



**NATURE'S TREASURES**

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**Canadian Rocky  
Mountain Ranch™**  
A division of Tara Farms (2000) Incorporated



## HOW IT ALL STARTED

“OUR FAMILY HAS OWNED AND OPERATED FARMS AND RANCHES FOR THE PAST 80 YEARS. MY GREAT-GRANDFATHER JOHN JEREMIAH STARTED THE FAMILY FARM IN 1932. JJ’S GREAT INTEREST IN AGRICULTURE HAS LASTED FOUR GENERATIONS, AND WITH THE BIRTH OF MY SON, JACK JEREMIAH, IN 2002, A FIFTH GENERATION OF RANCHING IS IN THE MAKING. EACH GENERATION HAS LEFT ITS MARK ON ALBERTA AGRICULTURE, AND WE HAVE A STRONG DESIRE TO CONTINUE TO BE A PART OF THIS PIONEERING INDUSTRY. IN 1996 WE BEGAN RAISING ELK, BUFFALO, AND REINDEER AT OUR RANCH SOUTHWEST OF CALGARY TO ENSURE WE HAVE A RELIABLE SUPPLY OF HIGH-QUALITY GAME MEAT FOR OUR RESTAURANTS AND LODGE DINING ROOMS. WE ARE PROUD TO PRESENT OUR NATURAL GAME MEAT, WITH NO ADDITIVES, ANTIBIOTICS, OR GROWTH HORMONES. OUR ANIMALS ARE CAREFULLY MANAGED UNDER THE EXPERT EYE OF OUR RESIDENT VETERINARIAN, DR. TERRY CHURCH. GAME MEAT IS GROWING IN POPULARITY BECAUSE IT IS A HEALTHY ALTERNATIVE TO CONVENTIONAL MEATS. IT ALSO HAS A DISTINCT FLAVOUR AND TASTE. IT’S LOW IN CHOLESTEROL, CALORIES, AND FAT, AND HIGH IN PROTEIN AND IRON. THE PERFECT COMBINATION!” —BRADLEY J O’CONNOR



## **SOME SAY IT'S NEW – SOME SAY IT'S OLD**

### **WE HAVE CHRISTENED IT ROCKY MOUNTAIN CUISINE**

ROCKY MOUNTAIN CUISINE MEANS NATURAL INGREDIENTS, INNOVATIVE THINKING, AND AN APPRECIATION FOR WHAT IS TRULY CANADIAN. ITS ROOTS GO BACK TO THE HISTORY OF THE CANADIAN ROCKIES. THE RAILWAYS BROUGHT THE BEST OF VICTORIAN KITCHENS AND RECREATED LAVISH MENUS FOR THEIR LODGES. MEANWHILE, MOUNTAIN GUIDES FROM SWITZERLAND, AUSTRIA, AND GERMANY WERE LEARNING FROM THE NATIVE PEOPLE HOW TO APPRECIATE AND COOK LOCAL FOODS. CURING AND SMOKING GAME AND FISH WERE ESSENTIAL FOR SURVIVING CANADA'S LONG WINTERS. ROCKY MOUNTAIN CUISINE DEVELOPED BY CANADIAN ROCKY MOUNTAIN RESORTS REFLECTS CLASSICAL COOKING STYLES AND FEATURES THE BEST OF BOTH INTERNATIONAL AND LOCAL INGREDIENTS, INCLUDING ELK, BUFFALO, AND REINDEER. THESE GAME MEATS OFFER AN UNIQUE DINING EXPERIENCE.



**BRADLEY J O'CONNOR**

## **OUR MISSION**

### **PEAK PERFORMANCE NATURALLY**

OUR GOAL IS TO PROVIDE OUR LODGES, RESORTS, AND VALUED CUSTOMERS WITH PREMIUM ELK, BUFFALO, AND REINDEER MEATS THAT ARE PRODUCED UNDER NATURAL, HUMANE, AND SUSTAINABLE CONDITIONS, USING ADVANCED PROCESSING METHODS.

TO ORDER CALL 1(866)563-2242 OR (403)781-8117 OR ORDER ONLINE AT [WWW.CRMGRANCH.COM](http://WWW.CRMGRANCH.COM)



# PRODUCTS

CANADIAN ROCKY MOUNTAIN RANCH HAS A FULL SELECTION OF ELK AND BUFFALO FRESH AND FROZEN MEATS FOR SALE DIRECTLY FROM THE RANCH. ALL MEATS ARE SUITABLY AGED BEFORE SHIPPING. CHOOSE FROM STEAKS, ROASTS, BURGERS, GROUND MEAT, STEW AND STIRFRY CUTS, SMOKED SAUSAGES, BREAKFAST SAUSAGES, ELK AND BUFFALO BACON, ELK PASTRAMI, PEPPERED SALAMI, AND JERKY.

GIFT PACKAGES ARE AVAILABLE.

PLEASE CALL FOR A PRICE LIST OR VISIT US ONLINE AT [WWW.CRMGRANCH.COM](http://WWW.CRMGRANCH.COM).

PRODUCTS MAY BE PICKED UP AT THE GAME RANCH, CILANTRO RESTAURANT, OR THE RANCHE RESTAURANT. WE WILL ALSO BE HAPPY TO SHIP TO ANYWHERE IN CANADA.

## NUTRITIONAL COMPARISON—COOKED MEATS (per 100g)

MEAT(comparable cuts)	ENERGY(kcal)	PROTEIN(g)	TOTAL FAT(g)	IRON(mg)
BISON	143	28.4	2.4	3.4
ELK	146	30.2	1.9	3.6
CARIBOU	167	29.8	4.4	6.2
BEEF	218	25.7	12.4	1.7
PORK	212	29.3	9.7	1.1
CHICKEN	165	31.0	3.6	1.0
TURKEY	126	22.2	3.5	0.7
LAMB	271	25.5	18.0	1.9
SALMON	206	22.1	12.4	0.3

USDA National Nutrient Database for Standard Reference, Released in 2004

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BISON RIB EYE ROAST

ELK TENDERLOIN STEAK

ELK STRIPLOIN STEAK

BISON RIB EYE STEAK



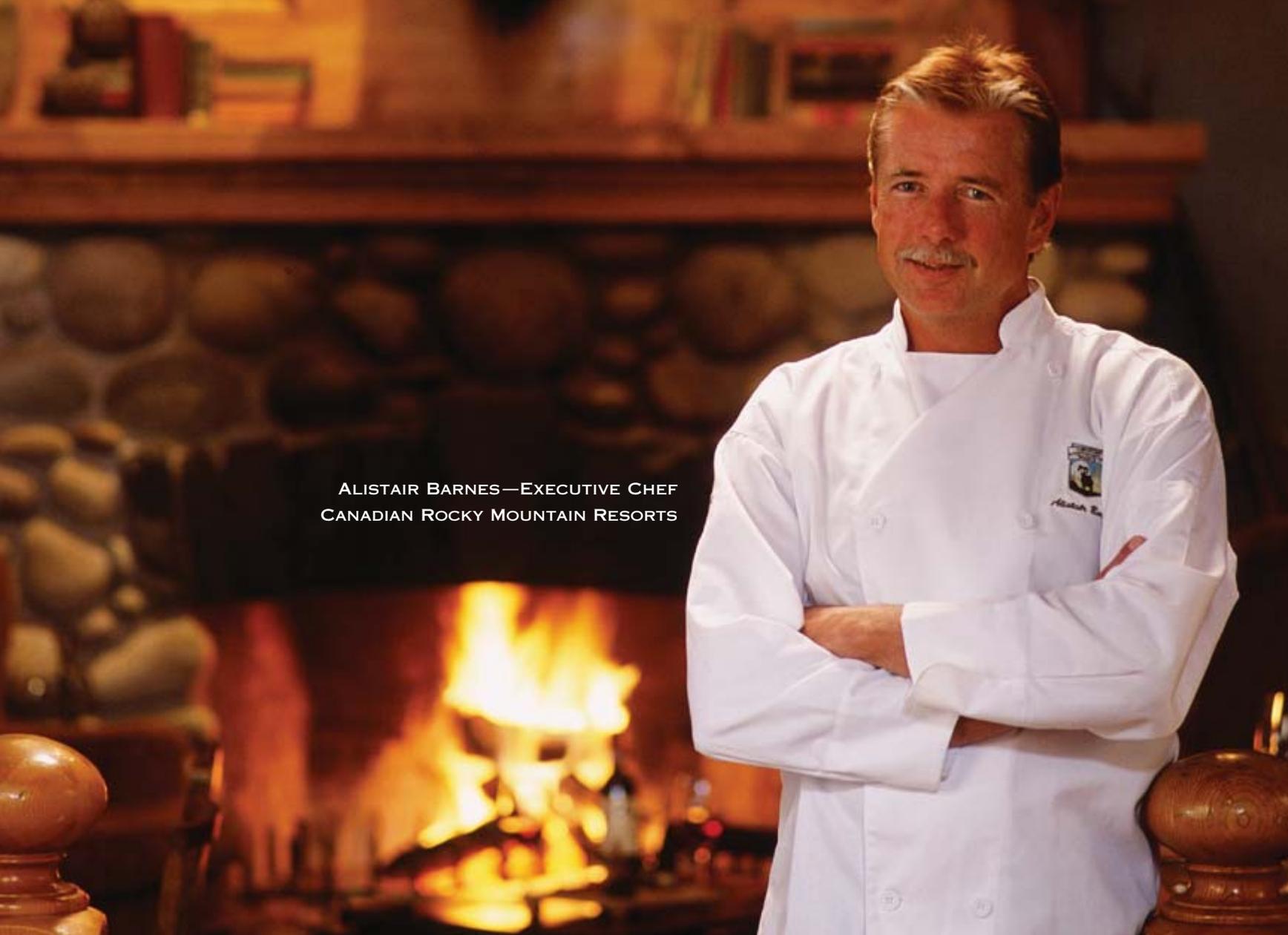
## ROCKY MOUNTAIN CUISINE MADE EASY

BY CHEF ALISTAIR BARNES

AWARD-WINNING CHEF ALISTAIR BARNES IS THE EXECUTIVE CHEF FOR CANADIAN ROCKY MOUNTAIN RESORTS LODGES AND RESTAURANTS. CHEF BARNES HAS BEEN DEVELOPING OUR SIGNATURE ROCKY MOUNTAIN CUISINE FOR OVER A DECADE. HE USES NATIVE GAME MEATS AND OTHER LOCAL PRODUCTS TO HIGHLIGHT REGIONAL FLAVOURS.

ALISTAIR LED A CULINARY TEAM TO THE ANNUAL GREAT CHEFS OF AMERICA DINNER IN BALTIMORE AND RECENTLY PRESENTED ROCKY MOUNTAIN CUISINE AT THE CANADIAN EMBASSY IN WASHINGTON AND AT THE JAMES BEARD HOUSE IN NEW YORK. HIS EXPERT KNOWLEDGE AND PASSION FOR DISTINCTIVE DINING SET THE HIGH STANDARD OF QUALITY ASSURANCE FOR OUR MEATS, AND ALL OUR GAME MEAT COMES WITH HIS SUGGESTIONS ON HOW TO PREPARE THE PERFECT GOURMET MEAL.

TO ORDER CALL 1(866)563-2242 OR (403)781-8117 OR ORDER ONLINE AT [WWW.CRMGRANCH.COM](http://WWW.CRMGRANCH.COM)



ALISTAIR BARNES—EXECUTIVE CHEF  
CANADIAN ROCKY MOUNTAIN RESORTS



## CANADIAN ROCKY MOUNTAIN RANCH / STEAKS

OUR PREMIUM ELK AND BUFFALO STEAKS (TENDERLOIN, STRIPLOIN, RIB EYE, AND SIRLOIN) COMPLEMENT ANY CULINARY STYLE. BECAUSE THEY ARE LOW IN FAT, GAME MEATS COOK QUICKLY.



ELK TENDERLOIN  
WITH BLUEBERRY PORT SAUCE

### *Tips from Chef Barnes*

*I recommend buffalo or elk steaks be served rare to medium-rare for optimum flavour and tenderness. Before cooking, season the meat with salt and pepper or other spices of your choice. Rubbing a little bit of oil on the steak before grilling it will help seal in the natural juices and prevent sticking. If sautéing, put a small amount of oil in the pan. Preheat your grill or pan to high heat, then sear the steak to lock in its natural juices and flavour. Cook to desired readiness. Always let game meat rest for at least 5 to 10 minutes before serving to allow the juices to settle. If sautéing, a sauce can be easily made in the pan after removing the meat by adding chopped shallots or onions combined with mushrooms, berries, peppercorns, or whatever you fancy. Then simply add red wine and a stock and simmer until it has reduced to the desired intensity. For richer sauces, add cream just before serving.*



## CANADIAN ROCKY MOUNTAIN RANCH / ROASTS

IMPRESS YOUR GUESTS WITH ONE OF OUR DELICIOUS RIB EYE OR SIRLOIN ROASTS. THIS EASY-TO-PREPARE MEAL IS A TRADITIONAL FAVOURITE OF THE WEST. OUR GAME ROAST IS AN OUTSTANDING CHOICE TO SERVE TO FAMILY AND FRIENDS FOR HOLIDAYS AND SPECIAL DINNERS.

### ***Tips from Chef Barnes***

*Preheat the oven to 375°F/190°C. Thaw meat completely and trim any excess fat or silver skin. Season meat with salt and pepper or other spices of your choice. Sear small roasts in a heavy skillet or roasting pan to seal in the natural juices and flavour. Cook for 15 minutes per pound, plus an extra 10 minutes, or test meat with a thermometer at the centre of roast: cook until the thermometer reads 135°–145°F/57°–63°C for rare to medium rare, or 145°–160°F/63°–71°C for medium-rare to medium. Remove the roast from the pan and let it rest, covered, for 15 to 20 minutes; the meat will continue to cook. Use the juices in the pan to create a sauce by sautéing sliced root vegetables and herbs, then adding red wine and a stock. Reduce to desired consistency, then drizzle over sliced roast.*

***Top sirloin and inside round are also suitable cuts for pan roasts or carving stations.***



**BUFFALO RIB EYE ROAST  
WITH ROASTED ROOT VEGETABLES**



## CANADIAN ROCKY MOUNTAIN RANCH

WE SPECIALIZE IN PRIME GAME MEAT CUTS AND PROCESSED MEATS. OUR ANIMALS ARE RAISED ON LARGE, OPEN PASTURES THAT ALLOW FREE MOVEMENT AND NATURAL BEHAVIOUR. THIS ENSURES THAT THEY ARE BOTH HEALTHY AND PRODUCTIVE. OUR GAME MEAT HAS PASSED ALL FEDERAL AND PROVINCIAL INSPECTION STANDARDS AND MEETS STRINGENT FOOD SAFETY REGULATIONS, RESULTING IN A SAFE AND HEALTHY MEAT FOR YOUR PLATE.

### NATURE'S TREASURES

CANADIAN ROCKY MOUNTAIN RANCH GAME MEAT IS A CULINARY TREAT: A NATURAL, TENDER, AND HEALTHY MEAT OF CONSISTENT PREMIUM QUALITY FROM THE PASTURES OF THE ROCKY MOUNTAIN FOOTHILLS.

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FOR MORE INFORMATION OR TO ORDER ANY OF OUR PRODUCTS PLEASE CALL  
IN THE CALGARY AREA: (403)781-8117 TOLL FREE: 1(866)563-2242 FAX: (403)410-7406  
OR VISIT US ONLINE AT [WWW.CRMGRANCH.COM](http://WWW.CRMGRANCH.COM)