

## **\*Italian Meatballs**

4 slices white, crust less artisan bread,  
processed into ½-inch pieces  
milk  
2 eggs, beaten  
2 pounds ground beef  
½ pound sweet Italian sausage  
12 tablespoons Parmesan cheese

4 tablespoons parsley  
4 teaspoons garlic  
2 tablespoons olive oil  
2 teaspoons grated lemon peel, about 3  
lemons  
½ teaspoon allspice  
1 teaspoon salt  
pepper

Soak bread in milk. Squeeze dry and discard milk. Finely chop with food processor: parsley and garlic. Combine all ingredients; kneed and form meatballs. Cover with plastic wrap and chill at least 1 hour. Sauté over low heat until browned, stirring constantly. Or, spray meatballs with olive oil and bake 450-degrees for 10 minutes or until 160-degrees. If desired, broil for 2 to 3 minutes to brown.

To Freeze: Form into balls 8 ¼ ounces each (7 meatballs). Wrap in plastic wrap and freeze.

## Swiss Steak

Serves 5

2 pounds round steak  
1 large onion, thinly sliced, sautéed  
flour, salt, pepper  
olive oil  
1 can beef broth

¼ cup red wine  
ketchup to taste  
grated horseradish to taste  
garnish: chopped green onion

Cut meat into 3"x5" pieces, removing all fat. Lightly salt and pepper. Dredge in flour and pound with edge of saucer. Brown in oil in large pot; remove meat from pot.

Bring to boil ¾ cup broth, soy sauce and wine. Mix 2tablespoons flour with ¼ cup remaining broth. Whisk flour mixture into broth until makes thin gravy. Simmer, covered, 1 ½ hours. Add additional broth if gravy is too thick. Add ketchup and/or

grated horseradish to taste. Garnish with green onion . Serve with mashed potatoes and fresh carrots.

## Sukiyaki Bundles

Serves 2, makes 4 rolls

1/3 cup soy sauce

1/4 cup mirin

1/4 teaspoon powdered ginger

8 to 10 ounces good quality, thinly sliced steak, trimmed, cut into 3"x5" strips

whole green beans, parboiled 3 minutes

carrots, cut into 3" sticks, parboiled two minutes

3 whole green onions, parboiled 1 minute

Optional: firm tofu, cellophane noodles

Marinate meat in soy sauce, sugar and ginger for 2 hours. Trim vegetables about 4-inches long. Wrap meat around bundles of beans and carrots. Brush with butter. Barbecue or broil 4 to 5 minutes.

Optional: firm, thin, tofu sticks 4-inches long; cellophane noodles. Wrap tofu and noodles with vegetable bundles.

## Hash

Serves 4

2 pounds pot roast (If using corned beef, rinse well to get rid of excess salt, remove excess fat; dry)

olive oil

1 carrot, 1 celery, 1 small onion; coarsely chopped

herbs such as bay leaf, oregano, thyme

1 whole clove garlic

1 can beef broth

pre-cooked, spicy shredded potatoes, coarsely chopped, cooked according to directions

¼ cup onion, chopped by hand (1/2 red and 1/2 green pepper, chopped by hand: especially good with corned beef) optional

olive oil

cream or gravy to moisten

ketchup to taste

Parmesan cheese

Pot Roast: Flour roast. Heat olive oil in heavy pot and brown roast all over. Be careful not to burn. Remove roast from pot and sauté vegetables briefly. Return

roast to pot with herbs. Add beef broth, cover and bring to boil over stove. Remove to 300-degree oven and cook until fork tender, about 3 to 4 hours.

Gravy: Strain liquid disposing of herbs. Degrease if necessary. Blend vegetables and liquid in blender to make thick gravy. Thicken with cornstarch whisked in a little beef broth, if necessary. Season to taste.

No Gravy: Coarsely chop carrot, green/red pepper, zucchini, onion, mushrooms and large garlic clove. Baste in olive oil; very lightly salt. Bake 400-degrees for 30-45 minutes, or until edges of vegetables are brown. Puree with beef broth and heavy cream.

Hash: Chop meat if very tender; otherwise grind. In a large sauté pan, sauté onion and peppers until soft; mix in meat and potatoes. Add enough gravy until mixture just holds together; add ketchup to taste. Spray casserole dish with Pam. Pile mixture lightly into dish. Top with Parmesan cheese.

Bake 350, uncovered, for 30 minutes. Serve with ketchup.

## Steak Tartare

Serves 2

1/3 cup onions, finely chopped	1 dash hot pepper sauce
2 tablespoons parsley, chopped	1 pound freshly ground sirloin
1 tablespoon green onion, chopped	1 egg
1 tablespoon capers	
2 teaspoons Dijon mustard	1/4 cup lemon juice
1+ teaspoon horseradish	1/2 teaspoon grated lemon peel
1 small garlic clove, mashed	salt and black pepper
1 teaspoon Worcestershire	lettuce leaves
1 anchovy fillet, finely chopped	soft rye bread

Combine first 10 ingredients. Mix well and transfer to small bowl. Place meat in large bowl; add egg and mix well. Add lemon juice and peel. Combine first mixture with meat. Season with salt and pepper to taste.

Serve meat lightly mounded on lettuce with slices of rye bread.

## **Beef/Shrimp Fondue/Tempura**

1 pound shrimp, cleaned and shelled

1 pound steak, cubed

mushrooms

zucchini

string beans

carrots

broccoli

sweet potato

Sauces

mustard, Spice Island

sweet and sour

chutney

barbecue, Trader Vics

Sauce Robert

Tempura Batter

1 egg yolk

1/8 teaspoon baking soda

2 cups ice water

1 2/3 cup flour

Meat, shrimp and vegetables should be dry and at room temp.

For tempura: Combine yolk, water and soda. Sift in flour and mix well. Use immediately. Dip food into batter; briefly drain and fry. Best with shrimp.

## Hungarian Goulash

Serves 6

2 pounds lean beef stew meat, cut  
into 1" cubes

1 large onion, sliced

1 garlic clove, mashed

½ cup catsup

2 tablespoons Worcestershire sauce

1 tablespoon brown sugar

2 teaspoons salt

1 teaspoon paprika

½ teaspoon dry mustard

1 cup water

¼ cup flour and water mixture

1 package frozen peas and carrots,  
cooked

cooked wide noodles

Sauté meat. Sauté onions. Combine other 8 ingredients with meat and onions in large pot. Cover and simmer 1 1/2 hours

Just before serving, add peas and carrots. Thicken with flour/water mixture.

Serve with noodles.

## Mother's Meatloaf

1 ¾ pounds ground round  
¼ pound ground pork or Italian pork sausage  
½ cup seasoned breadcrumbs  
1 tablespoon dried onion flakes  
¼ cup applesauce  
1 egg, beaten  
1 teaspoon salt  
1 tablespoon fresh thyme leaves  
chili sauce

Mix all ingredients except chili sauce. Shape into loaf. Spread with chili sauce. Bake 350 for 1 hour. Remove from oven for 5 minutes before serving. Serve with additional chili sauce.

## **\*Diana's Chili**

### Step 1:

2 pounds lean chili ground meat  
2 medium chopped onions  
2 green peppers, chopped  
2 large garlic cloves mashed

### Step 2:

2 - 1 pound cans kidney beans,  
drained  
8 ounce s tomato sauce  
1 large can S&W peeled and chopped  
tomatoes  
2 tablespoon masa  
3 large hot dried chilies (omit red  
peppers and Tabasco below) or 4  
tablespoon chili powder

1 ½ teaspoons paprika

1 can beef broth

1 tablespoon cumin

1 teaspoon oregano

5 small dried red peppers or 8 shakes

Tabasco

1 - 4 ounce can chopped green chilies

### Step 3:

1 teaspoon cider vinegar per bowl

cheddar cheese, shredded

green bell pepper and onion, diced

corn tortillas, hot and buttered

Blend beef broth and chili peppers. Bring to boil; set aside.

Sauté Step 1 ingredients in batches, lightly salted and peppered; (drain meat if fatty) spoon into large soup pot. Add spices to warm chili water, blend in blender; add to pot. Add the remaining Step 2 ingredients to pot. Cover and simmer 30 minutes stirring every 10 minutes. Adjust seasonings. Spoon into bowls.

Step 3: For each bowl, stir in one teaspoon cider vinegar. Top each bowl with one tablespoon shredded cheddar. Microwave 30 seconds to melt cheese. Top bowl with chopped onion and bell pepper.

Serve with warm, buttered tortillas.

Freezes well.

## Tamale Pie with Polenta

Serves 4-6

*Oregonian*

3 cups chicken broth

1 cup polenta (corn grits)

½ teaspoon salt

¾ cup shredded pepper jack (divided)

¾ cup shredded sharp cheddar  
(divided)

4 tablespoons chopped cilantro  
(divided)

3 cups chili, drained

Garnish: salsa and sour cream

Bring chicken broth and salt to a boil in a large, non-stick, stock pot; slowly whisk in polenta. Turn down heat to medium- low and continuously stir until polenta becomes very thick, about 5 to 10 minutes. Add additional salt if necessary. Stir in half of the pepper jack and cheddar and 3 tablespoons cilantro.

Spray an 8-inch pie dish with Pam. Spread out half the polenta. Spread the chili over the polenta and top with the remaining polenta and the remaining

cheeses. Bake in preheated 375-degree oven for 20 to 25 minutes or until cheese is melted and edges are bubbly. Serve with sour cream and salsa.

## Tamale Pie with Cornbread Topping

Serves 5-6

½ recipe of Diana's Chili, drained  
3 ounces sharp cheddar cheese,  
shredded  
4 tablespoons cilantro, chopped

### Cornbread Topping:

¾ cup flour  
¾ cup yellow cornmeal

2 tablespoons sugar  
¾ teaspoon baking powder  
¾ teaspoon baking soda  
¼ teaspoon salt  
¾ cup buttermilk  
1 large egg  
3 tablespoons butter, melted and  
cooled  
Garnish: sour cream, salsa

Mix cheese and cilantro into drained chili. Transfer to a standard 9-inch pie plate.

Cornbread Topping: Whisk flour, cornmeal, sugar, baking powder, baking soda and salt in large bowl. In a separate bowl, whisk buttermilk and egg. Stir the

buttermilk mixture into the flour mixture until uniform. Stir in butter until just combined.

Dollop cornbread batter evenly over filling and spread into an even layer. Bake at 375-degrees over cookie sheet until cornbread is cooked through in the center, 30 to 40 minutes. Serve with sour cream and salsa.

## **Veal or Chicken Scaloppini Al Marsala**

Serves 4

1 ½ to 2 pounds veal scallops or chicken, sliced 3/8" thick and pounded to 1/4 "

salt, pepper, flour

2 tablespoons butter

3 tablespoons olive oil

1/2 cup dry Marsala

1/2 cup chicken stock

2 tablespoons soft butter

Garnish: Parsley and sautéed mushrooms

Season veal lightly with salt and pepper, then dip in flour and shake off excess. Melt butter with oil over med heat. Sauté scallops 3 minutes per side. Transfer to plate.

Pour most of fat from skillet leaving thin film. Add Marsala and 1/4 cup stock and boil liquid briskly for 1-2 minutes. Scrape in browned pieces clinging to pan.

Return veal to skillet, cover pan and simmer over low heat for 10 minutes.

To serve, transfer scallops to heated platter. Add 1/4 cup stock to sauce remaining in skillet and boil briskly, scraping pan. When sauce has reduced considerably to syrupy glaze, taste for seasoning. Remove pan from heat, stir in 2 tablespoon soft butter and pour sauce over veal. Garnish with sautéed mushrooms and parsley.

Suggestions: To serve large group, you may want to make more sauce.

## Saute De Boeuf A La Parisienne

### Serves 6

1/2 pound sliced mushrooms	2/3
2 tablespoons butter	2 2/3
1 tablespoon oil	1 1/3
3 tablespoons minced shallots	4
1/4 teaspoon salt	1/3
pinch pepper	pinch
2 pounds filet of beef	2 2/3
2 tablespoons butter	2 2/3
1 tablespoon oil	1 1/3
1/4 cup Madiera	1/3
3/4 cup beef bouillon	1
1 cup whipping cream	1 1/3
2 teaspoons cornstarch	3 + 1 1/3

### Serves 8

+ 1 tablespoon cream  
salt and pepper  
2 tablespoon softened butter            3  
Garnish: whole rosemary leaves

Sauté mushrooms in butter and oil. Stir in shallots and cook 1 minute longer. Season mushrooms and set aside.

Trim meat and cut into 2x2x3/4" thick strips. Dry thoroughly. Sauté beef in batches butter and oil for 1-2 minutes per side. Set beef in dish and discard fat. Pour wine and stock into skillet and reduce to 1/3 cup. Beat in cream, then cornstarch mixture. Simmer 1 minute. Add mushrooms and simmer 1 minute longer. Taste for seasoning.

Season beef lightly with salt and pepper and return to skillet along with any juices. Baste beef with sauce and mushrooms or transfer everything to serving casserole. When ready to serve, cover skillet or casserole and heat 3-4 minutes. Remove from heat and add butter to sauce, a bit at a time, while basting meat until butter has melted. Garnish with parsley.

## **\*Diana's Beef Stew**

Serves 6

1 medium onion, sliced

1 clove garlic, pressed

olive oil

2 pounds round steak or 3 pounds chuck trimmed and cut into 1-inch cubes

3 carrots, peeled and cut into 1/2" dice

Optional: 12 crimini mushrooms, sliced and sauteed

3 medium red potatoes, unpeeled, cut into 1" cubes

1/2 cup beef broth and 1/2 cup red wine

3-4 sprigs fresh thyme

One of the following flavorings: 1/4 cup ketchup, 1 tablespoon grated horseradish or beef demi-glace to taste

2 tablespoons corn starch mixed with water or beef broth

salt and pepper

1 cup frozen peas

Sauté onion in olive oil for about 3 minutes then add garlic and continue cooking until fragrant. Transfer onion to large pot.

Lightly salt and pepper beef cubes. Sauté (in batches) in oil in same pot. Remove meat from pot and set aside. Use paper towels to absorb excess oil from pot and deglaze with ½ cup red wine. Return beef and wine to pot; add ½ cup broth, and thyme. Simmer, covered, for 1 ½ hours.

In the meantime, par boil carrots until just tender. Boil potatoes until tender yet firm, 15-20 minutes. Sauté mushrooms in butter and olive oil.

Just before serving, remove thyme stems. Add about 2 tablespoons flour to remaining canned beef broth. Whisk into paste. Whisk some of paste into hot beef mixture; bring to boil; add more broth and/or paste to thicken to desired consistency. Add one of the flavorings and salt and pepper to taste. Add carrots, peas, and potatoes and simmer until hot. Add Suggestions: serve over buttered noodles.

## **Rib Eye Steaks with Balsamic Vinegar Glaze**

Serves 2

2 ¾-inch boneless rib eye steaks or  
other tender beef steaks (about 6  
ounces each)  
3 tablespoons olive oil

1/3 cup chopped shallots  
2 teaspoons chopped fresh rosemary  
3 tablespoons balsamic vinegar

Sprinkle steaks with salt and generously amount of pepper. Barbecue steaks or: rub 1 teaspoon oil over bottom of cast iron skillet. Heat skillet over medium-high heat. Add steaks and cook about 4 minutes per side for rare. Remove from skillet and wrap with heavy foil.

Add remaining 2 teaspoons oil to same skillet. Reduce heat to medium-low. Add shallots and rosemary and cook for 2 minutes, stirring occasionally. Add vinegar and cook until reduced to glaze, stirring up browned bits, about 1 minute. Mix in juices from plate with steaks. Spoon glaze over steaks and serve



## **\*Glazed Gourmet Meatloaf with Bacon**

Serves 6-8

Cook's

### Glaze

1 cup ketchup or chili sauce  
½ cup brown sugar  
2 ½-3 tablespoons cider or white vinegar

### Meat Loaf

2 teaspoons oil  
1 medium onion, chopped medium  
2 garlic cloves, minced  
2 large Eggs  
½ teaspoon dried thyme leaves

1 teaspoon salt  
½ teaspoon ground black pepper  
2 teaspoons Dijon mustard  
2 teaspoons Worcestershire sauce  
¼ teaspoon hot red pepper sauce  
½ cup whole milk or plain yogurt  
2 pounds meat loaf mix (50% beef, 25% pork, 25% veal)  
⅔ cup crushed saltine crackers or quick oatmeal or 1-⅓ cup fresh bread crumbs  
⅓ cup minced fresh parsley  
6-8 ounces thin-sliced bacon

Glaze: Mix all ingredients in small saucepan. Set aside.

Meat Loaf: Heat oven to 350 degrees on Bake setting. Heat oil in med skillet. Add onion and garlic; sauté until softened, about minutes. Set aside to cool.

Mix eggs with thyme, salt, pepper, mustard, Worcestershire sauce, pepper sauce and milk or yogurt. Add egg mixture to meat in large bowl along with crackers, parsley, and cooked onion and garlic. Mix with fork until evenly blended and meat mixture does not stick to bowl. (If mixture sticks, add additional milk or yogurt.)

Turn meat mixture onto work surface. With wet hands, pat into loaf shape. Place on foil-lined shallow baking pan. Brush with half the glaze, then arrange bacon slices, crosswise, over loaf, overlapping slightly and tucking only bacon tip ends under loaf.

Bake loaf until bacon is crisp, about one hour. Cool at least 20 minutes. Simmer remaining glaze over medium heat until thickened slightly. Slice meat loaf and serve with extra glaze.

## Carne Asada

1 ½ pound flank steak (strip steak)

### Blend Marinade Ingredients:

1/3 cup sherry vinegar

1 tablespoon balsamic vinegar

1/3 cup oil

2 tablespoons cilantro

¼ cup onion

2 garlic cloves

1 teaspoon each: cumin, cinnamon,  
oregano

2 dried red peppers, minced (end)

2 medium onions, thinly sliced

4 bell peppers: red and green

1-2 jalapeno peppers, seeded, minced

Condiments: sour cream, salsa

flour tortillas

Thinly slice on the diagonal partially frozen steak and marinate overnight. Drain meat and pat dry. Sauté vegetables; drain and set aside. Sauté steak 1 min per side in two batches; drain. Serve with condiments and heated tortillas.

## Pan-Seared Steak with Sauce

Serves 2

Cook's

2 steaks, 1 to 1 ¼-inch thick, thoroughly dried with paper towels  
salt and pepper

Heat skillet over high heat for 3 minutes. Season steaks with salt and pepper.  
Reduce heat to medium-high. Cook about 3 minutes per side. Wrap in heavy foil.

### Red Wine Sauce

1 medium shallot, minced  
1 teaspoon brown sugar  
¼ cup dry red wine  
¼ cup chicken broth, low-salt

1 ½ teaspoons balsamic vinegar  
½ teaspoon Dijon mustard  
1 ½ tablespoons unsalted butter, cut  
into thirds  
½ teaspoon minced fresh thyme or  
rosemary  
salt and pepper

To same skillet, add shallots and sugar off heat; sauté 45 seconds. Return skillet to high, add wine and broth; Boil and scrap pan to reduce liquid to 3 tablespoons. Stir in vinegar and mustard; cook at med heat for 1 minute. Off heat, whisk in butter. Add thyme and season to taste.

### Porcini Mushroom Sauce

¼ ounce dried porcini

¼ cup hot water

1 garlic clove, minced

¼ cup sweet Marsala

¼ cup chick broth, low-salt

1 ½ tablespoons unsalted butter, cut into thirds

1 tablespoon chopped fresh rosemary salt and pepper

Cover mushrooms with hot water; cover; microwave high for 30 seconds. Let stand 5 minutes. Chop. Strain liquid with coffee filter. Reserve 3 tablespoons. To steak skillet sauté garlic off heat 15 seconds. High heat, add Marsala, broth, mushrooms, liquid. Boil and scrap; reduce liquid to ¼ cup. Off heat, whisk butter. Add rosemary and season with salt and pepper.

## Diana's Oyster Beef

Serves 2 as single main course

8 ounces fillet of beef	1 1/2 teaspoon sesame oil
peanut oil	3/4 pounds broccoli florets (1/2 meat +
1 tablespoon dry sherry	1/2 vegetables)
2 tablespoons water	1/4+ cup water
4 tablespoons oyster sauce	3/4 red bell pepper, diced
3/4 tablespoon brown sugar	2 medium scallions, sliced on
1 teaspoon cornstarch	diagonal
5 medium garlic cloves, minced	Optional: rice or ramen noodles
1 tablespoon minced ginger	sauteed with 1/2 teaspoon peanut oil

Freeze steak 50 minutes. Slice strips thinly, against the grain; cut into 2-inch pieces. Whisk sherry, chicken broth, oyster sauce, brown sugar and cornstarch in measuring cup. Combine garlic, ginger, and 1 1/2 teaspoons sesame oil.

Drain beef and pat dry on paper towels. Heat 1 ½ teaspoon peanut oil in 12-inch nonstick skillet over high heat until smoking. Add half of beef slices to skillet. Cook without stirring, about 1 minute per side, until beef is browned around edges. Transfer beef to plate. Repeat with remaining beef.

Add 1 ½ teaspoon peanut oil to non-empty skillet; heat until just smoking. Add broccoli and cook 30 seconds; add water, cover and lower heat to medium. Steam broccoli until tender-crisp, about 1 minutes; transfer to paper towel-lined plate. Add bell pepper and cook, stirring frequently, until spotty brown, about 1 ½ minutes. Clean center of skillet; add garlic and ginger to clearing and cook, mashing mixture with spoon, until fragrant, 15 to 20 seconds, then stir mixture into peppers. Return beef and broccoli to skillet and toss to combine. Whisk sauce to recombine, then add to skillet; cook, stirring constantly until sauce is thickened and evenly distributed, about 30 seconds. (Add water if sauce is too thick or salty.) Transfer to serving platter, sprinkle with scallions, and serve.

Suggestions: Serve over noodles rice or bow-tie pasta mixed with a little peanut oil.

## Folded Tamales

1 1/3 cups lard, butter or Crisco

4 cups masa harina

2 teaspoons salt

2 ½ cups warm water or regular-strength beef or chicken broth (reduce salt)

1 recipe Diana's Chili, drained

long corn husks, soaked in warm water for 2 hours or over night

sour cream

salsa

Prepare Masa Dough: In FP whip lard until fluffy. Process in masa flour, salt, and warm water until dough holds together well. Cover with damp cloth until ready to use.

Assembly: For each tamale select a long, wide, corn husk. lay husk flat on the working surface with tip away from you.

Spread 2 tablespoons masa dough on husk, in a rectangle about 5 by 4 inches. The greater dimension should be across the width of the husk. See diagram. If

husk is not wide enough, use some masa dough to paste another piece of husk onto the back of the first husk.

Spread 2 tablespoons of chili over masa dough. To enclose, fold right side over to the center of filling; then fold left side to wrap around tamale. Fold up bottom end. Then fold down the tip. (If husk is not long enough, leave tip end open.) Lay tamale fold-side down to hold it shut.

Steaming Tamales: Place a steaming rack in bottom of large Dutch oven. Add at least 1-inch of water, well below the rack. Stand tamales on rack, fold-side down; arrange them loosely so that steam can circulate freely. Cover steamer and place over medium heat to that water will boil gently.

Cooking will vary according to the number of tamales you have in steamer, usually 45 minutes to 1 hour. Tamales are done when masa dough is firm and does not stick to husk. (Can be cooled and frozen.)

Serving: Serve with salsa and sour cream.

## **Meatloaf Stuffed with Basil, Cheese, Prosciutto and Sun-dried Tomatoes**

Sharon Maasdam

- |  |  |
|--|--|
| 1 tablespoon olive oil                                 | 2 eggs, lightly beaten   |
| 1 tablespoon butter                                    | 1/3 cup minced fresh parsley                                   |
| 1 small red onion, chopped                             | 3/4 cup grated parmesan cheese                                 |
| 2 large cloves garlic, minced                          | 1/2 teaspoon dried thyme                                       |
| 8 ounces roughly chopped fresh mushrooms               | 3 ounces sliced prosciutto                                     |
| Salt and pepper to taste                               | 1/2 pound thinly sliced havarti cheese                         |
| 1 3/4 cups fresh sourdough bread crumbs, crust removed | 1 1/4 cups fresh basil, cut into thin strips                   |
| 1 1/2 pounds lean ground beef                          | 1/3 cup drained oil-packed sun-dried tomatoes, cut into strips |
| 3/4 pound sweet Italian sausage                        | Sprigs of fresh basil  |

Place oven rack in middle position and preheat oven to 350-degrees. Line jellyroll pan with parchment paper.

Heat oil and butter in large skillet. Sauté onion on medium-high until softened, about 4 minutes. Add garlic and mushrooms; cook until soft and liquid has evaporated. Season very lightly with salt and pepper; set aside to cool slightly before proceeding.

In large bowl, combine bread crumbs, cooled mushroom mixture, ground beef, sausage, eggs, parsley, cheese, thyme and a little pepper. Gently mix by hand.

Gently pat meat mixture into a 10-by-15-inch rectangle on a sheet of wax paper. With a longer end facing you, layer (within one-inch of ends) the prosciutto, cheese, fresh basil and sun-dried tomatoes on the bottom two-thirds of the meat. Grab the edge of the wax paper closest to you and roll up the loaf. Once meatloaf is rolled up, seal ends and press down slightly to seal lengthwise seam. Place seam side down on prepared jellyroll pan. (Meatloaf can be refrigerated at this point and cooked later.)

Spray meatloaf with olive oil for a crispy crust. Bake, uncovered, for 65 minutes (165-degrees). Check for doneness after 50 minutes. Remove from oven and let rest, lightly covered with foil, 10-15 minutes.

## Braised Beef Short Ribs in Crockpot

Serves 4

America's Test Kitchen

4 pounds thick short ribs, bone-in  
2 tablespoons olive oil  
2 large yellow onions, sliced ½ inch  
thick, pole to pole  
1 tablespoon tomato paste

6 medium garlic cloves, peeled  
2 cups red wine  
1 cup beef broth  
4 large carrots cut into 2-inch pieces  
4 sprigs thyme  
1 bay leaf  
½ cup cold water  
½ teaspoon unflavored gelatin

Pat beef dry and season with 2 teaspoons salt and 1 teaspoon pepper. Heat 1 tablespoon oil in large heavy-bottomed Dutch oven over medium-high heat until smoking. Brown half the beef on all sides, 4-6 minutes. Transfer beef to bowl. Repeat with second batch.

Reduce heat to medium, add onions and sauté until softened and beginning to brown, 12-15 minutes. Add 1-2 tablespoon water if vegetables begin to darken.

Add tomato paste and stir constantly until it browns, about 2 minutes. Add garlic and cook 30 seconds. Increase heat to medium-high, add wine, thyme and bay leaf. Simmer, scraping bottom with a wooden spoon; reduce by half, about 8 to 10 minutes. Add broth, carrots, beef and juices to crock pot; cover and set to high. Cook until fork tender, 4 to 6 hours.

Place water in small bowl and sprinkle gelatin; let stand at least 5 minutes. Pour meat mixture into strainer to cool somewhat, reserving the liquid. Remove and discard the vegetables, bone, cartilage and excess fat from the meat and break into smaller chunks. Pour liquid into fat separator, pressing on solids; discard solids. Allow liquid to settle about 5 minutes and strain off fat. Add cooking liquid to a pot and cook over medium heat until reduced to 1 cup, 5 to 10 minutes. Remove from heat and stir in gelatin mixture; season with salt and pepper. Pour sauce over meat and serve.

## Beef Sticks

Mario Batali's favorite childhood food

½ pound ground beef  
¼ pound ground veal  
¼ pound ground pork  
1/3 cup seasoned bread crumbs  
¼ cup minced onions, sautéed  
1 egg, beaten  
½ teaspoon oregano

salt to taste  
applesauce, tomato sauce or ketchup,  
to moistened

Rice Krispies  
ice cream sticks  
ketchup

Mix together first six ingredients. Form meatballs 1 ½-inches in diameter. Roll meatballs in Rice Krispies; insert sticks.

Bake 375-degrees Convection for 15 minutes. Serve with ketchup for dipping.

## **Corned Beef with Cabbage**

Serves 4 with leftovers for 2 sandwiches, 2 hash dinners

*Alton Brown*

3 pounds corned brisket of beef, some fat trimmed off and rinsed

large sprig fresh thyme

2 bay leaves

1 teaspoon nutmeg

1 teaspoon cinnamon

1 tablespoon coarsely ground pepper

3-4 small carrots, chopped

1 stalks celery, chopped

1/2 medium onion, chopped

2 medium Yukon potatoes, chopped

1 small cabbage, cut into wedges

horseradish sauce

Preheat oven to 325-degrees.

Trim off surface fat and rinse well. Put brisket into large, heavy pot with thyme, bay leaves, nutmeg, cinnamon, pepper, no salt and 2 quarts cold water. Bring to a boil. Cover and put in oven. In 30 minutes check to maintain a simmer. Cook 2 ½ to 3 hours, or until fork tender (at least 160-degrees). Add carrots, celery, onion and potatoes. Bring to a boil and simmer, uncovered for 10 minutes or until carrots and potatoes and just tender. Add cabbage and simmer about 5 minutes longer or until just tender. Remove bay leaves and thyme stems. Spoon some vegetables into individual bowls, cover with sliced corned beef (remove fat) and add some cooking liquid. Serve with horseradish sauce, Irish soda bread and Guinness.

## **\*Sweet and Sour Meatballs**

Serves 10

Trudi

### Meatballs:

½ onion, finely chopped  
olive oil  
1 pound lean ground beef  
1 pound ground pork or mild Italian  
sausage  
1 cup bread crumbs  
2 eggs  
2 tablespoons ketchup  
¼ cup club soda  
1 teaspoon salt (omit if using  
seasoned crumbs)  
½ teaspoon pepper

### Vegetables:

1 large sweet onion  
1 1/2 green pepper, seeded and cut  
into 2-inch square pieces  
1 1/2 red bell pepper, seeded and cut  
into 2-inch square pieces

### Sauce:

3 tablespoons cornstarch  
1 20-ounce can pineapple chunks +  
one small can  
¾ cup red wine vinegar  
¾ cup brown sugar  
3 tablespoons soy sauce  
3 teaspoons dry mustard  
(more)

5 tablespoons ketchup

9 cups hot cooked rice (about 3 cups uncooked)

Meatballs: Preheat oven to 375 degrees (convection). Line a jellyroll pan with parchment. Set aside. Sauté onion in olive oil until transparent. In a large bowl, mix onions, ground beef ground pork, bread crumbs, club soda, eggs, ketchup, salt and pepper. Shape into meatballs about 1 ½-inch round, Place in a single layer in prepared pan. Bake (with vegetables; see below) about 18-20 minutes, or until meatballs are cooked.

Vegetables: Peel onion but leave attached at root end. Cut into 8 pieces through root end, leaving onion petals attached. In a medium bowl, toss peppers and onion with olive oil. Spread peppers and onions out on a non-stick cookie sheet. Sprinkle lightly with salt. Bake at 400 degrees for 10 to 15 minutes, or until just tender crisp.

Sauce: Drain the pineapple chunks letting juice fall into a large saucepan. Whisk the cornstarch into the pineapple juice. Whisk in vinegar, brown sugar, soy sauce, dry mustard and ketchup. Bring to boil, stirring

continuously, and cook until thickened and clear. Add pineapple chunks, vegetables and meatballs. Serve over rice.

To Freeze: Spoon the meatballs and vegetables into a freezer container and pour the sauce over. Refrigerate to cool, then freeze. To serve, defrost overnight in the refrigerator. Heat gently in a large saucepan or microwave. Serve in a chafing dish, accompanied by rice.

## Grilled Stuffed Flank Steak

Serves 4 to 6

Cook's Illustrated

2 medium garlic cloves, minced  
2 tablespoons minced shallot  
2 tablespoons minced parsley  
1 teaspoon minced oregano or sage  
2 tablespoons olive oil  
1 flank steak 2 to 2 ½-pounds,  
partially frozen

4 ounces thinly sliced prosciutto  
4 ounces thinly sliced imported  
provolone  
8 to 12 skewers soaked in water for  
30 minutes  
Kosher salt and ground pepper  
Optional: wood chips soaked in water

Combine garlic, shallot, parsley, oregano and olive oil in small bowl. Butterfly (cut laterally to within ½ inch of the edge) and pound flank steak into a rough rectangle. Position steak with grain parallel to edge of counter. With open side facing up, spread herb mixture over surface of steak. Lay prosciutto evenly over steak, leaving 2-inch border along top edge. Repeat above with provolone. Starting

from bottom edge, roll beef away from you into tight log and place on cutting board seam-side down.

Starting ½ inch from end of rolled steak, evenly space 8 to 12 pieces of twine at 1-inch intervals underneath steak. Tie middle string first; then work from outermost strings toward center, tightly tie roll and turn tied steak so seam is facing you. Skewer beef directly through outermost flap of steak near seam through or directly beside each piece of string, allowing skewer to extend ½ inch on opposite side. Slice roll between pieces of twine into 1-inch thick pinwheels. Season lightly with salt and pepper.

Preheat BBQ, clean and oil rack. Insert cast iron container containing soaked wood chips below one side of the grill. Grill pinwheels until well browned, about 3 minutes. Using tongs, flip pinwheels and grill on second side, about 2 to 3 minutes. Check temperature; steaks will be done between 120 and 125 degrees. If they need more cooking time, turn BBQ to lowest setting or off.

Transfer pinwheels to large plate, tent loosely with foil and let rest 5 minutes. Remove and discard skewers and twine and serve immediately.

## Cook's Best Ever Chili

Serves 6 to 8

Cook's Illustrated

1 pound dried pinto beans, about 2 cups, rinsed and picked over  
6 dried ancho chilies, stems and seeds removed, flesh torn into 1-inch pieces  
2 dried arbol chilies (small red), stems and seeds removed  
3 tablespoons cornmeal  
2 teaspoons dried oregano  
2 teaspoons ground cumin  
2 teaspoons cocoa powder  
2 ½ cups low-sodium chicken broth

2 medium onions, chopped  
2 green bell peppers, chopped  
3 small jalapeno chilies, stems and seeds removed, minced  
3 tablespoons oil  
4 medium garlic cloves, pressed  
1 14-ounce can diced tomatoes  
2 teaspoons light molasses  
3 ½ pounds flat iron steak, trimmed and cut into ¾-inch pieces  
1 12-ounce bottle pale lager

1. Combine 3 tablespoons salt, 4 quarts water, and beans in large Dutch oven and bring to boil over high heat. Remove pot from heat, cover and let stand 1 hour. Drain and rinse well.

2. Adjust oven rack to lower-middle and preheat to 300-degreen. Toast ancho chilies in a 12-inch non-stick skillet stirring frequently, until fragrant, 4 to 6 minutes. Transfer to food processor.

3. To food processor, add arbol chilies, cornmeal, oregano, cumin, cocoa and ½ teaspoon salt. Process until finely ground, about 2 minutes. With processor running, very slowly add ½ cup broth until smooth paste forms, scraping down sides of bowl as necessary. Transfer paste to small bowl.

4. Sauté onions, bell peppers and jalapeno peppers in 1 tablespoon olive oil until softened. Add garlic and cook until fragrant. Add chili paste, tomatoes, and molasses; stir until chili paste is thoroughly combined. Add remaining 2 cups broth and drained beans; bring to boil, then reduce heat to simmer.

5. Meanwhile, pat beef dry with paper towels and sprinkle with 1 teaspoon salt. Heat 1 tablespoon oil; brown a batch of beef on all sides. Transfer to Dutch oven. Add some lager to skillet, scraping bottom to loosen any browned bits, and bring to

simmer. Transfer lager to Dutch oven. Repeat with additional oil, beef and larger. Stir the chili mixture and bring a boil.

6. Cover pot and transfer to oven. Cook until meat and beans are fully tender 1 ½ to 2 hours. Let chili stand, uncovered, 10 minutes, Stir well and season to taste with salt before serving.

## Saucy Meatloaf with Couscous

Serves 8

½ cup dry couscous	¾ teaspoon black pepper
1 cup boiling chicken broth	½ cup cilantro, finely chopped
2 teaspoon olive oil	½ pound ground pork
½ medium onion, finely chopped	1 ½ pounds ground beef
2 cloves garlic, pressed	1 egg, beaten
1 medium carrot, shredded	1 cup ketchup
4 teaspoons curry powder	2 tablespoons hot mango chutney
1 teaspoon paprika	1 tablespoon red wine vinegar
1 teaspoon salt	

Preheat oven to 350-degrees. Spray 9-by-13-inch baking dish with Pam. Pour boiling broth over couscous, cover and allow to steam for 15 minutes. Fluff with a fork and refrigerate for 10 minutes to cool.

Heat 1 teaspoon olive oil in a large non-stick skillet. Sauté onion until softened, about 8 minutes. To the center of the skillet, add the remaining 1

teaspoon olive oil, garlic, carrot, 2 teaspoons curry powder, and paprika. Stir together until fragrant, about 1 minute.

In a large bowl, gently combine couscous, onion mixture, salt, pepper, cilantro, pork, beef and egg. Stir or squish with your hands until well combined. Mound the meat mixture into the prepared baking dish and shape into a loaf. Bake on center rack of oven for 40 minutes.

Meanwhile, stir together the ketchup, chutney, remaining 2 teaspoon curry powder and vinegar in a small saucepan; bring to a simmer. Spoon the mixture over the top of the meatloaf and continue to bake for 20 minutes (165-degrees). Let the meatloaf rest for 10 minutes before slicing.

## Chicago Hot Dog

### Makes 1 serving

- 1 bun length jumbo all beef frankfurter
- 1 poppy seed bun
- 1 long squirt yellow mustard
- 2 tablespoons sweet pickle relish
- 2 tablespoons onion, chopped
- ¼ medium Roma tomatoes, seeded and chopped
- 2 pickled sport peppers
- 1 kosher pickle spear or fresh cucumber spear
- ¼ teaspoon celery salt

Bun: Wrap bun in foil with damp paper towel and bake in 300-degree oven for 15 minutes or until hot. Or, wrap bun in damp paper towel and microwave for about 10 seconds. Or grill for crispy skin.

Hot Dog: Simmer in water for 5 minutes or heat on the grill.  
Prepare hot dog in order listed above.

## Mojo Beef with Black Beans and Rice

Makes 6 servings

From *Pure Beef* by Lynne Curry

### Beef:

8 cloves garlic, minced  
3 jalapeno chilies, seeded and finely chopped  
2 tablespoons firmly packed light brown sugar  
1 ½ teaspoons ground cumin  
1 tablespoon kosher salt  
¼ cup orange juice  
¼ cup fresh lime juice  
2 tablespoons extra virgin olive oil  
1 3 ½ to 4 pound chuck roast, bone-in or boneless

½ cup lightly packed chopped fresh cilantro  
balsamic vinegar to taste

### Beans and Rice:

1 tablespoon vegetable oil  
1 medium onion, chopped  
1 ½ cups white rice  
2 ¼ cups low-sodium chicken stock or water  
1 ½ teaspoons cumin  
1 teaspoon crushed dried oregano  
½ teaspoon salt  
1 bay leaf

1 14-ounce can black beans, drained  
and rinsed

Beef: Combine garlic, jalapenos, brown sugar, cumin and salt. Add orange juice, lime juice and olive oil and whisk until blended. Put beef in a 1-gallon zip-lock bag, pour in marinade and rub into beef. Refrigerate overnight, turning once.

Preheat oven to 250-degrees. Remove meat from marinade (reserve) and dry with paper towels. Brown both sides in heavy skillet with olive oil. Transfer meat to a heavy pot; pour over marinade and cover. Bake 3 to 3 ½ hours or until meat is very tender and shreds easily. Pour liquid into a bowl and add cilantro and balsamic vinegar to taste.

Beans and Rice: Heat oil in large saucepan over medium heat. Add onion and cook until translucent, about 3 minutes. Add rice and stir to coat grains with oil. Cook, stirring occasionally, until rice is golden, about 5 minutes. Add stock, cumin, oregano, salt and bay leaf. Cover and reduce heat to low. Simmer 20 to 25 minutes. Add beans and stir to warm them over low heat. Discard bay leaf and taste for salt before serving. Serve the meat with sauce and rice and beans.

## Grilled Beef Teriyaki

Serves 2

1 strip loin NY steak, partially frozen  
3 tablespoons soy sauce  
1 tablespoons mirin  
1 tablespoons vegetable oil, plus extra grill

1 large garlic cloves, minced  
1 ½ teaspoons grated fresh ginger  
1 ½ teaspoons brown sugar  
½ teaspoon finely grated orange zest  
1 medium scallions, sliced thin on diagonal  
Optional: pineapple cubes, skewered

Slice steak into strips about ¼ to ½-inch thick. Whisk remaining ingredients, except scallions, in zip-lock bag. Place meat in bag, press out as much air as possible, and seal. Refrigerate and flip bag occasionally to ensure that meat marinates evenly. Remove meat from marinade and pat dry. Preheat and grill and oil. Grill pineapple and steak strips--brushing with marinade-- uncovered,

until well seared and dark brown about 1 ½ to 3 minutes per side. Serve over rice and garnish with green onion.

## Shepherd's Pie

Serves 4 to 6

America's Test Kitchen

Don't use ground beef that's fattier than 93 percent or the dish will be greasy.

1 ½ pounds 93 percent lean ground beef

2 tablespoons plus 2 teaspoons water

Salt (very little) and pepper

½ teaspoon baking soda

2 ½ pounds russet potatoes, peeled and cut into 1-inch chunks

4 tablespoons unsalted butter, melted

½ cup milk

1 large egg yolk

8 scallions, green parts only, sliced thin

2 teaspoons vegetable oil

1 onion, chopped

4 ounces white mushrooms, trimmed and chopped

1 tablespoon tomato paste

2 garlic cloves, minced

2 tablespoons Madeira or ruby port

2 tablespoons all-purpose flour

1 ¼ cups beef broth

(continued)

2 teaspoons Worcestershire sauce  
2 sprigs fresh thyme  
1 bay leaf  
2 carrots, peeled and chopped

ketchup  
2+ teaspoons cornstarch  
beef broth or water

**1.** Toss beef with 2 tablespoons water, 1 teaspoon salt, 1/4 teaspoon pepper, and baking soda in bowl until thoroughly combined. Set aside for 20 minutes.

**2.** Meanwhile, place potatoes in medium saucepan; add water to just cover and 1 tablespoon salt. Bring to boil over high heat. Reduce heat to medium-low and simmer until potatoes are soft and tip of paring knife inserted into potato meets no resistance, 8 to 10 minutes. Drain potatoes and return to saucepan. Return saucepan to low heat and cook, shaking pot occasionally, until any surface moisture on potatoes has evaporated, about 1 minute. Remove pan from heat and mash potatoes well. Stir in melted butter. Whisk together milk and egg yolk in small bowl, then stir into potatoes. Stir in scallion greens and season with salt and pepper to taste. Cover and set aside.

**3.** Heat oil in broiler-safe 10-inch skillet over medium heat until shimmering. Add onion, mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring occasionally, until vegetables are just starting to soften and dark bits form on bottom of skillet, 4 to 6 minutes. Stir in tomato paste and garlic; cook until bottom of skillet is dark brown, about 2 minutes. Add Madeira and cook, scraping up any browned bits, until evaporated, about 1 minute. Stir in flour and cook for 1 minute. Add broth, Worcestershire, thyme, bay leaf, and carrots; bring to boil, scraping up any browned bits. Reduce heat to medium-low, add beef in 2-inch chunks to broth, and bring to gentle simmer. Cover and cook until beef is cooked through, 10 to 12 minutes, stirring and breaking up meat chunks with 2 forks halfway through. Stir cornstarch and remaining 2 teaspoons broth or water together in bowl. Stir cornstarch mixture into filling and continue to simmer for 30 seconds. (For more gravy add ketchup or chili sauce to taste. Add more beef broth and cornstarch.) Remove thyme and bay leaf. Season with salt and pepper to taste.

**4.** Adjust oven rack 6 inches from broiler element and heat broiler. Place mashed potatoes in large zipper-lock bag and snip off 1 corner to create 1-inch

opening. Pipe potatoes in even layer over filling, making sure to cover entire surface. Smooth potatoes with back of spoon, then use tines of fork to make ridges over surface. Place skillet on rimmed baking sheet and broil until potatoes are golden brown and crusty and filling is bubbly, 3 to 5 minutes. Let cool for 10 minutes before serving.

## Best Prime Rib

Serves 6 to 8

America's Test Kitchen

Note: Serve with Wild Mushroom Sauce and Blue Cheese Sauce

Look for a roast with an untrimmed fat cap (ideally ½ inch thick). We prefer the flavor and texture of prime-grade beef, but choice grade will work as well. To remove the bones from the roast, use a sharp knife and run it down the length of the bones, following the contours as closely as possible until the meat is separated. Monitoring the roast with a meat-probe thermometer is best. If you use an instant-read thermometer, open the oven door as little as possible and remove the roast from the oven while taking its temperature. If the roast has not reached the correct temperature in the time range specified in step 3, heat the oven to 200 degrees, wait for 5 minutes, then shut it off, and [continue](#) to cook the roast until it reaches the desired temperature.

- **1**(7-pound) first-cut beef standing rib roast (3 bones), meat removed from bones, bones reserved

- Kosher salt and ground black pepper
- 2teaspoons vegetable oil

1. Using sharp knife, cut slits in surface layer of fat, spaced 1 inch apart, in crosshatch pattern, being careful to cut down to, but not into, meat. Rub 2 tablespoons salt over entire roast and into slits. Place meat back on bones (to save space in refrigerator), transfer to large plate, and refrigerate, uncovered, at least 24 hours and up to 96 hours.

2. Adjust oven rack to middle position and heat oven to 200 degrees🌱. Heat oil in 12-inch skillet over high heat until just smoking. Sear sides and top of roast (reserving bone) until browned, 6 to 8 minutes total (do not sear side where roast was cut from bone). Place meat back on ribs, so bones fit where they were cut, and let cool for 10 minutes; tie meat to bones with 2 lengths of twine between ribs. Transfer roast, fat side up, to wire rack set in rimmed baking sheet and season with pepper. Roast until meat registers 110 degrees, 3 to 4 hours.

- 3.** Turn off oven; leave roast in oven, opening door as little as possible, until meat registers about 120 degrees for rare or about 125 degrees for medium-rare, 30 to 75 minutes longer.
- 4.** Remove roast from oven (leave roast on baking sheet), tent loosely with aluminum foil, and let rest for at least 30 minutes and up to 75 minutes.
- 5.** Adjust oven rack about 8 inches from broiler element and heat broiler. Remove foil from roast, form into 3-inch ball, and place under ribs to elevate fat cap. Broil until top of roast is well browned and crisp, 2 to 8 minutes.
- 6.** Transfer roast to carving board; cut twine and remove roast from ribs. Slice meat into 3/4-inch-thick slices. Season with coarse salt to taste, and serve.

## Classic Beef Burritos

Note: Beef needs to be marinated over night.

refried beans (see recipe)

guacamole (see recipe)

carne asada (see recipe for Beef Taco Filling)

salsa

cheese

flour tortillas

To warm tortillas, wrap 2 to 5 in foil and heat in 300-degree oven.

Carne Asada can be cooked and served in a crock pot.

## **Grilled Balsamic Glazed Steak**

Serves 4

Note: Make one day ahead.

3 tablespoons balsamic vinegar

1 tablespoon olive oil

2 cloves garlic, minced

1 teaspoon rosemary, minced

1 flank steak, at least 1 pound

Tenderize steak with a fork on both sides. Whisk all marinade ingredients. Marinate steak overnight in refrigerator. Drain and reserve marinade. Pre-heat your grill. Pat the steak dry, grill while basting with the marinade, about 2 minutes per side. Transfer steak to cutting board, cover lightly with foil and let rest for 5 minutes. Slice thinly on the diagonal.

## **Slow Cooker Green Chile Shredded Beef Cabbage Bowl with Avocado Salsa**

Serves 6, by Kalyn

### Taco Seasoning:

1 1/2 tablespoon chili powder  
1 1/2 tablespoon ground cumin  
1 1/23 tablespoon garlic powder  
1 1/2 tablespoon onion powder  
1/8 to 1/4 teaspoon crushed red  
pepper  
2 teaspoons salt

### Slow Cooker Beef:

2 lb. beef chuck roast, well trimmed  
and cut into thick strips (I had  
nearly 3 lbs. of beef before it was  
trimmed.)

### taco Seasoning

olive oil  
2 cans (4 oz. can) diced green  
chilies with juice

### Cabbage Slaw and Dressing:

1 small head green cabbage  
1/2 small head red cabbage  
1/2 cup thinly sliced green onion  
6 tablespoons mayo or light mayo  
4 teaspoons fresh squeezed lime  
juice (I use my fresh-frozen lime  
juice)  
(More)

2 teaspoons (or more) Green  
Tabasco Sauce

Ingredients for the Avocado Salsa:

2 large avocados, diced  
1/4 cup minced red onion

Taco Seasoning: Mix together all ingredients.

Slow Cooker Beef: Trim all visible fat and any undesirable parts from the chuck roast and cut into thick strips (about 3/4 inch). (It may already be in strips when you're through trimming, but aim for same-size strips.) Rub strips of beef with the taco seasoning. Heat the oil in a large, heavy frying pan and brown the beef well on all sides. (Don't skip this step; the browning adds a lot of flavor.)

Put the strips of browned beef in the slow cooker and pour in the diced green chilies and juice from the cans. Cook on high for 3-4 hours, or until the beef shreds apart easily. (If you're going to be out you can also cook this for 6-8 hours on low.) When the beef is done, use a large slotted spoon to remove it to a cutting board, leaving the liquid in the slow cooker. Shred the beef apart with two forks and put it back in the slow cooker to absorb the liquid and keep warm while you make the cabbage slaw and salsa.

1 tablespoon fresh-squeezed lime  
juice  
1 tablespoon extra-virgin olive oil  
1/2 cup finely chopped cilantro  
salt and pepper

Cabbage Slaw: Cut the cabbage into very thin strips. (We used a Mandolin Slicer with the 1.5 mm blade to make really thin slices, but you can also cut it by hand.) Slice the green onions. Whisk together the mayo, lime juice, and Green Tabasco sauce to taste. Then put the cabbage and green onions into a bowl and toss with the dressing.

Avocado Salsa: Peel and cut up the avocado, place in a bowl, and toss with the lime juice. Add the red onion and cilantro to the avocado. Drizzle in the olive oil and gently toss again. Add salt and pepper to taste.

To assemble the bowl, put a layer of the slaw, then a generous amount of the spicy beef, topped by a couple of spoonfuls of the avocado salsa. I served this with extra Green Tabasco for those who wanted a little more heat.

## **Beef Dogs in a Blanket**

Makes 6 large servings

*Bon Appétit*, February 2015

2 large egg yolks

1 sheet Duffer's Puff Pastry, thawed

flour for dusting

6 large Hebrew National Beef Sausages (use smaller ones for children)

1/2 teaspoon baking soda

poppy seeds or caraway seeds for sprinkling

mustard

Pre heat oven to 400-degrees. Mix yolks and 1 tablespoon water in small bowl until smooth. Gently roll out pastry on lightly floured surface just to press out any creases. Lightly dust sausages with flour.

Working one at a time, wrap pastry, overlapping somewhat, around sausage to within 1 to 1 1/2-inches of ends. Brush with egg wash. If pastry becomes too soft, chill until firm before continuing.

Place rolled-up sausages on a parchment covered baking sheet, cut side down. Mix baking soda into remaining egg wash and brush over pastry; sprinkle with seeds. Chill 15 minutes.

Bake until pastry is puffed and golden brown, 25 to 30 minutes. Let cool.

Do Ahead: Sausages can be rolled in pastry 1 day ahead. Cover and chill. Brush with egg wash and sprinkle with seeds just before baking.

## Smoked Brisket

Serves 4, Total cooking time 4 to 4 1/2 hours

2 1/2 pounds beef brisket  
6 ounces mesquite wood chunks  
beef broth or apple juice  
barbecue sauce

### Spice Rub:

mustard  
3/4 tablespoon sweet paprika

3/4 teaspoons chili powder  
1 1/4 teaspoons ground cumin  
3/4 teaspoons dark brown sugar  
1/2 teaspoon salt  
1/2 teaspoon dried oregano  
1/2 teaspoon ground black pepper  
1/2 teaspoon ground white pepper  
1/4 teaspoon cayenne pepper

Remove excessive fat and sliver skin from both sides while still leaving a 1/4-inch layer to protect the meat below.

Spice Rub: Baste meat with a thin layer of mustard. Mix together remaining ingredients and rub into meat. Wrap meat with plastic wrap and refrigerate overnight.

Set up smoker with water, foil and wood. Insert thermometer from the side to the center of the meat. Set meat on smoker rack fat side down, close door, set temperature to 225-degrees. Remove from smoker at 165 to 170-degrees, in about 2 hours, or when crust has formed. (If not ready in 2 1/2 hours, remove from smoker and preheat oven to 250 degrees. Place in oven on broiler pan, fat-side up, until meat reaches 165-degrees.)

Preheat oven to 250-degrees. Set meat in center of two pieces of heavy foil, Pour 1/4 cup broth over meat. Wrap foil tightly around meat while inserting remote thermometer. Set foil-wrapped meat on rimmed baking sheet and bake until temperature reaches 205-degrees, about 2 to 2 1/2 hours.

Remove from the oven and place in a dry cooler atop a bath towel for 2 to 4 hours. Unwrap the meat, saving the juices. Separate the fat and use to moisten leftover brisket or in homemade barbecue sauce. Carve across the grain into long, thin 1/4-inch slices. If the meat is a bit tough, slice it thinner; if fall-apart tender, slice it up to 1/2-inch thick. Slice only as much brisket as you are going to eat right away. Serve with barbecue sauce or sauce that has been flavored with defatted brisket juices.

## Crispy Beef Tacos

Serves 4

*Bon Appetit*

8 fresh, thin corn tortillas plus more  
for mistakes

4 cups corn oil

1/2 small onion, chopped

1/2 small carrot, peeled and grated

1/2 poblano pepper, chopped

1 clove garlic, thinly sliced

3 tablespoons chili powder

salt to taste

1 pound ground beef

1 cup fresh salsa

shredded iceberg lettuce

chopped tomato

grated sharp cheddar

fresh cilantro

lime wedges

Taco Shells: In a heavy deep stock pot, heat oil to 350-degrees. Place tin can mold in center of tortilla. With long tongs, grip the can and tortilla and lower into the hot oil. Hold for 15 seconds. Remove the can and tortilla from the oil. Gently slide the can from the tortilla. Place just the tortilla back into the oil for about 30 seconds to 1 minute, or until edges are crispy. Cool on paper towels.

filling: Sauté onion, carrot, pepper and garlic until softened, about 8 minutes. Stir in salt and chili powder cooking until fragrant, about 1 minute. Add ground beef and cook breaking up with a spatula until meat is no longer pink, about 10 minutes. Stir in salsa and bring to a boil. Reduce heat and simmer until most of the liquid evaporates, about 15 minutes. Taste for additional seasoning.

Assembly: In order, spoon beef, part way, into taco shells. top with lettuce, tomatoes, cheese and fresh cilantro. Serve with lime wedges.

## Mississippi Roast

Yield 6 to 8 servings

San Sifton

1 boneless chuck roast or top or bottom round roast, 3 to 4 pounds  
2 teaspoons kosher salt, plus more to taste  
1 ½ teaspoons freshly ground black pepper, plus more to taste  
¼ cup all-purpose flour  
3 tablespoons neutral oil, like canola  
8 to 12 pepperoncini

Sauce: (triple ingredients?)

2 tablespoons mayonnaise  
2 teaspoons apple cider vinegar  
½ teaspoon dried dill  
¼ teaspoon sweet paprika  
1 teaspoon buttermilk, optional  
  
Chopped parsley, for garnish

Place roast on a cutting board and rub the salt and pepper all over it. Sprinkle the flour all over the seasoned meat and massage it into the flesh.

Heat the oil in a large sauté pan set over high heat until it is shimmering and about to smoke. Place the roast in the pan and brown on all sides, 4 to 5 minutes a side, to create a crust. Remove roast from pan and place it in the bowl of a slow cooker. Add the butter and the pepperoncini to the meat. Put the lid on the slow cooker, and set the machine to low.

As the roast heats, make a ranch dressing. Combine the mayonnaise, vinegar, dill and paprika in a small bowl and whisk to emulsify. Add the buttermilk if using, then whisk again. Remove the lid from the slow cooker and add the dressing. Replace the top and allow to continue cooking, undisturbed, for 6 to 8 hours, or until you can shred the meat easily using 2 forks. Mix the meat with the gravy surrounding it. Garnish with parsley, and serve with egg noodles or roast potatoes, or pile on sandwich rolls, however you like.

## Steak au Poivre

Serves 4 (4-ounces each)

Alton Brown

2 tenderloin steaks 8 ounces, split lengthwise and no more than 1 1/2-inches thick

kosher salt

2 tablespoons whole peppercorns

1 tablespoon unsalted butter

1 teaspoon olive oil

1/3 cup Cognac, plus 1 teaspoon

1 cup heavy cream

Remove steaks from refrigerator for at least 30 minutes and up to 1 hour. Sprinkle all sides with salt.

Coarsely crush peppercorns with a mallet. Press into fillets on both sides. Set aside.

In medium skillet over medium heat, melt butter and olive oil and gently place steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove steaks to plate, tent with foil and set aside. Pour off excess fat but do not wipe the pan.

Off the heat, add 1/3 cup Cognac to pan and careful ignite with firestick. Gently shake pan until flames die. Return pan to medium heat and add cream. Bring mixture to a boil and whisk until sauce coats the back of a spoon, about 5 to 6 minutes. Add 1 teaspoon Cognac and season to taste. Add the steaks back to the pan, spoon sauce over and serve.

## Stir-Fried Beef and Sugar Snap Peas

Andrew Scrivani

1 pound beef tenderloin steak, cut  
into 1/4-inch strips  
3 tablespoons tamari or dark soy  
sauce  
2 teaspoons toasted sesame oil,  
more for drizzling  
1/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black  
pepper  
1 pound sugar snap peas, trimmed  
3 fat scallions

2/3 cup chicken broth  
2 1/2 tablespoons Madeira or sweet  
sherry  
1 tablespoon cornstarch  
3 tablespoons peanut or olive oil  
4 garlic cloves, minced  
Rice, for serving  
2 tablespoons toasted sesame  
seeds (optional)  
Sriracha or other hot sauce

In a medium bowl, mix beef, 2 tablespoons tamari, sesame oil, salt and pepper. Set aside.

Thinly slice sugar snap peas crosswise into disks. Thinly slice scallions, reserving dark green parts for garnish.

In a small bowl, mix chicken broth, Madeira, 2 tablespoons water, remaining 1 tablespoon tamari and cornstarch.

Heat a large skillet over high heat. Add 2 tablespoons oil. When pan is hot, stir-fry beef until browned, about 2 minutes. Transfer beef and any liquid to a plate.

Add remaining tablespoon oil to skillet and when hot, add garlic and white and light green scallion parts until lightly browned, about 1 minute. Add sugar snap peas and chicken broth mixture, lower heat to medium and cover. Let cook for 2 minutes. Transfer beef and juices to skillet and stir-fry 2 minutes. Serve over rice, garnished with more sesame oil, sesame seeds, dark parts of scallions, and hot sauce or vinegar and chili oil.

## **Roast Tenderloin of Beef**

Serves 8 to 10

Note: Serve with Wild Mushroom Sauce or Blue cheese Sauce

4 pounds beef tenderloin trimmed and tied (ends folded to even thickness)

olive oil

1 tablespoon Kosher salt

2 tablespoons coarsely ground pepper

Remove tenderloin from refrigerator 2 to 3 hours before cooking.

Preheat oven to 450-degree full convection. Dry the meat with paper towels; rub with olive oil; then rub in Kosher salt and pepper. Brown in oven proof skillet over high heat, about 4 to 5 minutes per side.

Place meat in heavy baking roasting pan. Insert temperature probe in thickest part and place in center of oven and reduce heat to 425-degrees. Roast until internal temperature is 120-degrees for rare, about 10 to 20 minutes. Remove

from oven, cover lightly with foil and let rest 10 to 20 minutes. Carve and serve immediately.

## Slow Cooker Pot Roast

Yield: 4 servings

Sarah Digregorio

### For the Pot Roast

2 pounds beef chuck roast, cut into  
3 chunks

Kosher salt and black pepper

1 tablespoon vegetable oil

3 ½ ounces frozen pearl onions

3 garlic cloves, smashed and  
peeled

¾ cups dry red wine

½ tablespoon red wine vinegar

3 fresh woody herb sprigs, such as  
thyme, sage or rosemary (or 1  
teaspoon dried thyme, sage or  
rosemary)

½ pounds vegetables: peeled  
carrots, pees, potatoes halved or  
quartered

1 tablespoon unsalted butter, at  
room temperature (optional)

1 tablespoon flour

ketchup to taste

crusty bread

### For the Pickled Onions

½ cup red wine vinegar

1 tablespoon granulated sugar

½ red onion, thinly sliced

Kosher salt

Season the beef generously all over with about 1 heaping tablespoon salt and pepper. Heat the oil in a large skillet over medium-high. Add one chunk of the beef and sear on both sides, undisturbed, until deeply browned, 5 minutes. Transfer to slow cooker. Repeat with the second and third pieces.

Add the pearl onions and garlic to the skillet. Season lightly with salt and generously with pepper and cook, stirring, until just softened, 3 minutes. Add garlic and cook until fragrant. Pour in the red wine, vinegar and  $\frac{1}{4}$  cup water. Scrape up the browned bits with a wooden spoon or spatula and let the mixture come to a bubble. Tip the mixture into the slow cooker, and add the herbs. Cover and cook on low for 3 hours.

Make the pickled onions. Bring the vinegar and the sugar to a boil in a small saucepan over high. Add the onions and a generous pinch of salt. Cook, stirring, to dissolve the sugar and warm the onions through, about 1 minute, then remove from heat. Set aside at room temperature to pickle until ready to serve, at least 1 hour.

Uncover the slow cooker, flip the pieces of beef with tongs, and add the carrots and potatoes, pushing them under the liquid. Cover and cook on low

until the beef and vegetables are both very tender, an additional 2 hours. Add the peas for the last 30 minutes. Check to see if the meat is tender by testing it with a fork; it should be juicy and flavorful, and pull apart easily. Using tongs and a slotted spoon, remove the beef and vegetables to a serving platter. Break the beef into large chunks to serve. Strain the cooking liquid.

Make the Gravy: In a small pot, make a roux with the butter and flour. Whisk in the cooking liquid. Bring it to a boil and simmer for 5 minutes.

To Serve: Drizzle some gravy over the pot roast and vegetables, and top with the drained, pickled onions. Serve extra gravy on the side along with warm crusty bread

## Stuffed Peppers

**Yield: 6 to 8 servings**

**Lidey Heuck, NY Times Cooking**

Note: Peppers can be refrigerated for up to 24 hours before baking.

4 large red bell peppers

2 tablespoons olive oil

1 cup finely chopped fennel bulb (about ½ a small bulb)

1 cup finely chopped yellow onion

3 garlic cloves, minced

1 teaspoon dried oregano

½ teaspoon red-pepper flakes

1 pound ground beef (at least 15 percent fat)

½ cup dry white wine, chicken broth or vegetable broth

1 (14-ounce) can diced fire-roasted tomatoes

1½ teaspoons kosher salt, plus more to taste

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½ teaspoon black pepper, plus more to taste  
1 cup cooked white rice  
¼ cup grated Parmesan  
2 tablespoons minced fresh parsley, plus more for serving (optional)  
1 cup shredded mozzarella, provolone or other semifirm shredded cheese

Heat the oven to 400 degrees. Cut the peppers in half lengthwise and carefully remove core, seeds and ribs using a paring knife. Arrange the peppers, cut-sides up, in a 9-by-13-inch pan or other baking dish in which they fit snugly.

In a large (12-inch) skillet, heat the olive oil over medium. Add the fennel and onions and cook, stirring occasionally, until tender, 6 to 8 minutes. Stir in the garlic, oregano and red-pepper flakes, and cook until the garlic is fragrant, about 1 minute. Add the beef and cook, breaking up the meat with a wooden spoon, for 3 to 5 minutes, until no longer pink.

Add ¼ cup wine, increase the heat to medium-high and cook, scraping the bottom of the pan, until the liquid in the pan is reduced by about half.

Add the tomatoes and their juices, salt and pepper, and bring to a boil. Remove from the heat and stir in the rice, Parmesan and parsley, if using. Taste and adjust seasonings.

Divide the mixture among the peppers. Pour the remaining  $\frac{1}{4}$  cup wine into the bottom of the dish, wrap tightly with foil and bake for 35 to 40 minutes, until a paring knife easily pierces the peppers. Remove the foil and spoon any juices that have accumulated in the bottom of the pan onto the peppers. Sprinkle the mozzarella evenly onto the peppers and bake another 10 to 15 minutes, until the mozzarella is melted and beginning to brown.

Allow the peppers to cool for 5 minutes, sprinkle with parsley, if using, and serve hot.