jarding

The SDCW quarterly meeting was held in Chamberlain SD at the SD Hall of Fame on Saturday December 13, 2008.

President Lisa Dorschner called the meeting to order. The president called for approval of agenda, motion made by Donna seconded by Mary. Roll was called and a quorum was established. This was the first meeting in the new administration so there was no new report from the secretary.

Kodi gave the treasurer's report. With \$34,747.36 reported in the BIC account and \$14,095.64 in the SDCW account. Brenda made a motion to research options for a new accountant at a lower price, motion was seconded by Ruthann. Motion carried. It was brought to the group's attention that sales tax needs to be collected on items that are being sold. A motion was made by Mary and Seconded by Jan to start with the months that have been asked for, and to go through any that are filed. Motion carried. In regards to the cookbooks it was suggested that in the future we could ask for a contribution, instead of setting a specific price.

Membership report was given by Becky, 4 clubs, 16 state, 2 sustaining, and 2 national; it was also decided that club dues are to be paid by the December Quarterly.

Newsletter report, there was much positive feedback on the new layout for the newsletter. The deadlines are still on the 15<sup>th</sup> of the month.

Committees: Stockgrowers relations committee: The Stockgrowers office has been contacted, but we have not received any feedback or contact from them.

Beef Industry Council: Meeting on Wednesday December 17<sup>th</sup> in Pierre. Topics for discussion include funding for the Beef Ambassador Program, research projects that are taking place at SDSU.

Promotions & Education: "Wow That Cow" needs to be reprinted with at least 5,000.

Beef Ambassador: Funding is sufficient for the time being. Ruthann made a motion Jan seconded, to take \$1,000 out of the budget to send to the National Program. Motion carried.

Beef Certificates: The new arrangement for the certificates is going well.

Beef Cook-Off: It was suggested to have the cookoff with another event, the State Fair seemed to be one to look into.

Beef Salad Promotion: Nothing new to Report

Sports Education: Nothing new to report

Litter Bags: More need to be ordered, an exact number has not been determined.

Ellsworth Air Base: Nothing new to report

*Here is a thank you note received for the newsletter.*

Thank You! Sorry for my tardiness, summer gets pretty busy when you live on a farm. Thank you for your generous gift of allowing people my age to learn and share out knowledge of beef. In addition, thank you for awarding us for participating in this event. Thank You!

Katherine Anderson

Cookbooks: We do not need to order new right away, we can slowly collect our favorite BEEF recipes.

Website: PDF Files updated, again there was positive feedback on the new setup of the website.

Over the lunch break the State Beef Ambassador Jessica Osterman gave run through of her experiences and reported on the National Competition. She showed some souvenirs from her trip.

Unfinished Business: Radio ads, we need to follow up on the rights to the ads to ensure that we can legally use them at another time.

By-Law Committee: Nothing new to report

New Business: Sturgis Rally, some suggestion for promotions during the rally include, Jerky, toothpick holders and by products information.

Legislative Beef Day is March 4, 2009, we will have the February Quarterly the same day.

There being no further business the meeting was adjourned.

## Membership Report

Since the November/January newsletter report, two associate members did not renew: Ag-West Feeds and K&S Angus. There are four new sustaining members: Alice, Hendrickson, Diane Booth, Karen Schiley and Carol Simon.

If anyone has address changes, please let me know. My address is 27969 301st Ave., Winner, SD 57580 I also have an email address: [relittau@gwtc.net](mailto:relittau@gwtc.net).

Becky Littau, SDCW VP

## The SDCW Expense Form and Beef Project Expense

**Forms** are available on the website. The Executive Committee is requesting that ANYONE working on a project or promotion submit the forms to Kodi. EVEN IF YOU DON'T request the expense reimbursement, PLEASE complete the PROJECT HOURS, NUMBER OF VOLUNTEERS and JUSTIFICATION for the project.

This information will be use to prepare reports for our stockholders. This will enable the Executive Committee to accurately report on projects and get the word out about "What Cattlewomen Do"!!

# News from Around the State

## Club Updates

### Mellette County Cattle Women

The Mellette County Cattle Women (MCCW) partnered with others to have a great "cows and grass" presence at the 30th Annual Mellette/Todd Rancher's Workshop held in White River in January. Over 140 people attended the Rancher's Workshop hearing a variety of speakers and viewing over 30 booths at the trade show.

Our booth featured "Mother Nature's Recycling Machine: Cows and Grass Beef Education Kit. This is the kit that was demonstrated at SDCW State Convention last September.

The Mellette County Cattlewomen got the teaching kit from the Natural Resources Conservation Service and SD Ag in the Classroom. The kit is available to classrooms, 4-H, and the public. The Cattlewomen had a drawing and gave away 10 green cookbooks and litterbags.



*Pictured with the booth is Jan Endes, member MCCW.*

### BEEF SALAD REVIEW

Donna Adrian, Mellette County Cattle Women


Last summer I hosted a SD Cattlewomen budget meeting. For lunch ideas, I decided to "Google" a recipe for beef salad. It turned out to be a success and the ladies enjoyed it. In January, I received a phone call from my friend in Sun City, Arizona, with great news!

Edith Bartels and her crew had served beef salad at a Ikebana (Japanese Flower Arranging) event with great reviews. There were 49 people at the event. Edith gave them their choice of having it served with crackers, on lettuce or in a bun. Edith called to say it was a great success and that she and Lou only had a tablespoon full left for themselves.

### Medicine Rock Cattlewomen

*Violet Schekel, Secretary*

Medicine Rock Cattlewomen held their Holiday Potluck party and meeting in Gettysburg on January 6, 2009 with eight members and two guests attending. President Simon reported on the Christmas Tree Extravaganza at the Gettysburg Museum at which the club hosted a cowboy-themed tree. Members discussed an In-store Demonstration using Heart Healthy recipes. Another topic of discussion was the Beef Ambassador Program and potential funding for the program.



**Have You Herd...**  
... By 2030, the world will need to produce 50 percent more food to feed its population, as food demand is expected to outstrip food supplies as the world population grows to 9 billion, according to research from Hormel Foods Corp. For the full story, go to the Nebraska Farmer (<http://magissues.farmprogress.com/NEF/NF01Jan09/nef039.pdf>).

... **Nutritional Value of Beef** - Beef has eight times more vitamin B12, six times more zinc and three times more iron than skinless chicken breast.

... After reviewing more than 44,000 comments from producers, processors, consumers, and other interested parties, on Jan. 16, 2009, **USDA on issued a voluntary standard for naturally raised livestock and meat marketing claims.** The standard states that "naturally raised" means raised entirely without growth promotants and without antibiotics (except for ionophores used as coccidiostats for parasite control) and have never been fed animal byproducts. The standard sets the minimum requirements for producers who opt to run a USDA-verified program involving a "naturally raised" claim. Release of the standard comes as "natural" claims continue to increase - appearing on nearly one in four (23 percent) of food and drink launches in 2008, up 9 percent from 2007, according to the Mintel Global New Products Database. For the full release, go to the newsroom [USDA Standard](http://www.ams.usda.gov) at <http://www.ams.usda.gov>.

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# News from Around the State

## **Beef Checkoff Offers Beef Funding for SD Schools**

The Beef Checkoff in South Dakota is supporting a new program designed to develop beef consumers for life by teaching teens how to cook beef while providing education on beef's nutritional benefits. The South Dakota Beef Industry Council is offering funding to schools across the state encouraging the use of beef in the classroom.

According to Holly Swee, SD Beef Industry Council Director of Nutrition and Consumer Information, people are losing the ability and the knowledge of how to cook many foods, including beef. This lack of cooking know-how combined with tight funding in education leaves many students entering adulthood without the skills needed to choose and prepare healthful meals. The new Beef program for schools helps to bridge this gap by providing money to buy beef for hands-on lessons. "We are doing our part to provide teachers with new educational materials and funding to go out and purchase beef and beef products so they can teach this valuable life skill in classrooms across South Dakota," states Swee.

Teachers of Family and Consumer Science (FACS), formerly known as Home Economics, can apply for funding to purchase beef for their culinary classes. Beef funding is also available to schools with ProStart Culinary Programs in South Dakota. ProStart is a career building curriculum for students interested in culinary arts and foodservice management. Along with the money, each FACS and ProStart teacher will be encouraged to develop lesson plans on beef's versatility, nutrition and convenience using current educational materials available from the Beef Checkoff Program.

Swee says middle and high school students involved with these programs can gain valuable beef cooking skills and information on beef's nutritional benefits. "At this time in their life, teens are forming life-long beliefs about beef. South Dakota's beef producers want to be sure those beliefs are based on factual information for a positive view of beef and the beef industry," she adds.

Sponsored by the beef checkoff in South Dakota, this youth program is a win-win for schools and the beef industry. Swee says, "We're trying to help the schools provide science-based education about beef. In turn the money the teachers will be spending on beef will go 100% toward increasing beef demand."

FACS and ProStart teachers are encouraged to apply for beef education funding by contacting Holly Swee at 605-957-5283 or email [hswee@sdbeeff.org](mailto:hswee@sdbeeff.org).

## **Blair Appointed to State Brand Board**

PIERRE, S.D. – Gov. Rounds recently announced the appointment of Wanda Blair, Vale, to the State Brand Board. Blair will fill a vacant position, previously held by Lyndell Petersen, who resigned.

Wanda and her husband, Ed, and family, ranch and farm near Vale, South Dakota, where they raise Angus cattle. They also sell over 250 bulls by private treaty each year, not only in South Dakota, but also throughout the central part of the United States. She was recently re-elected as Vice President of the South Dakota Farm Bureau, is a member of the First Presbyterian Church in Sturgis, a member of the SD Cattlemen's Association, and also serves on the local school board. As a 4<sup>th</sup> generation rancher in Meade County, South Dakota, Wanda stated, "It is important to me that ranchers, farmers, and all agriculture in South Dakota remain the number one industry in our state." Wanda and her husband have two grown children and three grandchildren.

### **Great Tips from the Beef Industry Council**

If you would like to view a quick video on how to properly roast and carve beef go to [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com) and type the word "video" in the search box. Click on the video library link to view the beef roasting and carving demonstration. For more beef roast recipe ideas, contact the South Dakota Beef Industry Council at (605) 224-4722 or [www.sdbeeff.org](http://www.sdbeeff.org).

### **Dates to Note:**

February 10-11 - SD Stockgrowers Quarterly Meeting at the Kings Inn, Pierre. 10 a.m. registration; Legislative Mixer 5 p.m.–9 p.m. at the VFW; Board Meeting Feb 11.

February 11 - SD Cattlemen's Association Board of Directors Meeting, Pierre.

March 4 - Beef Day at the Capital

March 4 - SDCW Quarterly Meeting, Pierre

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## Pumpnickel Pastrami Panini with Rosemary-Ale Jus

Lisa Dorschner used this at the Women's Conference. Recipe courtesy Emily Hobbs, *The Food Network Ultimate Recipe Showdown*.  
www.foodnetwork.com Review Rating: 5 Stars. Prep time: 30 min. Cook time: 15 min. Level: easy. Yield: 4 servings

### Ingredients

- 5 tablespoons unsalted butter, divided
- 1 3/4 cups beef broth
- 3/4 cup dark beer
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons minced fresh rosemary leaves
- 1/2 teaspoon onion powder
- 1/2 teaspoon freshly ground black pepper, divided
- 2 1/2 cups thinly sliced yellow onion
- 1 1/2 cups thinly sliced apple
- 1/2 teaspoon salt
- 12 ounces shaved pastrami
- 8 slices pumpnickel bread
- 4 ounces thinly sliced sharp white Cheddar

### Directions

To make the rosemary-ale jus, melt 1 tablespoon butter in a medium sized saucepan, over medium-low heat; whisk in beef broth, beer, garlic, rosemary, onion powder and 1/4 teaspoon pepper, and allow to simmer.

In a large cast iron skillet, melt 2 tablespoons butter over medium-high heat. Stir in onion, apple, salt and the additional 1/4 teaspoon pepper, and cook for 7 to 8 minutes, stirring frequently, until light golden brown and tender; remove from skillet and set aside.

Divide pastrami equally between 4 slices of bread; top with apples and onions, and white Cheddar cheese. Top with remaining bread slices.

Melt 1 tablespoon butter in same skillet; place 2 sandwiches in pan, place the bottom of a heavy skillet on top, and press down to flatten. Cook for 2 minutes, flip, press down with heavy skillet again, and cook an additional 2 minutes, or until crisp. Repeat process with remaining 1 tablespoon butter and additional 2 sandwiches; slice sandwiches in half, diagonally. Divide rosemary-ale jus into 4 small bowls, and serve with panini for dipping.

*A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.*