



E-Mail News from the Iron Horse Inn

MAY 10, 2010

VOLUME 1, NUMBER 3

April is "I am glad it is Spring" Month - a special event each week!

May Is "Mother's" Month

Spring has quickly turned to summer and our local farmer's are already brining their harvest to us. Case in point. Last Saturday night at 7:30 David told Denise that we'd have to tell folks that the Veal Oscar was finished for the evening. Thinking that we ran out of veal she asked the obvious question "why" to which David replied "it isn't the veal we ran out of asparagus"! Telling the staff to stall she headed out Route 896 South to the Esh farm and asked Jonas whether he had any asparagus left to which he replied "no but...". Out to the field they strolled and cut 3 pounds! Rushing back the asparagus was cleaned, sautéed and served by 7:55 - it doesn't get any fresher than that! Spinach is in as is (are?) spring onions and radishes. Excellent!

Also we'd like to thank everyone who stopped by our booth at the Central Pa. Food Bank show in April as well as those who came out for our special night supporting the local Noah's Rainbow preschool here in town!

May also gives us a couple of special events. **Sunday the 9th** we will be serving up our special Mother's Day menu including:

- Mozzarella S'mores - We begin with garlic, herb flatbread; top it with oven-dried tomatoes and fresh mozzarella, and finished with a basil oil and balsamic reduction
- PRIME RIB of BEEF - Our Certified Angus Beef Rib is rubbed down with sea salt and other seasonings and then slow roaster over dry heat. Served with our starch of the day and fresh vegetable medley from our nearby farmer friends
- VEAL NAPOLEON - Sautéed Veal mounded with grilled, fresh asparagus, roma tomatoes and fresh mozzarella finished with a balsamic demi-glace and served with our starch of the day
- YELLOWFIN TUNA - A six-ounce filet of 'ahi' marinated and grilled to your likeness then topped with a tropical fruit salsa and served with Asian Slaw and wild rice
- SMOKED CHICKEN PENNE - Smoked chicken breast tossed with roma tomatoes, broccoli, scallions and mushrooms served over penne pasta and topped with a garlic chardonnay sauce

And on **Sunday the 23rd** come out for the Historic Preservation Trust of Lancaster County's 26th Annual GOURMET GALA from 4:00 - 7:00 pm. This year's event will be held at the Historic Southern Market Center /100 South Queen Street, Lancaster. Tickets cost \$65 for Trust members and \$75 for non-members and are available by calling the Trust at 291.5861. Come out and enjoy Gourmet Food & Beverages from 30 local and regional vendors including us of course, music by The Matthew Monticchio Trio and the ever-popular Silent Auction.

Facebook we are here!

We are on Facebook

As we continue our learning about this whole social networking world we continue to develop our Facebook page. Visit us at [Facebook.com](https://www.facebook.com) and type 'The Iron Horse Inn' in your search window. Add yourself as a Fan, check out upcoming events and news, share comments – positive of course, and share us with your friends. We'd love to hear from you. And if you have any suggestions on how we should be using this blasted thing please let us know as well! And one additional request – www.tripadvisor.com has become the preeminent traveler website for 3rd party reviews of attractions, accommodations and restaurants. If you get a chance check our listing out there and leave some comments for us – we'd certainly appreciate your support!

Employee News



In mid-April we welcomed David Noll to our kitchen staff as our new Head Chef. David has been around the Lancaster County cooking scene for many years having spent time at The Conestoga Country Club and was a member of the culinary team that opened up The Brickyard in downtown Lancaster. David's impact has already been seen we some tremendous pasta dishes as well as a stuffed flounder this evening that looked out of this world! David along with Buddy, Ben and the rest of the kitchen gang look forward to bringing you new and exciting dishes!

Mother's Day and Memorial Day. With Cinco de Mayo thrown in for good measure!

Upcoming Events

We are also pleased to announce other exciting events in the coming months.

- May 5th – Cinco de Mayo Day so we will be mixing up the normal Wednesday night menu with both food and drink specials from south of the Rio Grande.
- May 9th – Mother's Day so let's not forget all of those mothers out there. Space fills up FAST so call now for your reservations!
- May 23rd – Historic Preservation Trust's Gourmet Gala
- May 28th to 31st – Memorial Day Weekend so we will have special menu items to celebrate the approach of summer. Check the website (www.ironhorsepa.com) for features!

Did you know?

We offer over 30 bottled beers from around the world. Some new entries included:

- Tröegs JavaHead - based off of their original 2005 oatmeal stout. After the boil the hot wort passes through the hopback vessel packed full of whole leaf hops and a bed of coffee beans - akin to a French press - intensifying the coffee nose and releasing hints of coffee flavor. The result is a lush oatmeal mouth feel balanced with cocoa, roast and subtle coffee flavors.
- Brewed in nearby Conestoga we have Seven Gates Pale Ale - The story of the Seven Gates comes from rural Pennsylvania, not far from the Spring House Brewery. According to the legend, a mental asylum for the criminally insane stood in the middle of a dense forest. Surrounding the asylum were seven concentric gates, preventing would-be escapees. One terrifying night, the asylum caught fire causing the inmates to flee into the menacing forest.

As the tale goes, the former asylum residents were trapped by the seven gates, and eventually succumbed to the perils of the forest. The locals swear that the tormented souls of the inmates will torture anyone brave enough to attempt passage through the Seven Gates of the forest. Spring House Brewing Co. honors the local legend by producing a terrifyingly delicious brew that is as familiar as a friendly forest, yet possesses a mysterious quality that will haunt you from the first taste. The enormous, hopped flavor and the meticulous craftsmanship that goes into each bottle will have you believing that the master brewer must be a direct descendent of the former asylum residents.

And our bottles are complimented with 6 drafts of the owner's choice including Tröegs seasonal Sunshine Pils.

Today's Truth:

Keeping with tradition here is (are?) this month's "Truth".

- During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C content that miners traded gold for potatoes.
- Pine, spruce, or other evergreen wood should never be used in barbecues. These woods, when burning or smoking, can add harmful tar and resins to the food. Only hardwoods should be used for smoking and grilling, such as oak, pecan, hickory, maple, cherry, alder, apple, or mesquite, depending on the type of meat being cooked.
- Rice is the staple food of more than one-half of the world's population.
- Saffron, made from the dried stamens of cultivated crocus flowers, is the most expensive cooking spice.
- The color of a chilli is no indication of its spiciness, but size usually is - the smaller the pepper, the hotter it is.
- The difference between apple juice and apple cider is that the juice is pasteurized and the cider is not.
- The fungus called truffles are sniffed out from the ground by female pigs, which detect a compound that is in the saliva of male pigs as well. The same chemical is found in the sweat of human males. One variety, Tuber melanosporum, can cost between \$800 and \$1,500 a pound.
- When honey is swallowed, it enters the blood stream within a period of 20 minutes.
- When Swiss cheese ferments, a bacterial action generates gas. As the gas is liberated, it bubbles through the cheese leaving holes. Cheese-makers call them "eyes."

WE CAN'T GUARANTEE THE ACCURACY OF ANY OF THIS INFORMATION BUT SINCE WE FOUND IT ON THE INTERNET IT MUST BE TRUE.

If you wish to unsubscribe from our newsletter please respond to our email with the words **Unsubscribe**. Feel free to pass this note along to friends.

The Iron Horse Inn

135 E. Main St.

Strasburg, PA

Phone 717-687-6362

Fax 717-687-8366

**Email –
ironhorseinn@yahoo.
com**

We're on the Web!

<http://www.ironhorsepa.com/>