



THE
Country Kitchen
Journal

“Iowa Meats and Siesel’s Meat & Deli - Serving San Diego since 1968!”

An Iowa Meat Farms/Siesel’s Meat & Deli Publication

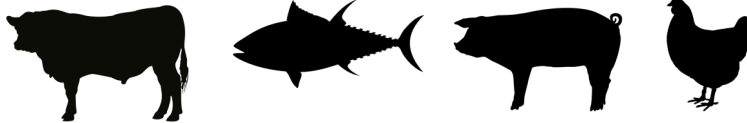
Volume 27 Number 1

March/April 2019



Join us for our

**BONANZA
MEAT SALE!**



FREE Cut & Wrap



Event Dates

Hours: 9-5 each day

Iowa Meat Farms

March 8, 9, 10 Fri, Sat, Sun

Siesel’s Meats

April 5, 6, 7 Fri, Sat, Sun

Iowa Meat Farms • 6041 Mission Gorge Road, San Diego CA • 619-281-5766
Siesel’s Meat & Deli • 4131 Ashton Street, San Diego CA • 619-275-1234

Rollin Out The Barrels



We have already admitted that St. Pat's ranks at the top of our list of favorite holiday meals. We have an added element of "anticipation" because our St. Pat's Day starts all the way back in January. That's when the whole saga of barrel-curing begins. All 5000 pounds of it!

For newcomers out there, we make our corned beef the old-fashioned way. In 50 gallon barrels, we make a brine composed of salt, sugar, curing salt, garlic, spices...and LOVE! Then we carefully trim USDA Choice beef, plop it in and....wait! (Rounds take 8 weeks, whole briskets 6 weeks, and point-cut and flat-cut briskets about 3 weeks!)

The "commercial" version takes a lot less time. The brine is rather rudely "pumped" into the poor, unsuspecting meat. "Instant" is not a word that we want associated with the corned beef that we consume. The industry loves it, though. It's part of their "cheaper, faster, worse" philosophy.

That wasn't enough, though. Now, they add sodium phosphate to the brine. It forces open the cell walls and makes them absorb more liquid. Believe us, there is nothing the industry likes better than to sell you water! Anyway, we have way too much self-respect, and too much respect for you, to present junk like that!

Join us on March 9th and April 6th and taste the patience and love we have put into each bite. We will be sampling all three cuts, (Rounds, Flat-Cut Brisket and Point-Cut Brisket) each having its own attributes. This will help you decide which one to choose. We will also have complete cooking instructions for your convenience.

Our production is limited, so reserve your own bit of love by calling either store today and **ENJOY!**

Our Own,
Barrel Cured

Corned Beef

Point Cut Briskets

\$6.99 lb.

Rounds

\$5.99 lb.

Whole Briskets

\$5.99 lb.

Flat Cut Brisket

\$9.99 lb.

Now taking orders!

Condiment Corner

Now that you've got the best Corned Beef you'll ever taste, why not add a few of our favorite condiments to go along with your St. Paddy's Day feast!!



Since 1996 this hometown favorite, Stone Brewery, has created bold mustards like their IPA Whole Grain. Their motto is "GREAT mustard starts and ends with GREAT beer!" Try an 8oz. Jar for only \$5.99.



80 years & counting! Dietz & Watson offers an Old Fashioned Barrel Cured Sauerkraut that will knock your socks off! Prepared from fresh cabbage that is shredded & rested in pure water & salt until it achieves it's traditional old world tastes. \$2.49 lb.





Bonanza Specials



Advertised prices SOLD in BULK Only!

Good Only at Iowa Meats on March 8th, 9th, 10th & Siesel's on April 5th, 6th, 7th While Supplies Last!

**Marys
Whole
Chicken**
\$3.49lb.
Save .60¢ lb.

**Mary's Bone-In
Chicken
Breast**
\$5.69lb.
Save \$1.30lb.
5 lb. Bag

**Mary's Boneless, Skin-On
Chicken
Breast**
\$6.49lb.
Save \$1.50lb.
5 lb. Bag

**Mary's
Whole
Chicken Legs**
\$3.69lb.
Save .60¢ lb.
2 per Bag

**Boneless
Thigh Meat**
\$6.49lb.
Save \$1.50lb.
5 lb. Bag

**16/20 Size
Peeled & Deveined
Raw Shrimp**
\$10.99lb.
Save \$4.00lb.
2 lb. Bag

Siesel's Meat & Deli
4131 Ashton Street
San Diego. CA 92110
619-275-1234

**16/20 Size
Cooked
Shrimp**
\$14.99lb.
Save \$5.00lb.
2 lb. Bag

Iowa Meat Farms
6041 Mission Gorge Road
San Diego. CA 92120
619-281-5766

Going Sub-Primal!

You already know that we buy our beef from the Midwest. It comes to us in "hunks" called "sub-primal" cuts. They are shipped in a vacuum-sealed bag, and they are things like **WHOLE New York Strips, Ribeyes, Prime Ribs, Top Sirloins, Tenderloins, etc...**

We offer these for sale at reduced prices throughout the year with a savings of up to ten to fifteen percent. But during our **BONANZA DAYS** you can save even more!! The price that you will see includes cutting and wrapping to your specifications. We will even wrap the steaks individually for you. With our New York Strips on sale at just \$10.99 lb., it would be a good time to consider it.

If you are stocking your freezer, the rule of thumb is not to keep the items too long. Remember that all freezing does is "slow" down the process. The longer you keep it, the more it will deteriorate. On the other hand, the shorter the time, the less loss of quality you will find. **ENJOY!**



Bonanza Specials



Advertised prices SOLD in BULK Only!

Good Only at Iowa Meats on March 8th, 9th, 10th & Siesel's on April 5th, 6th, 7th While Supplies Last!

WHOLE USDA CHOICE

Rib Eye

\$13.99lb.

Save \$4.00lb.

In-The-Bag, USDA CHOICE

Short Ribs

\$7.99lb.

Save \$2.00lb.

WHOLE USDA CHOICE

Brisket

\$4.99lb.

Save \$1.00lb.

WHOLE USDA CHOICE
Boneless

New York

\$10.99lb.

Save \$4.00lb.

WHOLE USDA CHOICE
Bone-In

New York

\$9.99lb.

Save \$5.00lb.

WHOLE USDA CHOICE

Short Loin

\$9.99lb.

Save \$7.00lb.

WHOLE USDA CHOICE
Prime Rib Roast

\$12.99lb.

Save \$5.00lb.

WHOLE USDA CHOICE
Chuck Roll

\$4.99lb.

Save \$2.00lb.

In-The-Bag, USDA CHOICE

Tri-Tips

\$5.99lb.

Save \$5.00lb.

WHOLE USDA CHOICE

Top Sirloin

\$6.99lb.

Save \$4.00lb.

WHOLE USDA CHOICE
Butt Tender

Filet Mignon

\$14.99lb.

Save \$10.00lb.

WHOLE USDA CHOICE
Beef Tenderloin

\$19.99lb.

Save \$15.00lb.

FRESH & LEAN
Ground Beef

\$2.99lb.

Save \$2.00lb.

5 lb. Bag

**Pork Baby
Back Ribs**

\$3.99lb.

Save \$2.00lb.

3 pk. Bag

Center Cut, WHOLE, Bone-In

Pork Loin

\$2.99lb.

Save .60¢ lb.

WHOLE Boneless

Pork Loin

\$3.49lb.

Save \$2.50lb.

**Pork
Tenderloins**

\$3.99lb.

Save \$3.00lb.

2 per Bag

Bone-In

Pork Butts

\$1.99lb.

Save \$2.00lb.

2 per Bag