



hen house

Lovin' it Local!

Jasper's
Instant Pot
TURKEY BREAST
pg. 4

BARI
GIRLS
MAKE IT COUNT!

WILD RICE DRESSING
with Apples and Sausage

pg. 9

henhouse.com



FantasmaBerkshire
PREMIUM HERITAGE PORK
A HEN HOUSE MARKET EXCLUSIVE

**FROM OUR FAMILY
TO YOURS**

pg. 8

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FantasmaBerkshire
PREMIUM HERITAGE PORK
A HEN HOUSE MARKET EXCLUSIVE



Lovin' it local!
The Fantasma Family processes meats from small family farms around Trimble, Missouri.



no antibiotics ever | ethically processed | artfully butchered

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WILD RICE DRESSING

With Apples & Sausage



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MAKE IT COUNT!

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Order Yours Today!



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BAKED PEARS With Cranberries, Honey & Pumpkin Seeds



BARI GIRLS
MAKE IT COUNT!

Instant Pot Turkey Breast

WITH
CRANBERRY, SAGE & APPLE CIDER



PREP
10 MIN.



INSTANT POT
HIGH PRESS
30-40 MIN.



SERVES
8

"Want the juiciest turkey breast without turning on the oven? I've got the secret—my Instant Pot Turkey Breast with cranberry, sage, and a splash of apple cider. In just about 30 minutes, you'll have tender turkey and a sweet-savory sauce that screams fall. Let me show you how easy it is!"
Get the recipe, on YouTube!

SCAN FOR VIDEO



WHAT YOU'LL NEED

- 1 bone-in or boneless turkey breast (4–6 pounds)
- 1 can (14 oz) whole berry or jellied cranberry sauce
- 1 cup apple cider
- ½ cup chicken broth (so you still get enough savory depth and liquid balance)
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon poultry seasoning
- 2 tablespoons fresh sage, chopped (or 1 tsp dried sage)
- 2 tablespoons butter (optional, for browning after)
- Salt & pepper, to taste

PREPARATION

Liquid Base

In the Instant Pot, pour in the apple cider and chicken broth. Stir in half the cranberry sauce, onion, garlic, poultry seasoning, and sage. This becomes your flavorful braising liquid.

Prep Turkey

Pat turkey breast dry and season with salt, pepper, and a light sprinkle of poultry seasoning.

Cook

Place turkey breast on the trivet above the liquid. Seal lid, set to High Pressure for 6 minutes per pound (about 30–40 minutes depending on size).

Release

Let pressure release naturally for 10–15 minutes, then quick release the rest.

Optional Browning

For crispier skin, brush with melted butter and place under the broiler for 4–5 minutes until golden.

Finish Sauce

Stir the remaining cranberry sauce into the hot liquid in the pot. Simmer on sauté for a few minutes until slightly thickened—it makes a beautiful sweet-savory sauce to spoon over the turkey.





**Here for the meal.
And the mess.**

Pick up everything on your list.



Use cleaning products as directed.

 **hen house.**
your market



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Fantasma
Berkshire
PREMIUM HERITAGE PORK
A HEN HOUSE MARKET EXCLUSIVE



FANTASMA /BERKSHIRE CHOPS

Local, *pastured* Berkshire pork never inside on concrete and raised with no antibiotics. Try our pork once and see for yourself why our farmers raise and we process some of the best pork in the country!

PARADISE LOCKER MEATS

Located in Trimble, MO.



From Our Family To Yours The Story Behind Paradise Locker Meats

At Hen House Market, we believe in supporting local farms, families, and food traditions that have stood the test of time — and few stories embody that better than Paradise Locker Meats.

The Fantasma name, now five generations strong, began with a humble and heartfelt origin. Attilio Fantasma, was found on the doorstep of an orphanage — with no past to trace, the nuns gave him the name Fantasma, meaning “ghost.” From those uncertain beginnings, a family legacy rooted in resilience, integrity, and hard work began.

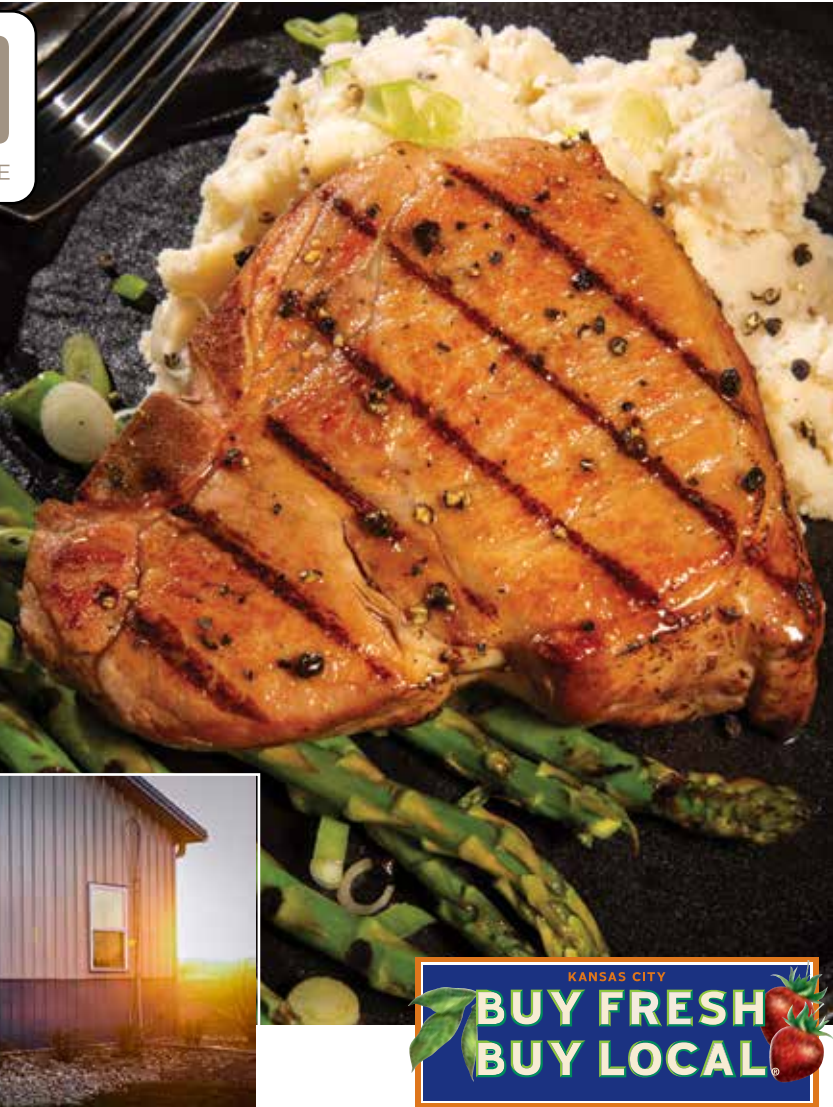
That spirit lives on in Mario and Teresa Fantasma, who in 1995 took over the historic Paradise Meat Locker, originally founded in 1946 in Paradise, Missouri. What started as a small-town meat locker serving local farmers and hunters has grown into a trusted, community-focused business

known across the region for its high standards, quality meats, and family-first values.

After a devastating fire in 2002, Mario and Teresa didn’t give up. Instead, they built something even stronger — reopening in Trimble, Missouri in 2003 as Paradise Locker Meats. Today, they employ over 50 people and process more than 300 locally raised animals every week, all while continuing to support sustainable farming and ethical meat production.

At Hen House, we’re proud to partner with Paradise Locker Meats — not just because of the incredible quality of their products, but because we share the same mission: to bring you the best from local families who care.

From our family to yours — thank you for supporting local.




PREP
10 MIN.


BAKE
30 MIN.

Wild Rice Dressing

WITH APPLES AND SAUSAGE


TEMP
375° F


SERVES
4



BARI

GIRLS

MAKE IT COUNT!

WHAT YOU'LL NEED

1 cup Wild Rice
3 cups Water
1 ½ teaspoons Kosher Salt
2 tbsp Unsalted Butter
1 medium Red Onion, chopped
1 Pink Lady or Fiji Apple, cored and diced
2 ribs Celery, chopped
2 Cloves Garlic, chopped
Pinch Ground Nutmeg
1 pound Turkey sausage or Italian sausage (casings removed)
½ cup Sunflower Seeds
½ cup dried Cranberries
3 tbsp Hen House Market Italian Seasoning

PREPARATION

Combine wild rice, water and ½ teaspoon of salt in a medium saucepan and bring to a boil. Reduce heat to low, cover and simmer until rice is tender, about 30 minutes. Drain and set aside.

Preheat oven to 325 degrees.

Melt butter in a large saute pan over medium high heat. Add onion, apple, celery, garlic, nutmeg, remaining 1 teaspoon salt and pepper, to taste. Cook until the vegetables soften, for about 7-9 minutes. Stir in the sausage, break it up with a wooden spoon and cook until it loses its rosy color, but not so much that it’s dry. Stir the cooked wild rice, sunflower seeds, and cranberries into the vegetable mixture. Transfer the mixture to a baking dish, cover with aluminum foil, and bake until heated thoroughly, approximately 25-30 minutes.

SCAN FOR VIDEO



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PREP 5 MIN.

BOIL 3-4 MIN.

CHILL 1 HOUR

SERVES 8

I do hope you enjoy my Hen House Market Recipe, so easy to prepare and absolutely delicious! Now don't be shy, there's no reason you can't add your favorite local vodka to the recipe!

WHAT YOU'LL NEED

- 1 lb. Hen House shrimp, peeled and deveined
- 2 cups tomato juice
- 1 teaspoon tabasco
- ½ teaspoon celery seed
- Old Bay Seasoning, to taste & rim glasses
- 2 teaspoons horseradish
- 1 tablespoon worcestershire
- 1 lime

PREPARATION

In a large glass pitcher, add tomato juice Tabasco, celery seed Old Bay to taste and horseradish. Squeeze in juice of one lime. Mix thoroughly. Refrigerate covered until ready to use.

To a large pot of boiling water, add shrimp and let cook 3 to 4 minutes. Remove, let cool and refrigerate until ready to use.

Dust shrimp with Old Bay & rim shot glasses with it also. Place shrimp on a skewer and place on a platter. Garnish with lime slices.

Set shooters out on a tray for appetizers and make a “build your own” Bloody Mary Shooter bar.

New Year's Bloody Mary Shrimp Shooters

FEATURING HEN HOUSE PEELED & DEVEINED SHRIMP

SCAN FOR VIDEO



Baked Pears with Cranberries, Honey and Pumpkin Seeds



PREP
10 MIN.



BAKE
25-30 MIN.

FEATURING
BOSC OR BARTLETT PEARS



TEMP
375° F



SERVES
8

WHAT YOU'LL NEED

- 4 Bosc or Bartlett Pears
- 1 cup of Dried Cranberries
- 4 tbs Pumpkin Seeds
- ¼ tsp Ground Cinnamon
- ¼ tsp Ground Nutmeg
- 4 tsp raw Honey
- Greek Yogurt, if desired

PREPARATION

Preheat oven to 375 degrees. Halve the pears and core by using a cookie scoop or tablespoon. Slice a small part off the backside of each half to create a flat surface so the pear will sit flat when placed on the cooking pan.

Place the pear halves on a large cooking pan, cored side up. Place 3-4 cranberries into the cored part of each pear half. Sprinkle each pear half with about ½ tbsp of the pumpkin seeds and then sprinkle each pear half with the cinnamon and nutmeg. Drizzle each pear half with ½ tsp of honey (to make it easy, place the honey in a ½ tsp spoon and then drizzle on each half).

Bake at 375 for 25-30 minutes or until the pears are tender. Serve with yogurt dollop, if desired.

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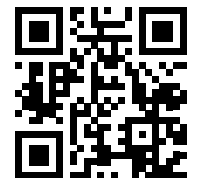
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