

# A Heron's View

A monthly newsletter of all our goings on

## Celebrating 30 years!

Diamonds or pearls, which gem suits you? For us, the traditional 30th anniversary gift of pearls is a perfect fit! Regardless of your preference, we have you covered and we're sharing Debbie's "Pearls of Wisdom."



Since 1988 our female-owned business has focused on sustainable food by utilizing our local food shed as a priority in our business model. Being an Oakland based company fills us with pride and we believe this is a great time to be women in power in our community! We shine through our partnerships with Tanya Holland, Girls, Inc., and more.

The Blue Heron Team shares our commitment to the Bay Area and to delivering exceptional service at every event. It's our recipe for success! Speaking of recipes, be sure to check out our Chef's Corner below.

Give it a try. . .you'll love it!

## Chef's Corner

**COOKIN WITH BOOZE!**

Now that we have your attention, you are probably aware that the holiday season is at our doorstep. We can put up the Christmas lights and enjoy a bonafide holiday. Nothing says the holidays like family, feasts and alcohol! While It is super to gather around the holiday table with family, friends and a lovely traditional meal, it always seems to go down better with booze. Not only drinking....but cooking with it too! Whether it's beer, wine, or hard liquor, cooks have been pouring booze into the mixing bowl for centuries and coming up with memorable dishes that have a little something extra. As a matter of fact, it is known science that alcohol's unique chemical properties make wine, beer, champagne, sake, and liquor more than just a complementary drink to your meal. Recipes like beer-steamed crabs, tequila hot sauce, rabbit braised in red wine, and more are proof (pun intended) that booze has a true home in the kitchen. To celebrate the world's finest combo – eating and drinking, we like to add some booze to the pot for extra flavor and depth. We're giving you a great Guinness Stout braised short rib recipe from our Blue Heron Chef Humberto Villalobos. Enjoy the holidays and please drink and eat sensibly!



## **GUINNESS BRAISED BEEF SHORT RIBS (FEEDS 4 +)**

### **Ingredients**

- 3 tablespoons olive oil
- 4 pounds boneless beef short ribs, butcher-cut into 1 1/2-inch pieces
- Kosher salt and freshly ground black pepper
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 2 carrots, peeled, diced ½ “
- 2 celery stalks, cut into ½” inch pieces
- 2 tbs tomato paste
- 2 cups beef stock, divided
- 1 pint stout beer (recommended: Guinness)

### **Directions**

1. Preheat the oven to 300 degrees F.
2. Season the short ribs with salt and pepper
3. Over medium heat, in a large Dutch oven or deep pan heat the olive oil.
4. Sear the beef in the Dutch oven until brown, about 5 minutes per side.
5. Remove the meat from pan and set aside.

- 6. Add the onions and garlic to the same pan and saute, until lightly browned.
- 7. Scrape any brown bits from the bottom of the pan using a wooden spoon.
- 8. Add the carrots and celery and let cook for 5 more minutes.
- 9. Add tomato paste and stir, cook paste until slightly browned
- 10. Add 1 cup of beef stock and scrape bottom of pan to remove any more browned bits.
- 11. Return the meat to the pot along with the remaining stock and the beer.
- 12. Season with salt and pepper, to taste.
- 13. Bring the stew to a simmer and cook uncovered for 20 minutes.
- 14. Cover and braise in the oven for 3 hours until beef is fork tender.

Serve with buttered noodles or mashed potatoes.

## Tip of the Month

Consider customizing your corporate holiday party.

Planning a holiday party? Don't settle for an ordinary White Christmas or Winter Wonderland theme. Instead, spice it up with the unexpected like Hot Havana Nights and let us pair it with an unmistakably tropical menu including mini Cuban sandwiches or pulled pork slider appetizers. Add tropical cocktails and a cigar bar to make your party even more memorable. You'll be booking your trip to Cuba the next day!

We will guide you through the process of producing a dazzling event. Making your vision become reality and easy for you at the same time! Visit our [website](#) for more information and to contact us for your next event.

---

## Fall Flair



Add a bit of fall flair to spruce up your next event!

Just look how seasonal color choices with floral and linens add an autumnal feel to one of

## Make memories



### ***Your Special day***

Book an out of this world wedding at a venue like [Chabot Space and Science Center](#). Just look at the groom's celestial gaze for a glimpse of how stellar this venue is!

our recent events at  
[Preservation Park](#).

To see more beautiful  
photos from other  
weddings and events  
check us out on  
[Instagram](#) and [Facebook](#).



Special shout out to the  
team who made our Dia  
De Los Muertos pop-up  
dinner at The Cannery  
Cafe such as success!

To see more beautiful photos  
from other events check us  
out on [Instagram](#) and  
[Facebook](#)!



Always posted on [Facebook](#)  
and [Instagram](#).

Make sure to follow us there!

[view this email in your browser](#)

Copyright © \*2018\* \*Blue Heron Catering\*, All rights reserved.  
\*https://www.blueheroncatering.com\*

**Our mailing address is:**

\*3303 San Pablo Avenue, Oakland 94608\*

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).