

# WISE TRADITIONS CONFERENCE 2023 MENUS

## Thursday Chapter Leader Lunch Buffet

Rack of Lamb with Merlot-Cherry Glaze Reduction  
Creamy Asparagus-Mushroom Risotto  
Roasted Beet-Sweet-Potato-Apples atop a Bed of Arugula Drizzled with  
Lemon-Honey Vinaigrette topped with Goat Cheese  
Local Artisanal Sourdough Bread with Creamy Grassfed Raw Butter  
Local Ferments  
Crème Brûlée  
Local Kombucha

## Thursday Dinner Buffet – Raw Milk Celebration

**White Oak Pastures** Brined-Herb Roasted Chicken Thighs & Legs with Lemon-Garlic Sauce  
Roasted Root Vegetable Medley in Lard or Ghee  
Bibb Lettuce & **P.A. Bowen Farmstead** Blue Cheese Dressing with Toasted Walnuts & Dried Cranberries  
Local Artisanal Cheese Platter & Charcuterie  
Local Artisanal Sourdough Bread with Creamy Grassfed Raw Butter  
Pâté de Champaign  
Classic Deviled Eggs  
Savory Bone Broth  
Sally's Ruby Kraut  
Petit Fours: Carob-Coconut Bliss Balls, Carob Dipped Pineapple, Carob Chip Cookie, etc.  
Raw Milk, Local Kombucha, Cash Bar

## Friday Lunch Buffet

**Force of Nature** Beef Organ/Ground Beef Chili with Red Kidney Beans & Vegetables  
**Miller's Organic Farm** Sour Cream, Grated Cheddar  
Salsa Tortilla Chips Fried in **White Oak Pastures** Lard  
Wild Field Green Salad, Cherry Tomatoes, Cucumbers, Red Onions, Classic Balsamic  
Pico de Gallo  
Curtido  
Coconut-Honey Blondie Bars with Fresh Vanilla Whipped Cream  
Local Kombucha

## Friday Dinner Buffet

**Simply Grassfed** BBQ Pulled Pork – Kansas City BBQ Sauce on Side  
Baked Beans  
Cilantro-Lime Cabbage-Carrot Red Pepper Slaw Tossed with Sesame Seeds  
Sprouted Cornbread with Grassfed Butter  
Local Ferments  
Sprouted Rice Pudding topped with Cinnamon & Fresh Mango  
Iced Hibiscus Tea

## **Saturday Lunch Buffet**

Micro Greens Drizzled with Creamy Herbed Dressing, Topped with  
Toasted Walnuts & Goat Cheese

**White Oak** Rich Pastured Chicken & Vegetable Soup

**Force of Nature** Wild Boar Sausages with Roasted Onions & Bell Peppers

**Au Contraire** Rustic Sourdough Bread, **Miller's Biodiversity Farm** Raw Butter & **Simply Ghee's** Ghee  
Local Ferments

Conference Classic Creamy Cheesecake with **Pleasant Pasture** Cream Cheese

**Gardens of Grace** Dates & Almond Crust Drizzled with Raspberry Berry Coulis

Local Kombucha

## **Saturday Dinner Banquet**

Smoked Salmon with Cucumber & Caper Crème Fraiche

Kansas City Style Smoked Beef Ribs with Red Wine Demi-Glace

Creamy Garlicky Mashed Potatoes

Grilled Asparagus Drizzled with Hollandaise Sauce

Sourdough Brioche with Grassfed Raw Butter & **Simply Ghee's** Ghee

Local Ferments

**Garden of Grace** Fruit Compote Crumble drizzled in Grand Marnier Sauce & topped with Chantilly Creme

Cash Bar

## **Sunday Brunch Buffet**

**Simply Grassfed** Fresh Sliced Ham

Roasted Bell Pepper-Vegetable-Cheese Frittata

Garlicky Roasted Potatoes in Lard

Bourbon Maple Pecan Bread Pudding – Gluten Free

**Fields of Athenry Farm** Chicken Liver Pâté

**Mary Gone Crackers** Gluten-Free Crackers

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses & Mountain Swiss Cheese

Cherry-Mint Chutney with Crispy Almonds

Sunday Tea

Menu subject to change without notice.