



Your Outdoor Experience in the Heart of the Ozarks & Mark Twain National Forest

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**JUNE 2014 NEWSLETTER**

HC 64 Box 6015  
West Plains, MO 65775

## Greetings from Flying R Ranch

Welcome!

It is exciting times here on the ranch, the lodge expansion is coming right along! The dining hall is now twice as big with double the seating room, a bank of windows along the front, a cozy fireplace to gather around, new stage, a balcony lounge area and additional Bunkhouse rooms.

Also, a new stall barn is up and ready by the back RV sites. Come check out all of the new and wonderful changes that will make your stay even more wonderful than before.

We hope to see you soon!

*Terry & Pam Carroll*

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*Gourmet Meal Packages  
Open Year Round  
Miles and Miles of Trails*



**Riding at the Flying R Ranch is always open riding, even on event weekends.  
OPEN 365 DAYS A YEAR!**



# MEMORIAL DAY WEEKEND

Flying R welcomed the summer season with lots of good friends, good food and good times!





# Horseback Riding in Missouri-Facebook Page

<https://www.facebook.com/groups/436775389775135/>

Cathy Bennett originally started this group to rally support for a horseback trail at Robertsville State Park. But now it has become just a place for folks to pass on info about trails they have been to and share experiences. The page focuses on riding in Missouri.

One of the fun things this group does is place hidden gnomes on trails and encourages other riders to find them and take them to their next riding destination.

Cathy and her friends placed a gnome here at the Flying R on Memorial Weekend. Come and find the little guy and post it on their Facebook page, and ours too! Make sure to leave a clue when you have hidden him on a different trail.

Here is the picture of the gnome that is visiting our ranch right now. Come on out and try to find him!



~the Monthly HOOT~

*Q: Why did the bowlegged cowboy get fired?  
A: Because he couldnt keep his calves together!*

# UPCOMING EVENTS



## Information for everyone:

**Riding at the Flying R Ranch is always open riding, even on event weekends.**

When we have event weekends the participation is voluntary, our trails are always open to everyone wanting to ride.

None of our rides are “organized”, you may join in the activities or ride with a group or on your own.

Come and see us, you’ll be glad you did!

## NATRC Competitive Trail Ride

All trails are open to everyone all weekend. Cool off in the afternoon by floating the beautiful North Fork of the White River that runs through the ranch, in one of our canoes or kayaks. Kick back and let us do the cooking for you with our convenient gourmet meal packages. NATRC will be competing Saturday and Sunday of this weekend. The North American Trail Ride Conference for Region 6 will be held at the Flying R Ranch for the third consecutive year. Competitive Trail Riding is a sport that partners horse and rider as a team. Competitors find that the sport is not only fun for the rider, but for the horse as well. A typical ride is between 30 and 60 miles, depending on the division in which you choose to ride, and the mileage is spread out over a 2 day time period. Please see the NATRC website for more information: [www.natrcregion6.org](http://www.natrcregion6.org).

June

13, 14 & 15

July

3, 4 & 5

## 4th of July Independence Celebration

Celebrate Independence Day at Flying R Ranch! Hidden Flag Trail Ride on Saturday, explore the trails to find hidden flags and win prizes. Take a cool relaxing float on the crystal clear water of the North Fork of the White River. Fun for the whole family will include concessions, petting zoo, hay rides, facepainting, one of the largest firework displays in the area, music, dancing and much more. Win prizes for the best 4th of July campsite decoration.

***DON'T FORGET TO RESERVE YOUR CANOES AND KAYAKS  
FOR A FLOAT ON THE NORTH FORK***

For a complete list of our Calendar of Events go to: **Flying R Ranch 2014 Calendar of Events**

# CHIEF CHRIS'

## Recipe of the Month

### CHICKEN CORDON BLEU WITH RED PEPPER LEMON SAUCE



#### Ingredients

4-6 6oz chicken breast (trimmed)	4-6 slices of your favorite Swiss cheese
1 can of roasted red peppers	1 T fresh minced garlic
2 fresh lemons	2 T dry or cooking Sherry
1T chicken base	1 stick of butter
flour for a roux and dredge	½ cup olive oil
1 box of Japanese bread crumbs(panko)	3 eggs
4-6 slices of ham(not to thin 1/8" is best)	salt and pepper

#### Directions

Start by generously seasoning the breasts with salt and pepper and set aside.

Take 1 ½ cups of flour and add 4 T cornstarch, ½ t salt, ½ t pepper and mix together thoroughly and put in a shallow square or round 9" baking dish. Take each breast and dredge them in the flour mixture and set in a single layer on a large plate or sheet pan. Then take your flour mixture and add 1 ½ cups of the breadcrumbs and mix together thoroughly in a separate bowl whisk your eggs with 1T water

and set beside your breadcrumb and flour mixture. Take a large skillet and add the olive oil and ½ of the butter then turn on to medium heat. When the butter is melted start breading your chicken first in the egg wash and then in the breadcrumb mixture coating and then placing in the skillet. (I like to keep one hand for the egg wash and one hand for the breadcrumb mix that way your hands don't become completely caked with wet goop) when all the breast are in the skillet wash off your hands and get ready to flip the chicken. Your looking for a light golden brown on both sides. You are not fully cooking the chicken at this point. Remove from the skillet to a baking sheet and place a slice of ham and a slice of Swiss over each breast. Place in the oven at 350 for about 7-8 minutes until the cheese has melted.

For the sauce:

In the same skillet that you fried the chicken stir in your garlic and the rest of the butter. After the butter has melted add 1/2 cup of the flour and breadcrumb dredge. Cook over low to medium heat for about a minute stirring frequently. Take your chicken base and add to ¾ cup of warm water and stir until it has dissolved completely then add it to the roux you just made in the skillet. Drain the can of roasted red peppers, place the peppers in a food processor and puree until smooth then add that to the skillet and stir it in. Finally add the sherry and the juice from one of the lemons and cook until the sauce has simmered for about 8 minutes. Place you chicken breast over rice or pasta and then pour a generous amount of your sauce over the breast. Garnish with a slice of lemon and some chopped flat leaf parsley. Enjoy

*When you come to the end of your rope, tie a knot and hold on. . .  
Anonymous Cowboy*

## **Flying R Testimonials**

Let other campers know what you think about us here at Flying R Ranch. Go to [www.horsetraildirectory.com](http://www.horsetraildirectory.com) and submit a review. Click on Missouri and scroll down to West Plains-Flying R Ranch then click on Submit Review. If you haven't had a chance to visit us yet, this great website will give you good information from people who have stayed with us. You can also send reviews straight to us at [info@flying-r-ranch.com](mailto:info@flying-r-ranch.com) and on our Facebook page.

*We look forward to seeing old friends and welcoming new friends  
in the upcoming season.  
Don't forget we are open year round.*

*We just got back from Flying R this past Easter weekend. This was the first time we'd been there. This will go down as one of my all-time favorite horseback riding destinations of all time. There's absolutely something for everyone. Over the river and through the woods into beautiful meadows we go . . . The trails are awesome - truly. The customer service is outstanding. The two Terry's, their wives, Chris and Mona, the guys that made sure we had hay, water and shavings . . . everyone was so accommodating and wanted to be sure we had a great time. Mission accomplished I would say. We all agreed that the Flying R would be an annual destination for us girls and our ponies!*

*Michelle Cornelison*

*The best horse camp! Great trails and the obstacle course is SO much fun!!*

*Mary Hosford*

Reservations for camping and trail riding are available year round.

Call or check our website for more information on upcoming rides and clinics.

To unsubscribe to this newsletter please reply to [info@flying-r-ranch.com](mailto:info@flying-r-ranch.com).  
and request your email address be removed from our files. Thank you.

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