

MAGICAL MEATS

Explore bison and venison **Food & Drink, 1E**

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USATODAY MANHUNT UNDERWAY FOR TURKISH SUSPECT WHO DONATED TO CLINTON **PAGE 1B**

Medical protocol stokes tensions

Burners, officials at odds after near-fatal accident

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A near-fatal medical incident last year has sparked renewed tension between Burning Man organizers and local authorities, none of whom can seem to agree on medical protocols for this year's event, which begins Sunday.

Burning Man organizers last week asked Pershing County Sheriff's Office and Humboldt General Hospital officials to meet and sign an agreement that organizers believe will help to prevent any further medical accidents. The agreement intends to clarify medical personnel's responsibilities and procedures, Burning Man spokesman Jim Graham said.

Humboldt General Hospital officials refused to attend the meeting, which was canceled, and Pershing County Sheriff Jerry Allen refused to sign the agreement. Allen told the Reno Gazette-Jour-

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Wrongfully imprisoned, Woods sues county, city

Woman spent 35 years in prison for 1976 murder

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The woman who served more than 35 years in prison for the 1976 murder of a college student she didn't commit, filed a lawsuit against the city of Reno, Washoe County and former law enforcement officers and others on Monday.



Cathy Woods

Cathy Woods was exonerated in September 2014 in the murder of Michelle Mitchell after DNA evidence found on a cigarette butt left at the scene matched someone else.

She was then granted a new trial, but six months later, the state dismissed all charges against her. Woods is one of the longest-serving women to be wrongfully convicted and then exonerated in United States history, according to the National Registry of Exonerations database.

In her lawsuit, Woods says she was framed so that authorities could close

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UNR president gives dorm tips



UNR President Marc Johnson, second from right, stands at Emporia State University in Kansas during the 1960s.

Johnson slept under a bunk bed in college

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University of Nevada, Reno President Marc Johnson knows what it's like to live in a small space.

Johnson, the 16th president of UNR, started his impressive collegiate resume in bunk beds, much like the thousands of students who will move onto campus this week. Many will live three to a room built for two. UNR's residence halls are at 121 percent of design capacity.

Johnson told the RGJ at the start of the fall 2015 semester that he felt the squeeze of living three to a two-person room as a freshman and then as an upper-classman and part of the Beta Sigma Tau fraternity at Emporia State University in Kansas.

"The best advice is to be flexible and involved," Johnson said of his dorm experience. "You have the opportunity to live here with people from different places and viewpoints."

He said dorm life gives students a chance attend concerts, football games and study with new friends.

Johnson stressed studying.

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SIOBHAN MCANDREW/RGJ

UNR President Marc Johnson tours a room at Peavine Hall, the newest residence hall to open.

"The best advice is to be flexible and involved."

MARC JOHNSON
UNIVERSITY OF NEVADA, RENO PRESIDENT

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Food & Drink

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• EXOTIC *sure*

Grilling specialty meats from locally owned Durham Ranch



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As we so often do this time of year, we're sharing grilling recipes for the holiday weekend (Sept. 2-5). But this time around, we're not relying on default proteins, on the usual chicken, pork or beef. • Instead, we're featuring specialty (also called exotic) meats — bison, venison, Wagyu steak — from Durham Ranch of Wyoming. For more than 50 years, the 55,000-acre ranch has been owned by the Flocchini family of Reno, also owners Sierra Meat & Seafood, a distributor. • Bison are humanely and sustainably raised on the ranch. Other specialty meats are sourced from family farms where they're sustainably produced. • Durham Ranch ground bison, leaner than ground beef and slightly sweeter but still richly flavored, stars in a passel of sliders dressed with pickled red onions that do a stint on the grill. • Tender, Cervena-certified venison, from animals 3 years old or younger, are skewered, grilled and served atop grilled vegetables; walnut pesto comes along for the game. • And for a hearty salad, Wagyu breed flat iron steaks, grilled and sliced, join arugula, grilled balsamic red onions, ricotta and preserved lemons. Grilled flatbreads complete the stylish meal. **See RANCH, Page 3E**

RGJ Taste

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Durham Ranch meat for skewered venison medallions comes from animals 3 years old or younger.

PHOTOS PROVIDED TO RGJ MEDIA

Ranch

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HOW TO BUY DURHAM RANCH MEAT

Sierra Meat & Seafood, a longtime Reno meat and seafood distributor, owns Durham Ranch and distributes to commercial clients.

Consumers can purchase Durham Ranch meats from www.amazon.com. Search for Durham Ranch under the Grocery & Gourmet Food category.

TIPS AND TACTICS FOR SPECIALTY MEATS

From Chris Flocchini, of the family owners of Sierra Meat & Seafood and Durham Ranch:

- 1. Temper the meat:** Otherwise known as allowing the meat to come to room temperature prior to placing it on a scorching hot grill. Tempering promotes even cooking.
- 2. Go easy on the spices:** When using specialty or exotic meats, you want to use just enough seasoning to highlight the natural flavors, not cover them up. I always use less than I think I need.
- 3. Use a thermometer:** Outdoor cooking has a lot of variables that can make eyeballing a steak pretty tricky. Buy a meat thermometer so you can easily monitor the temperature of your meat.
- 4. Know your meat:** For example, because bison steaks are so naturally lean, they will cook about three times faster than a regular beef steak. You don't want an overcooked steak, so be sure to consider the type of meat when firing up the grill.
- 5. Let it rest:** After achieving the desired internal temperature, let your meat rest for at least 10 minutes before slicing and enjoying. Allowing the meat to rest distributes the juices throughout the meat.
- 6. Perfect pairings:** Consider some of these flavor combinations for your specialty meats.
 - » Bison: Ancho chile, coffee and smoked paprika all make the flavors of bison come alive.
 - » Wagyu beef: Citrus and other acids complement the intense buttery richness of the beef.
 - » Venison/elk: Just add a little rosemary, tarragon and garlic to punch up the flavors of elk.
 - » Wild boar: Bourbon and whole grain mustard are all this meat needs.

DURHAM RANCH VENISON MEDALLIONS WITH WALNUT PESTO

To marinate vegetables:

- 1 each red, yellow and green bell pepper, sliced into strips
- 1 skin-on zucchini, sliced into strips
- 1 skin-on small eggplant, sliced into strips
- 4 large portobello mushrooms, sliced
- Olive oil and balsamic vinegar, to taste

In a glass pan, toss the vegetables in olive oil and balsamic vinegar and allow to marinate for 30 minutes. Shake off excess marinade before grilling.

For fennel rub:

- 1 tablespoon fennel seeds
- 1 teaspoon flaky sea salt
- 1 tablespoon white pepper
- Zest of 1 lemon

Heat skillet over medium heat until hot. Add fennel seeds and toast about 3 minutes, or until fragrant and light brown. Cool fennel seeds, then grind in a mortar and pestle with salt and pepper. Mix in lemon zest.

For walnut pesto:

- 1/2 cup walnuts
- 1 large garlic clove
- 1 handful fresh Italian (flat-leaf) parsley
- 1/4 cup walnut oil
- 1/4 cup good-quality olive oil
- 2 teaspoons heavy cream

In a food processor, combine the walnuts, garlic and parsley. With the motor still running, drizzle in the walnut oil and olive oil. Finally, add the cream to combine.

For the venison:

- 6 venison medallions, each 2 ounces
- 6 slices prosciutto
- Olive oil
- 6 bamboo skewers, soaked in water

Heat grill to medium-high. Wrap each medallion in a piece of prosciutto. Brush with olive oil. Place each medallion on a wooden skewer, season with some fennel rub and sear on grill, 3 to 4 minutes per side. Set aside to rest.

Sear the vegetables over the same hot grill until just cooked. Keep warm. Serve the venison skewers atop the char-grilled vegetables with the walnut pesto on the side. Makes 6 skewers.

Recipe Courtesy of Durham Ranch. Recipe adapted by Food & Drink.

DURHAM RANCH BISON SLIDERS

For the pickled red onion:

- 1 cup cider vinegar
- 1 tablespoon sugar
- 1 1/2 teaspoon kosher salt
- 1 large red onion, thinly sliced
- 2 tablespoons whole peppercorns

Whisk together vinegar, sugar and salt in a bowl until dissolved. Place onion in a lidded glass jar with peppercorns and pour vinegar over the top. Tighten lid and refrigerate for 24 hours before using.

For the sliders:

- 2 1/2 pounds ground Durham Ranch Bison
- 1 egg
- 1/2 cup bread crumbs
- 1 onion, finely diced
- 1 tablespoon minced garlic
- 1/4 cup chopped parsley
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- Fontina cheese, sliced thin
- Pretzel slider rolls
- 2 tablespoons butter, melted
- Baby arugula
- Pickled red onions, from above
- Mayonnaise (optional)

In a large bowl, mix together the ground bison, egg, bread crumbs, onion, garlic, parsley, Dijon mustard and Worcestershire sauce. Being careful not to overhandle the meat, form patties slightly larger than the size of your slider rolls. Depress the center of each patty with your thumb so the meat doesn't bulge while cooking and your patty is of even thickness.



Durham Ranch ground bison used for sliders is leaner than ground beef but still richly flavored.

Heat a grill over medium-high heat. Working in batches, cook sliders for about 7 to 8 minutes on one side, or until browned. Turn and continue to cook another 5 minutes. Place cheese on top of each slider and cover with a piece of tinfoil or a lid for an additional 1 to 2, minutes or until cheese melts. Remove sliders from heat and let rest. Heat oven to broil. Cut slider rolls in half, place upside down on a baking sheet and brush with melted butter. Place under the broiler until browned. Place bison sliders on toasted slider rolls and garnish with arugula, pickled red onions and, if desired, a thin layer of mayonnaise. Makes about 20 sliders.

Recipe courtesy of NevadaFoodies.com wild game blog (via Durham Ranch)



Peppermill Wagyu flat iron steak salad.

GRILLED DURHAM RANCH WAGYU FLAT IRON STEAK SALAD WITH CHIMICHURRI

Cook's note: Purchase ricotta salata cheese and preserved lemons (see final section of recipe) at Wedge Cheese Shop, 16 Saint Lawrence Ave., or Whole Foods Market, 6139 S. Virginia St.

For the balsamic-marinated red onions:
2 red onions, cut into 1/4-inch-thick slices
1/2 cup balsamic vinegar
2 tablespoons sugar

Combine all ingredients in glass bowl or lidded glass jar. Cover bowl with plastic wrap or tighten lid of jar and refrigerate at least 3 hours. Drain onions before using.

For the steak marinade and the chimichurri:

- 2 bunches Italian (flat-leaf) parsley
- 2 bunches mint
- 1 cup olive oil
- 4 medium shallots, finely minced
- 12 cloves garlic run through a garlic press
- 2 teaspoons red pepper flakes
- Salt and pepper, to taste
- 4 tablespoons rice wine vinegar, divided

Bring a pot of water to a boil. Have a glass bowl of ice water nearby. Blanch parsley in boiling water about 30 seconds, then remove and immediately plunge in ice water. Remove from ice water and drain. Repeat with mint. Place blanched herbs and olive oil in blender and pulse until finely chopped. In a bowl, combine the finely chopped herbs, shallots, garlic, red pepper flakes, and salt and pepper. Divide between 2 clean bowls.

Mix 1 tablespoon rice wine vinegar into one of the bowls to make the flank steak marinade. Mix the remaining 3 tablespoons rice wine vinegar into the other bowl to make the chimichurri.

To marinate the steak and to grill:

- 2 Durham Ranch Wagyu Flat Iron Steaks, each 6 ounces
- Balsamic-marinated red onion slices, from above
- 3 flatbreads of choice

Add steaks to a large re-sealable plastic bag or to a glass pan. Add marinade from bowl and coat steaks thoroughly. Seal bag or cover pan with plastic wrap. Refrigerate up to 24 hours. When ready to grill, remove steaks from refrigerator about 30 minutes before cooking, shake off excess marinade, remove to plate and let come to room temperature. Build a two-zone fire in a charcoal grill for direct (medium-high coals) and indirect (medium-low coals) heat. Alternatively, heat a gas grill to high just before cooking, leaving one burner on low.

Sear steaks over direct heat or high heat, flipping once, until slightly charred. Move steaks to indirect heat or low heat and continue grilling, flipping once, to desired doneness, 110 F for medium-rare. Let the steak rest for 10 minutes before slicing.

While steaks rest, grill marinated red onion slices over direct heat, about 4 minutes each side, until charred a bit and softened but still somewhat firm. Cool, then chopped into bite-size pieces.

While grilling onions, also grill flatbreads, until striped by the grill each side but still somewhat soft. Cover to keep warm.

For the salads:

- 1 1/2 pounds arugula, washed and dried
- Grilled red onion pieces, from above
- 10 ounces packaged ricotta salata (see cook's note above)
- 4 packaged preserved lemons, cut into thin strips and rinsed in cold water (see cook's note above)

- Olive oil
- Lemon juice
- Salt and pepper, to taste

Divide arugula among 3 plates. Top each with some grilled onions, ricotta salata and preserved lemon strips. Next, top each with some sliced steak.

Finish each plate with drizzles of olive oil, spurts of lemon juice, and some grindings of salt and pepper. Serve with warm grilled flatbread and reserved chimichurri. Makes 3 salads.

Recipe courtesy of the culinary staff of Bimini Steakhouse in the Peppermill Resort Spa Casino (via Durham Ranch). Recipe adapted by Food & Drink.