

# Quarantine Cookbook

## April 1-May 15, 2020

Our lives, and that of humankind, first learned about Corona-19 in January of 2020. As background, on December 31, 2019, the government in Wuhan, China confirmed that a virus had infected dozens of people; the first known death was on January 11, 2020. Within weeks, the virus migrated from its infancy in Wuhan and was sweeping around the world. Covid-19 (an acronym of coronavirus disease 2019) first discovered in China initiated a worldwide pandemic.

By January 30, 2020, the World Health Organization recognized Covid-19 as a global health emergency. Europe confronted its first major outbreak of Covid-19 during February in Italy. We had just returned from Italy two months previously and were amazed about how that country had shut down. We emailed our new Italian friends to learn more and focused on international news as Covid-19 spread to Spain and Germany. On March 13, 2020, President Donald Trump declared a national emergency in the United States.

Since both Ken and Kathy have been educated as scientists, we knew that man has no immunity to Covid-19. The only way to protect oneself is to “quarantine.” For us that meant staying at home for an extended period of time, hoping that others would do the same, and to minimize interaction with others who may be carrying the virus.

In March we dashed out and purchased the few items we felt we needed for six weeks — dog and cat food, pellets for the chickens, and 10# of wild rice and box-packaged milk for us. Our freezer was full of items stashed there during the past decade. We purchased seeds for the greenhouse and garden. Ken made sure we would have an ample supply of vino. We filled up the gas containers, thinking that gas stations might close. And with that, we locked the gate at the end the driveway and hunkered down for “our quarantine,” thankful to have electricity, internet and phone service, and expressing our gratefulness to others, including the police, the fire department, doctors and hospital staff, and garbage collectors and facilities, all of which quickly became the most essential and needed workers.

### **In adversity there is opportunity.**

And so we found ourselves enjoying this break in our lives. We took the time to enjoy the things we normally take for granted. One of them was enjoying making delicious food together, especially meals made from products we have produced or raised. And so began the Quarantine Cookbook. Our access to products was extremely limited and we took delight in finding options in discovering great tasting food here at the farm. With fun, photos and joy we share with you a part of our world during the quarantine where we basically stayed at home for 6 weeks. Since then, with restaurants still closed and social distancing the new fore, we have continued our journey enjoying great meals, primarily produced from our own stocks of meat and produce. Through all of this, our “habit” about enjoying expensive food at a top-notch restaurant has been replaced by our own ingenuity and creativity in dining. We hope you too find more excitement with cooking.

Enjoy!

Kathy & Ken

## Lamb Burger a la Feta

The Feta adds a funky aromatic flavor that surprisingly blends well with Spring lamb and garlic.

Ingredients:

1— fresh onion

1— fresh garlic (8-10 cloves)

Olive oil

Herbs and spices including garden-raised rosemary

1 lb. - lamb burger (dated 2019)

Garden-raised kale

Fresh tomato

Feta cheese

Stir fry onion and garlic in olive oil. After onion and garlic are cooked and soften, add kale and continue cooking. When cooked, cool the vegetables.

In a bowl, add vegetables to the lamb burger; mix thoroughly and make patties.



Fry patties. Remove from pan and quickly fry fresh tomatoes.

Place tomatoes on top of patties and garnish with feta cheese and rosemary.



As we share with you our life about living on a farm, we hope you will enjoy stories from one of our sons, Jake Fitzpatrick. In the old days of young kids filled with frolic and happiness, we had two comedians named Ken and Jake that welcomed each day with incessant laughter. We hope these stories give you as much enjoyment as they still do for us.

So we introduce Jake Fitzpatrick and his "Tales of Growing Up On a Farm," written when Jake was 12 years old.



## Cross Rib Roast with Garden Potatoes and Swiss Chard

### Ingredients:

Cross rib roast (dated 2008)

Garden harvested potatoes

Garden harvested Swiss chard

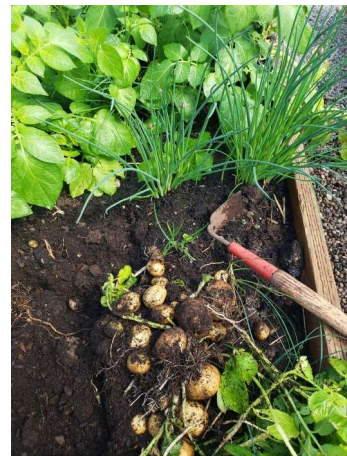
Garden harvested chives

Sour cream

Salt/pepper

Italian seasoning, smoked paprika & cumin mixed together in olive oil

Condiments: ghee/butter, Horseradish sauce



Defrost 2 lb cross rib roast, sprinkle salt and pepper on fat side and bake with fat side facing up; bake at 375 F to brown roast and then bake at 350 F for approx. two hours.\*

Select potatoes of uniform size, cut in half.

Prepare mixture of olive oil (2 T) with herbs (this case Italian seasoning, smoked paprika and cumin). Cover potatoes in olive oil mixture and place in open-air cooking dish and bake for 30-45 minutes at the tail end of the roast. When serving, place sour cream and chives on top of potatoes.



Wash and cut swiss chard. Simmer for approximately 4-5 minutes or until chard is supple. Serve with a dab of ghee (lactose free butter) or a bit of butter on top.



*Cook to 120-125 degrees for rare. Use sides of roast; use rest of roast for barbeque or hot sandwiches. 130-135 degrees for medium rare.*

*Thank you to Phil Wessel for planting the Yukon Gold potatoes in the greenhouse in 2014 and to our steer from 2008 giving us sustenance throughout this quarantine!*





## Catfish with Veggies

### Ingredients:

Catfish from the freezer, thawed (from Safeway). If it says catfish on the label it is grown in the US. It has a superior flavor and firmness to the imported Swai from SE Asia.

1 fresh onion

2 fresh tomatoes

Kale from the garden

Olive oil, Sundried tomatoes

Herbs: Your Selection (we used saffron, Italian seasoning)



*End of the season kale — cut off stems*



Fry onion in olive oil. Season catfish with your selection of herbs soaked in a bit of olive oil. When onions are supple, move to outskirts of the pan and add catfish to the center of the pan. Turn catfish and add fresh and sundried tomatoes and kale. When vegetables are cooked the fish should be ready to serve.

Serve with rice (we use a combination of wild and brown rice, 1 cup of rice to 2 cups of water, never stir the rice when cooking.





## Leftovers

### Barbeque Beef & Farm-raised Applesauce

Ingredients:

Left over beef sliced into small squares

Barbeque Sauce (from Safeway)

Farm produced applesauce from the freezer

Cook beef in barbeque sauce . Serve with applesauce.

### Beef Sandwich & Farm-raised Applesauce

Ingredients:

Left over beef, sliced in strips

Bread — whole wheat

Horseradish

Dijon mustard

Blue Cheese dressing (Riverhouse from the Oregon Coast)

Farm produced applesauce from the freezer

Toast bread, add beef and condiments. Serve with applesauce.

*When out of quarantine: add spinach, tomato, avocado, slices of red onion.*

*Our other Australian shepherd is named Tolkien (Hopi's pup). Tolkien is 100% enamored with Kathy, and never leaves her side. (Hopi, right; Tolkien, left)*



Kathy making applesauce, September, 2018

**Kitchen Help.** We have an Australian shepherd named Hopi. If she was human, she would be a mechanical engineer. When cooking, Hopi oversees the oven and the dishwasher.



## Tales of Growing Up On a Farm — The Peacocks

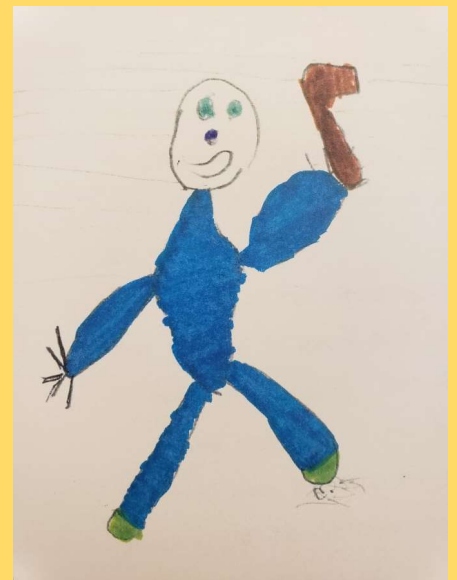
Jake Fitzpatrick, 1992

Yes. Yes, there was a time when this family wanted peacocks. But then, that dream disappeared as soon as we got them. There is a constant war between Ken, a funny human, and two peacocks, the ones that we call a nuisance. In this funny story you will learn about the war called Peacocks vs. Human.

About two years ago my mom got a crazy idea about buying peacocks. I was excited; every one could not wait. Today when I look back on that cold Oregon day, I wonder why we got so excited about two dumb peacocks. Did we all get excited because we wanted to enjoy them? Or did we all want to clean up their droppings. Whatever it was, I will never know.

Those peacocks think that they own this entire place. You cannot even go up on the front porch without stepping in a big giant pile of droppings. Just sitting here I am getting the erg to put up a sign that says "Watch your step. Peacocks are present." But, even if I did make a sign that said that, no one would pay attention. If I counted all of the times that we washed the deck, it would be over 50 times. And if you always are woken up with a very loud noise in the middle of the night (siren, yelling, earthquakes, or a rooster call) you should try these two peacocks. Yet I wonder why she wants them to have babies. Don't you think that if you had a peacock, wouldn't you prefer "Peacock soup"?

In the summer, when it's light outside at 7:00 am, you can look out my bedroom window and see a man chasing a peacock or two. He also has his one and only ax. Yes. His ax is swinging around in mid-air just waiting to make contact with that peacock. Sadly, it never does.



Front deck sign:

"Beware of Peacock Poop. They are present."



## Cioppino

### Ingredients:

Two gallon sized bags of frozen tomatoes (dated 2004)  
Green pepper, garden raised celery, onions, garlic (6 cloves),  
garden raised parsley  
Frozen shrimp, thawed and shelled  
Frozen tilapia, thawed  
Red wine, Worcestershire sauce, honey  
Canned diced tomatoes  
Herbs & spices: Italian seasoning, saffron, cumin, chile  
nuevo Mexico, bay leaves, salt, pepper



Simmer tomatoes for several hours to thicken and create puree by evaporating water. We simmered the tomatoes for approximately 10 hours.



Take puree tomatoes and blend using a Cuisinart stainless steel hand blender.

Add green pepper, onions, garlic and parsley. Sweeten with honey based on acidity of puree.

Simmer and add your assortment of herbs and spices.

Add wine (2 cups) and Worcestershire sauce (2 T) and balance with salt, and pepper.



Shell shrimp and slice tilapia. Add to cioppino base. Cook shrimp and tilapia for 3-5 minutes and serve. We added olive bread and a lovely bottle of wine. Superb!!!





### **Cioppino Continues Over Pasta**



Cioppino continues with modification: Scallops and spinach added, served over linguini with melted Romano cheese on top. After several meals of Cioppino for breakfast and dinners, the balance was frozen and will be available at a later date.



## Beef Stroganoff

### Ingredients:

Chuck roast (dated 2008).

Flour, mustard seed, salt, pepper

Olive oil

Onion, mushrooms, garden-raised parsley

Sour cream, bay leaves, white wine

Garnish with a tad of paprika

Rice (1/2 c. brown and 1/2 c. wild rice; 2 cups water to 1 cup rice)

Defrost chuck roast, slice into edible pieces. (Save the bone marrow to freeze with others in the freezer.) Take a clean plastic bag and pour in flour, mustard seed, salt and pepper. Add beef and coat with mixture.

Fry beef in frying pan using olive oil. Fry diced fresh onion. Add the meat and onion into one larger pot and add sliced mushrooms and parsley. Add wine (approximately 2 cups) and 2 bay leaves and simmer on stove for approximately 30-45 minutes, stirring frequently. Let ingredients marry. When ready to serve, add stroganoff over rice and garnish with sour cream and a tad of paprika.





## Lamb Shoulder Roast, Garden Fresh Potatoes & Swiss Chard

### Ingredients:

Farm-raised lamb shoulder roast (dated 2019), Greek seasoning

Farm-raised Swiss chard

Farm-raised potatoes

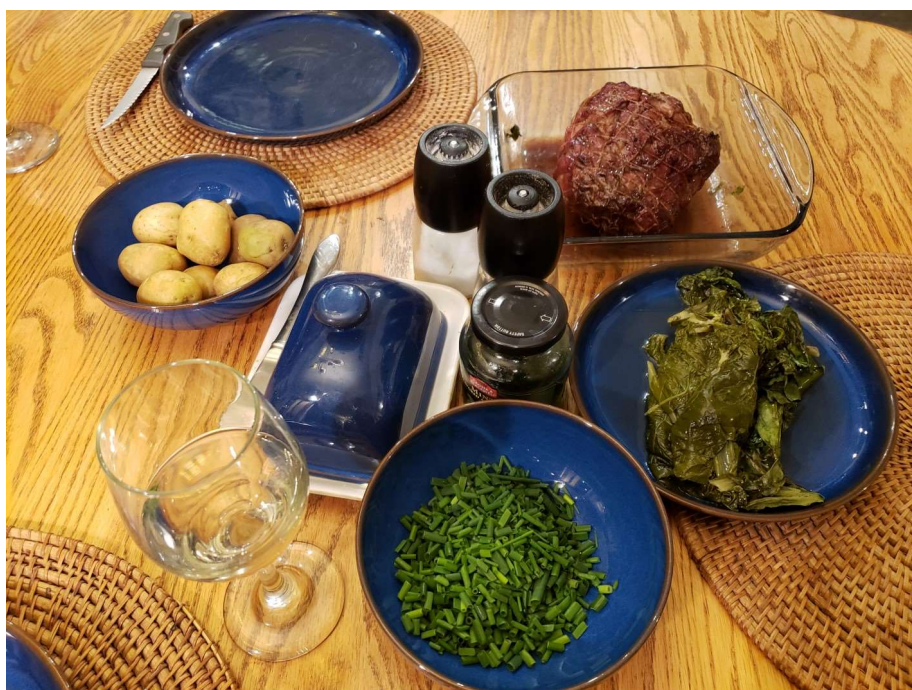
Farm-raised chives

Condiments: Mint jelly, ghee/butter, sour cream, salt/pepper

Defrost lamb shoulder roast, season with Greek seasoning. Cook on barbeque at 325 F. To make things simple, we cooked the Swiss chard on the barbeque using a Blue Rhino Steel Non-Stick Grill pan. Place the Swiss chard in tin foil which covers the bottom and top. To cook the potatoes, they are easily steamed in a plastic bag in the microwave at high temperature for approximately 5-6 minutes (test with fork).

We measure the temperature of the lamb and at 130 degrees, we added the Swiss chard to the grill and steamed the potatoes. We remove the lamb at 145 degrees.

The meal becomes fabulous with a few much-needed condiments like mint jelly. Enjoy with a great bottle of wine. Cheers!





## Tales of Growing Up On a Farm — Horse Thrills

Jake Fitzpatrick, 1992

Why did it have to happen on a cold, dreary night? Why did it have to happen at all? Why did it even happen on a school night? Why? Why? Why?

It was a school night. Monday I believe. I was doing my homework when someone came into the house and said, "Jake, don't bother me for a minute. We have a major emergency with the horse." I was obviously shocked. What could possibly be wrong with the horse? I said to myself, "I do not believe him," until he called mom.

Around 6:30, when my mom gets home almost every day in the evening, she was even worried about the horse. I actually did not know what horse it was. See, we have 4 horses and that's why I was not sure which one it was.

I will tell you what the problem was with the horse.

My mom came screaming up the driveway. She immediately got into the farm clothes and got the medicine out of the car. After we ate dinner, and did lots of other things, and she headed out to the barn with the medicine for the horse.

As I was working on my computer, the time kept going and going. Around 8:00 pm, I was wondering if something bad happened to her. I started calling for her. But, unfortunately there was no answer. I could not believe it. Then around 8:30 pm I realized that no one was in the house with me. "Where is everyone?" is what I started wondering. Then at 9:00 pm I got my full answer.

A man walked into the door, I yelled (with tears in my eyes and as loud as I could) "MOM! MOM WHERE ARE YOU AND I'M TIRED! MOM! MOM!" A man's voice broke the silence after I shouted. Then he said, "What do you need, Jake?" I got scared. I was as stiff as a board sitting in my chair. "What did I do now? Who is in the house? Oh please God, PLEASE help me! I do not want to die at the age of 12. God help me!" is what I said to myself. Then about 30 seconds later, Ken walked in to my room and said, "Jake, what do you want?" I immediately felt better. "Where's mom at, Ken?" He told me that mom was going to stay out with the horse. Now do you think I believed him? Of course not. I did not believe that until it was midnight.

Why did it have to happen on a school night? Why did it have to happen on a cold dreary night? Why? Why? Why? Why?

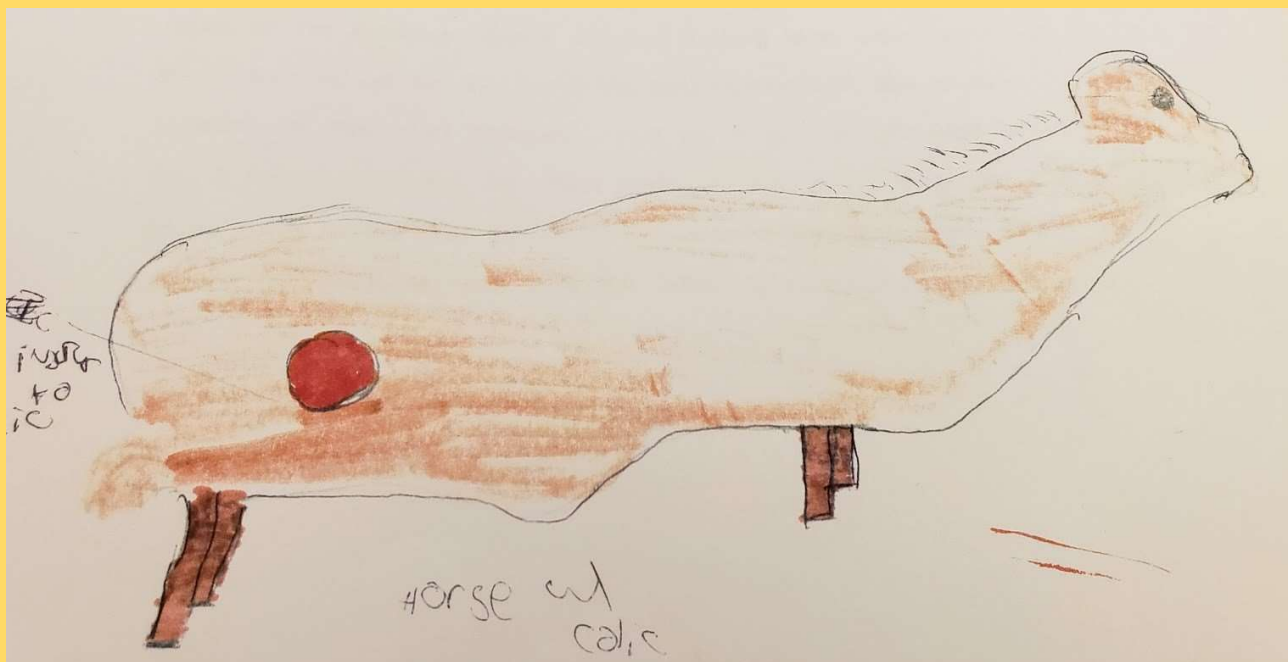
So here is my moms story from the very beginning. Her story will start out from the second she stepped her foot out the backdoor.

As mom came home, the vet came to see the horse and he said she was not good and she might die. The vets words were, "Someone is going to have to sleep out here so she does not roll on the ground." So who had to sleep out there? Mom had to sleep out in the freezing rain. COLIC is what the horse had. Because horses and other animals such as sheep, cows, etc. have more than one stomach and they are unable to throw up. So, instead of doing what people do, the horse had to roll on the ground. The horse rolls because it is in terrible pain. When the horse rolls, it twists its intestines up. And that is not good.

When Ken and his son brought home a feeder, they forgot to put it away and the feeder had alfalfa in it. When the horse ate the alfalfa (another kind of hay) it started to feel sick.

As mom set up camp in the barn, it was dark and she did not realize that she is going to be sleeping on top of horse poop. As she lays her sleeping bag down on the ground, everything is fine so far. Then, after she gets in the sleeping bag she hears a sound that went, "squish." Oh no, she yells. "Why did I do this?" Ken must of heard her because he brought her a heater to stay warm in the freezing cold, dripping barn and sleeping on top of horse poop.

Every time the horse moved, my mom would wake up too to make sure the horse would not roll.





## Hamburger with Chives

### Ingredients:

Hamburger and buns (purchased during our third trip to Safeway in 4 weeks)

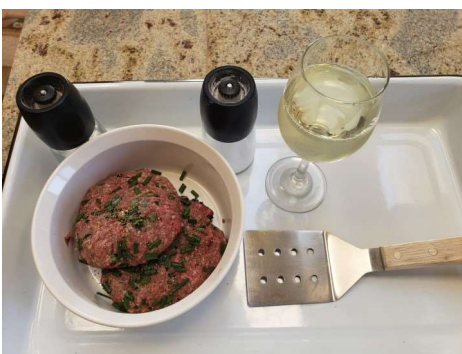
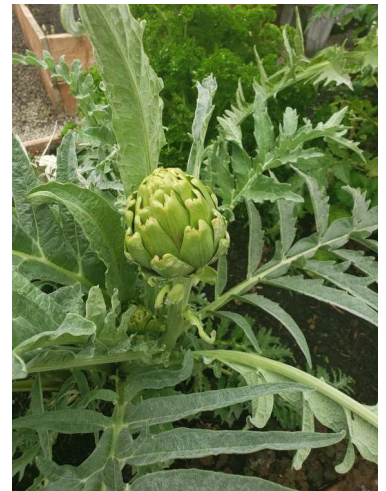
Garden-raised artichokes

Garden-raised chives. The chives work like magic in this combination.

Minced garlic, cumin, Greek seasoning, salt, pepper

Butter

Condiments: red onion, ketchup and Dijon mustard (in quarantine, we are out of tomatoes, lettuce, etc.)



Harvest and steam artichokes. Artichokes are ready when the leaves easily fall off.

Mix chives, minced garlic, cumin and Greek seasoning into the burger. Add a dab of butter in the middle of the burger which will keep the burger supple and tender.

Barbeque the burgers; add buns to heat them prior to serving. What a great summer meal!

