

The Complete Beef Cook Book

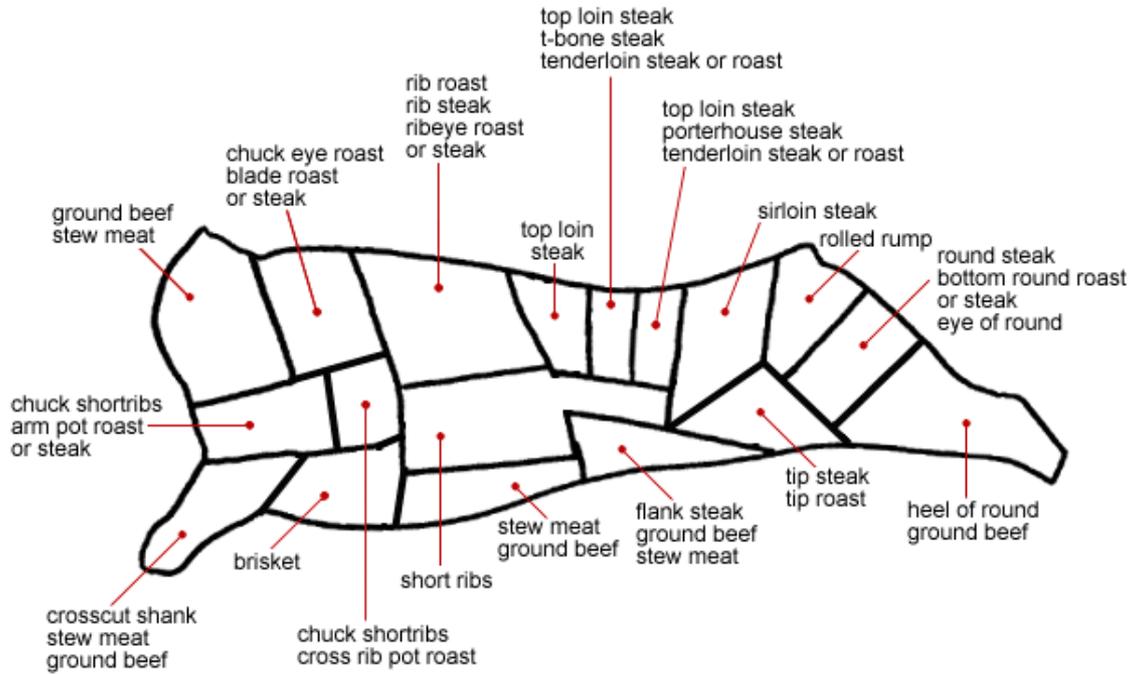


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All American Pot Roast

1/4 cup vegetable oil
1 (4 pound) boneless beef chuck roast
1 cup chopped onion
1 cup sliced celery
2 cloves garlic, minced or pressed
3 cups beef bouillon
1/4 cup catsup
1 teaspoon salt
1/2 teaspoon dried thyme leaves
1/4 teaspoon pepper
6 medium potatoes, peeled and quartered
4 carrots, peeled and cut into 2-inch pieces
1/2 pound green beans
1/4 cup cornstarch
1/4 cup water

In Dutch oven heat oil over medium heat. Add meat; brown on all sides. Add onion, celery, garlic, bouillon, catsup, salt, thyme and pepper. Cover; bring to boil. Reduce heat and simmer 2 hours. Add potatoes and carrots. Cover; simmer 1/2 hour or until meat and vegetables are tender.

Add green beans and simmer 10 minutes longer or until tender-crisp. Remove meat and vegetables to platter. Stir together cornstarch and water until smooth. Add to liquid in Dutch oven. Stirring constantly, bring to boil over medium heat and boil 1 minute. Serve gravy over meat and vegetables.

Makes about 6 servings.

Apple Glazed Beef Brisket

1 (5 pound) beef brisket
1 medium onion, quartered
2 cloves garlic, cut into halves
10 whole cloves
1 (10 ounce) jar apple jelly
3 tablespoons brown mustard
3 tablespoons minced green onion
Salt, to taste
3/4 teaspoon pepper
3/4 teaspoon curry powder

Place brisket, onion, garlic and cloves in a large heavy saucepan. Add water and cover. Simmer 2 1/2 to 3 hours or until beef is tender. Drain.

Preheat oven to 325 degrees F.

Combine apple jelly, mustard, green onions, salt, pepper and curry powder in small saucepan. Bring to a boil. Place drained beef in baking dish. Brush with glaze. Bake for 45 minutes, basting often.

Bacon–Wrapped Filet Steaks Topped with Roasted Garlic Butter

Serves 4.

12 large garlic cloves, peeled
1/4 cup olive oil
3 tablespoons unsalted butter, cut into small chunks
Kosher salt
3 1/2 teaspoons chopped chives
1/2 teaspoon coarsely ground black pepper
1/2 teaspoon dried thyme leaves
4 (6– to 7–ounce) filet steaks, about 1 inch thick
4 very thin slices of lean bacon
6–inch wooden skewers or toothpicks, soaked
in water 10 minutes and patted dry

Preheat oven to 400 degrees F.

Place peeled garlic and olive oil in 1–cup, ovenproof ramekin, soufflé dish or custard cup. Cover dish tightly with aluminum foil and place in oven. Roast on center rack until garlic is golden and very tender and soft when pierced with knife, about 30 minutes (start checking cloves after 20 minutes and then every 5 minutes until done).

With slotted spoon, remove garlic from bowl and reserve oil. Place garlic, 1 1/2 teaspoons of the reserved oil, butter and 1/8 teaspoon salt in food processor or blender and process, pulsing machine on and off for 30 seconds or less until garlic is coarsely chopped and blended with butter and oil. Transfer garlic butter to small bowl and stir in 2 teaspoons of the chives. (Garlic butter can be prepared 1 day ahead. Cover with plastic wrap and refrigerate. Bring to room temperature 30 minutes before ready to use.)

When ready to cook steaks, oil a grill rack and prepare grill. In small bowl, stir together 1 teaspoon kosher salt, coarsely ground black pepper and thyme. Rub both sides of each filet with some of this seasoning. Then wrap each steak around its sides with 1 slice of bacon. Skewer bacon in place with wooden skewer or with 2 to 3 toothpicks.

Grill steaks until lightly charred on the outside and until bacon is cooked, about 5 minutes per side for medium–rare.

When done, remove steaks from fire and place on warm serving plate. Remove toothpicks. Top each steak with 1 generous pat of roasted garlic butter and sprinkle with some of remaining chives. Butter will start to melt and season the steaks. Serve immediately.

Baked Steak

1 (2 pound) round steak or

1 (4 pound) chuck beef roast

Salt, to taste

Pepper, to taste

1 can cream of mushroom soup

1 envelope dry onion soup mix

Place steak or roast which has been seasoned with salt and pepper in a casserole. Pour mushroom soup over steak. Sprinkle with onion soup. Cover tightly with aluminum foil and bake steak at 350 degrees F for 2 hours or bake the roast at 350 degrees F for 3 hours.

Baked Spicy Corned Beef

Yield: 8 servings

1 (4 pound) corned brisket of beef
1 tablespoon whole mixed pickling spice
1 celery stalk
1 onion
1 carrot
1/3 cup firmly packed light brown sugar
1 tablespoon prepared mustard
1/2 cup sweet pickle juice or fruit juice

Wash corned beef and put it in a large kettle. Cover with boiling water. Add pickling spice, celery, onion and carrot. Cover, and simmer for 4 to 4 1/2 hours, or until tender.

Cool beef in broth; then put in shallow roasting pan and score fat layer. Mix brown sugar and mustard; pat on beef. Pour pickle juice into pan. Bake in preheated slow oven (300 degrees F) for 1 hour, basting from time to time with some of the drippings in pan.

Slice, and serve hot or cold. 8 servings

Barbecue Short Ribs

3 pounds beef short ribs
2 tablespoons dry mustard
1 tablespoon lemon juice
2 teaspoons liquid smoke
6 tablespoons olive oil
1 onion, sliced
2 tablespoons vinegar
1/2 teaspoon sugar
1 cup French dressing
Salt, to taste
Pepper, to taste

Brown meat. Put into baking dish and cover with onion slices. Mix remaining ingredients in saucepan and cook over low heat. Pour over onions and meat. Bake for 1 1/2 hours at 350 degrees F.

Barbecued Brisket

1 (4 to 5 pound) fresh beef brisket
1 (5 ounce) bottle liquid smoke
3 teaspoons garlic salt
2 teaspoons onion salt
2 teaspoons celery salt
1 (18 ounce) bottle barbecue sauce
Heavy-duty aluminum foil

Line a 12 x 9-inch or larger baking dish with heavy-duty aluminum foil, allowing enough foil to cover meat. Turn brisket fat-side down and pour entire bottle of liquid smoke over meat. Sprinkle the 3 salts over meat. Turn brisket over (fat side on top) and seal with foil. Marinate overnight.

Next morning pour off marinade; bake in a 225 degree F oven for 5 hours. Let cool. Pour off gravy and refrigerate until cold.

Slice meat with meat slicer on a thin setting or use an electric knife. Layer in casserole dish the brisket and barbecue sauce; repeat several times. Cook an additional 30 to 45 minutes in a 300 degree F oven until warm.

Yields 8 to 10 servings.

Barbecued Brisket of Beef

**1 (10 pound) fresh brisket
3 tablespoons liquid smoke
1/2 teaspoon garlic salt
1/2 teaspoon onion salt
1/2 teaspoon celery salt
3 teaspoons Worcestershire sauce
1 cup barbecue sauce**

Mix liquid smoke, garlic salt, onion salt, celery salt and Worcestershire sauce. Sprinkle brisket with pepper. Cover both sides of meat with sauce in a baking dish. Cover tightly with foil and place in refrigerator overnight.

The next day, bake (covered) at 300 degrees F for 5 hours. Add barbecue sauce after 4 hours and leave uncovered from then on.

Slice and serve.

Barbecued London Broil

1 (1 1/2 or 2 pound) flank steak
1 tablespoon sherry or any dry red wine
1 tablespoon soy sauce
2 tablespoons granulated sugar
1/2 teaspoon salt
1/4 teaspoon cinnamon

Score meat on all sides. Mix together remaining ingredients. Put on meat and let stand 1 1/2 to 2 hours, then place meat in broiler pan about 4 inches from heat. Broil about 10 minutes or a little longer on each side. Ten minutes is for medium rare.

To serve, cut diagonally across the grain into very thin slices.

Barbecued Pot Roast

1 (4 pound) beef roast
2 tablespoons fat
Salt and pepper
1 (8 ounce) can tomato sauce
3 medium onions, sliced
2 cloves garlic, minced
2 tablespoons brown sugar
1/2 teaspoon dry mustard
1/4 cup lemon juice
1/4 cup vinegar
1/4 cup catsup
1 tablespoon Worcestershire sauce
Dash of hot pepper sauce

Brown meat in fat. Sprinkle with salt and pepper. Add 1 cup water, tomato sauce, onion and garlic. Cover and simmer 2 hours. Add remaining ingredients, cover and continue cooking 1 1/2 hours longer, or until tender, adding more water if necessary. Remove meat and skim off excess fat from gravy.

Barbecued Spareribs

Heat to boiling the night before serving:

1 1/2 cups water
16 ounces tomato sauce
1 medium onion, chopped
3 tablespoons vinegar
3 tablespoons Worcestershire sauce
1 teaspoon salt
1/4 teaspoon chili powder
3 tablespoons granulated sugar

Cut meat into serving pieces and place in a large glass bowl. Use about 6 to 7 pounds meat. Pour marinade over meat. Chill overnight.

Bake, covered, at 450 degrees F for 30 minutes. Reduce heat to 350 degrees F and bake, uncovered, for 1 1/2 to 2 hours. Bake in a single layer in a metal pan. Turn often during the last 1 1/2 to 2 hours baking period.

Serve with salad.

BBQ Beef Short Ribs

3 to 4 pounds beef short ribs with bone
1 tablespoon cooking oil
2 1/2 cups water, divided
1 (6 ounce) can tomato paste
1 cup ketchup
1 garlic clove, minced
3/4 cup packed brown sugar
1/2 cup chopped onion
1/2 cup vinegar
2 tablespoon prepared mustard
1 1/2 teaspoons salt
Hot cooked noodles, optional

In a Dutch oven, brown ribs in oil. Add 2 cups water; bring to a boil. Reduce heat; cover and simmer for 1 1/2 hours. Drain.

Combine the tomato paste, ketchup, garlic, brown sugar, onion, vinegar, mustard and salt and remaining water. Mix well. Pour over ribs, bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender.

Serve over noodles if desired.

Beef and Bacon Roll-Ups

**1 (1 pound) eye of the round roast,
5 to 6 bacon slices, cut into thirds
1/2 cup flour
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon pepper
3 tablespoons vegetable oil
2 cans hot water mixed with 1 can beef broth, divided
2 tablespoons tomato paste (optional)**

Trim excess fat from roast and pound on each side to tenderize. Place bacon piece in center of each roast slice. Roll up meat jellyroll fashion and secure with wooden picks. In a small bowl or plastic bag, mix flour, salt and pepper. Add meat rolls a few at a time and coat with seasoned flour.

Heat oil in large skillet. Brown meat rolls over medium heat. Transfer meat to baking dish.

Dissolve 3 tablespoons of remaining seasoned flour in 1 cup hot water mixture. If necessary, add extra flour to make 3 tablespoons. Add a little hot water to skillet, then stir in water with flour. Add remaining 2 cups of water mixture and tomato paste, if desired, and stir well. Bring to a boil, stirring constantly. Reduce heat and boil gravy for 1 minute. Pour gravy over meat and bake covered at 375 degrees F for 1 hour and 15 minutes or until tender.

Yields 4 servings.

Beef and Noodles

**1 (2 to 2 1/2 pound) boneless chuck
roast, cut into 1-inch cubes**
2 large onions, chopped
3 tablespoons butter or margarine
1 (8 ounce) can tomato sauce
2 teaspoons granulated sugar
2 teaspoons paprika
2 teaspoons Worcestershire sauce
1 to 2 teaspoons salt
1 1/2 teaspoon caraway seeds
1 teaspoon dill weed
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 cup sour cream
Hot cooked noodles

In a large saucepan or Dutch oven, cook beef and onions in butter until the meat is browned. Add the next nine ingredients; bring to a boil. Reduce heat; cover and simmer for 1 1/2 to 2 hours or until meat is tender. Remove from the heat; stir in sour cream.

Serve over noodles.

Yields 4 to 6 servings.

Beef Bourguignonne

1 (3 pound) lean beef chuck, cubed
1/2 cup shortening
3 tablespoons flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon thyme
1 cup beef consommé
2 to 3 cups dry red wine
1 (4 ounce) can mushrooms or 1/2 pound fresh
mushrooms, sautéed in 2 tablespoons butter
12 small white onions, parboiled

Brown meat in shortening; add flour and seasonings. Stir well. Pour into 2–quart casserole. Add broth and wine. Bake 2 hours at 300 degrees F.

Add mushrooms and onions. May add more broth and wine, if dry. Bake 1 1/2 hours more, perhaps lowering oven temperature.

Skim fat from gravy. Serve with mashed potatoes, noodles or rice.

Yields 8 to 10 servings.

Beef Brisket

1 (5 or 6 pound) beef brisket
Onion, garlic and celery salt
1 tablespoon liquid smoke
1/4 cup Worcestershire sauce
1 envelope onion soup mix
1 small bottle barbecue sauce

Marinate brisket in a mixture of the onion, garlic and celery salts and liquid smoke. Rub in well and poke holes in meat to help tenderize it. Marinate overnight or at least 3 hours.

Make a pouch of aluminum foil. Put meat in it and add salt and pepper to taste and Worcestershire sauce. Seal pouch well and bake at 275 degrees F for 4 to 6 hours.

Open pouch and put onion soup mix and small bottle of barbecue sauce over brisket. Seal pouch again and bake 1 hour longer.

Refrigerate for 1 hour before slicing across grain. After slicing, reheat in foil.

Beef Burgundy

2 pounds stew meat, cut into 1-inch cubes

1/2 cup Burgundy wine

1 can onion soup

1 (4 ounce) can sliced mushrooms

Stir ingredients together in a baking dish. Bake at 350 degrees F for 2 1/2 hours covered and 1/2 hour uncovered. Gravy may be thickened if desired.

Beef Hash

2 tablespoons butter or margarine
1 cup cubed cooked roast beef
1 1/2 cups cubed raw potato (about 2 medium potatoes)
2 tablespoons chopped onion
1/4 cup water
1/2 teaspoon instant beef bouillon granules
1/2 teaspoon salt
1/4 teaspoon pepper

Melt butter or margarine in small skillet. Add remaining ingredients and mix well. Cover and cook over low heat until potatoes are fork-tender, about 10 minutes.

Uncover and cook 5 minutes longer.

Makes 2 servings.

Beef Jerky I

1 (4 pound) flank steak
1/2 onion, diced
1/4 teaspoon thyme
2 bay leaves
2 tablespoons salt
2 cloves garlic, crushed
2 teaspoons black pepper
2 whole cloves
1/2 cup vinegar
1 cup dry red wine
1 cup Worcestershire sauce
1 cup soy sauce

Partially freeze meat to make slicing easier. Trim fat and gristle from flank steak. Cut meat with grain into very thin slices. Combine onion, thyme, bay leaves, salt, garlic, pepper, cloves, vinegar, wine, and Worcestershire and soy sauces. Pour marinade over steak strips to cover and marinate in the refrigerator for about 15 hours.

Squeeze marinade from meat by rolling strips with a rolling pin. Place meat on baking sheets or an oven rack and dry at 175 degrees F for about 9 hours, turning once. If using a rack, place foil under it to catch the drippings.

Makes 40 to 50 strips.

Beef Jerky II

1 (1 1/2 pound) flank steak
1/2 teaspoon seasoned salt
1/3 teaspoon garlic powder
1/3 teaspoon black pepper
1 teaspoon onion powder
1 teaspoon MSG or Accent®
1/4 cup Worcestershire sauce
1/4 cup soy sauce
2 to 4 dashes Tabasco® sauce

Semi-freeze meat. Slice with grain into 1/8-inch thick strips. Marinate overnight in a glass dish in the refrigerator. Lay strips in a single layer on cookie sheets. Leave door of oven open a crack. Roast at 125 to 140 degrees F for 4 to 5 hours. Cool completely.

Store in plastic bags to keep airtight. Glass jars are okay, too.

Beef Jerky III

1 (3 pound) flank steak
1/2 cup soy sauce
1 cup water
1 teaspoon liquid smoke
1/2 teaspoon garlic salt
1/2 teaspoon celery salt
1/2 teaspoon seasoned salt
1/4 teaspoon pepper

Slice steak with the grain in thin strips one inch wide. Mix remaining ingredients. Marinate meat strips overnight, turning several times while marinating. Drain on paper towels and lay on oven rack with foil below to catch drips. Bake at 120 degrees F for 9 hours.

Store in an airtight container.

Beef Jerky IV

1 1/2 pounds lean boneless meat
1/4 cup soy sauce
1 tablespoon Worcestershire sauce
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1 teaspoon hickory smoke-flavored salt

Trim fat from meat and cut into 1/4-inch thick slabs. Mix marinade ingredients in a large bowl; stir well. Add meat and marinate at least 1 hour.

Shake excess liquid off; place meat on oven racks, close but not touching. Dry at low heat, 240 degrees F, until dry and hard, about 8 hours.

Beef Medallions with Cognac Sauce

2 tablespoons (1/4 stick) unsalted butter
1/4 cup chopped shallots
1 teaspoon (packed) brown sugar
1 cup canned low-salt chicken broth
1/2 cup canned beef broth
1/2 cup Cognac or brandy
1/4 cup whipping cream
2 (4- to 5-ounce) beef tenderloin steaks (each about 1 inch thick)
Fresh chives

Melt 1 tablespoon butter in heavy medium saucepan over medium heat. Add shallots and sauté until tender, about 4 minutes. Add brown sugar; stir 1 minute. Add chicken broth, beef broth and Cognac. Simmer until sauce is reduced to 1/2 cup, about 20 minutes. Add cream. (Can be made 1 day ahead. Cover; chill.)

Sprinkle steaks with salt and pepper. Melt 1 tablespoon butter in heavy medium skillet over medium-high heat. Add steaks; cook to desired doneness, about 4 minutes per side for rare. Transfer steaks to plates. Add sauce to skillet; bring to boil, scraping up any browned bits. Season to taste with salt and pepper.

Slice steaks; fan slices on plates. Top with sauce and garnish with chives.

Serves 2.

Beef Pot Roast

90g (3 ounces) butter
2kg (4 pound) piece of corner topside
3 large carrots
3 medium parsnips
8 small onions
4 medium potatoes
1/3 cup plain flour
1.25 liters (5 cup) water
3 beef stock cubes
3 tablespoons tomato paste
1 teaspoon Worcestershire sauce
Pinch mixed herbs
1 teaspoon granulated sugar
Salt, pepper

Heat 30g (1 ounce) butter in large pan, add meat, brown well on all sides. Remove meat from pan. Add to pan scraped carrots, cut into large pieces; scraped parsnips, cut into large pieces; peeled whole onions; and peeled potatoes, cut in half. Saute gently until vegetables are golden brown. Remove from pan.

Melt remaining butter in pan. Add flour, stir over high heat until flour is dark golden brown. Remove pan from heat, add water, stir until combined. Add crumbled stock cubes, tomato paste, Worcestershire sauce, mixed herbs, salt, pepper and sugar.

Return pan to heat, stir until sauce boils and thickens. Put meat into large saucepan, pour sauce over, bring to boil. Reduce heat, cover, simmer gently 2 hours.

Add prepared vegetables, simmer further 30 minutes or until vegetables are tender.

Keep meat and vegetables warm on serving plate. Bring sauce in pan to boil, boil, uncovered 10 minutes or until of good gravy consistency.

Serves 6.

Beef Pot Roast in a Barbecue Sauce

2 medium onions, chopped
1 (3 1/2 to 4 pound) boneless beef chuck roast
1 cup beef stock or bouillon
3 garlic cloves, crushed
2 (8 ounce) cans tomato sauce
1/4 cup dark brown sugar, packed
1 teaspoon Hungarian paprika
1 teaspoon dry mustard
1 tablespoon finely-chopped fresh rosemary
1 tablespoon finely-chopped fresh thyme
1/2 cup fresh lemon juice
1/2 cup catsup
1/2 cup red wine vinegar
2 tablespoons Worcestershire sauce

Preheat oven to 350 degrees F.

Sprinkle onions over the bottom of a large heavy Dutch oven. Place the meat on top of the onions, cover, and bake 1 1/2 hours, adding some stock if the pan juices begin to dry up.

Mix garlic, tomato sauce, brown sugar, paprika, mustard, rosemary, thyme, lemon juice, ketchup, vinegar and Worcestershire sauce in a bowl. Pour the sauce over the meat, cover, and continue to bake, basting every 20 minutes, until the meat is tender, about 1 1/2 hours longer.

Remove the lid for the last 1/2 hour of cooking. Slice the meat and arrange on a serving platter. Spoon some sauce on the top and serve the remaining sauce on the side.

Beef Pot Roast with Dumplings

1 (4 pound) chuck roast
1/2 cup water
1 (8 ounce) can tomato sauce
2 tablespoons brown sugar
1/4 teaspoon paprika
1/2 teaspoon dry mustard
1/4 cup lemon juice
Salt
Pepper
3 onions, sliced
2 cloves garlic, minced
1/4 cup catsup
1/4 cup vinegar
1 tablespoon Worcestershire sauce

Brown pot roast in hot fat. Add water, tomato sauce, onions and garlic. Cover and cook over low heat for 2 hours.

Add remaining ingredients. Cover and continue cooking until meat is tender. Serve with cornmeal or plain dumplings.

Cornmeal Dumplings

1 egg
1/2 cup milk
3/4 cup cornmeal
1/2 cup flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder

Beat egg with milk. Add 2 tablespoons melted shortening or margarine. Add remaining ingredients and blend well. Drop by tablespoons into pot roast sauce, cover pan tightly and simmer for 15 minutes.

Beef Ribs with Fruity Barbecue Sauce

4 pounds beef back ribs, cut into individual ribs
1/4 cup steak sauce
1/4 cup tomato ketchup
1/4 cup apricot preserves

Arrange ribs on rack in large roasting pan. Bake at 400 degrees F for 30 minutes.

Heat steak sauce, ketchup and apricot preserves in small saucepan until hot and blended; brush on both sides of ribs. Bake 30 minutes more or until ribs are tender, basting occasionally with sauce.

Beef Short Ribs

1 to 2 tablespoon vegetable oil
2 medium onions, chopped
1/2 cup beef broth
1 1/2 tablespoons light brown sugar
2 teaspoons Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon paprika
3 pounds short ribs
1/2 cup chili sauce
3 tablespoons cider vinegar
1 teaspoon Dijon mustard
1 clove garlic, minced
1 teaspoon chili powder
1/2 teaspoon salt, or to taste
1/4 teaspoon freshly-ground pepper

Preheat oven to 350 degrees F.

In large Dutch oven or deep casserole, heat oil; brown ribs all over, then discard fat.

In large bowl, combine onion, chili sauce, broth, vinegar, sugar, Dijon mustard, Worcestershire, garlic, dry mustard, chili powder, paprika, salt and pepper. Pour over ribs; toss to combine. Cover and bake for 2 hours, removing the cover for the last 1/2 hour so meat will brown.

Serve ribs hot with sauce.

Beef Tenderloin Steaks with Blue Cheese Topping

4 beef tenderloin steaks, cut 1-inch thick (about 1 pound)
1 large clove garlic, cut in half
1/2 teaspoon salt
2 teaspoons chopped fresh parsley

Topping

2 tablespoons cream cheese, softened
4 teaspoons crumbled blue cheese
4 teaspoons plain yogurt
2 teaspoons minced onion
Dash ground white pepper

Combine topping ingredients in small bowl.

Rub both sides of beef steaks with cut sides of garlic clove. Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare to medium doneness, turning once. One to two minutes before steaks are done, top evenly with topping.

Season with salt; sprinkle with parsley.

Makes 4 servings.

Grill Directions: Place well-trimmed steaks on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning occasionally. One minute before steaks are done, top evenly with topping.

Beef Tenderloin with Blackberry Port Wine Sauce

Serves 4

4 beef tenderloin steaks, 4 to 6 ounces each, 1–inch thick
1 large shallot or small onion, finely diced
1 cup fresh or frozen blackberries, divided
2 cups port wine
1 teaspoon granulated sugar
2 cups beef stock
1 tablespoon butter, softened

In a saucepan bring diced shallot, 3/4 cup blackberries, wine and sugar to a boil. Boil gently to reduce wine to 1/2 cup. Strain and set liquid aside.

Boil beef stock in a separate pan to reduce by half. This will take approximately 15 minutes.
Grill steaks or pan broil in skillet 6 minutes per side.

Whisk blackberry and port wine reduction into reduced beef stock. If sauce is too thin, dissolve 1 teaspoon cornstarch in water, then stir into sauce and bring to a boil. Whisk in 1 tablespoon softened butter.

Serve steaks with sauce and garnish with remaining blackberries.

Beef Tenderloin with Blue Cheese Stuffing

Makes 6 servings

1/2 cup crumbled blue cheese
2 tablespoons chopped walnuts
2 tablespoons chopped parsley
2 teaspoons dried oregano, divided
2 pound beef tenderloin
Salt and pepper to taste
2/3 to 3/4 cup beef broth

Preheat oven to 425 degrees F.

Combine the blue cheese, walnuts, parsley and 1 teaspoon of oregano in a bowl and mix well. Cut a long pocket in the top of the tenderloin, starting and ending 1/2 inch from the ends, cutting to within 1 inch of the bottom. Spoon the cheese mixture into the pocket. Press the sides of the meat together and secure with string. Rub the remaining teaspoon of oregano, salt and pepper on the tenderloin. Roast until an instant-read thermometer inserted in the thickest part of the meat reads 120 degrees F for rare, 125 degrees F for medium-rare or 135 to 145 degrees F for medium, about 25 to 45 minutes (the temperature will continue to rise 5 to 10 degrees out of the oven). Let stand for 5 minutes.

Remove to a platter and cover loosely with aluminum foil. Place the roasting pan over medium-high heat and add the beef broth. Cook until heated through, stirring to deglaze the pan. Pour into a sauceboat. Slice the tenderloin and serve with the pan juices.

Beef Tips over Noodles

- 1 small onion, diced**
- 1 tablespoon butter**
- 1 package "fondue" beef (ours was about 3/4 pound)**
- 1 (12 ounce) package wide or extra-wide egg noodles**
- 1 can condensed cream of mushroom soup**
- 1 (7 ounce) can mushroom pieces, drained, optional**

Place large pot of water on to boil for the noodles and prepare noodles per instructions.

While waiting for the water to come to a boil, melt the butter in a large pan. Saute the onion for a couple of minutes. Place beef in the skillet and brown on all sides (see note above). The fondue beef cooks quickly and takes about 5 to 10 minutes to cook.

Add the can of mushroom soup and mix with the natural juices from the beef. Add the can of mushrooms and heat through. Drain the noodles and return to pot. Pour beef mixture over and toss.

Bloody Mary Pot Roast

1 (3 pound) boneless chuck roast
6 ounces Bloody Mary mix (canned)
1/2 cup red wine
2 tablespoons all-purpose flour
1/4 teaspoon ground black pepper
1 envelope dry onion soup mix
8 small onions
3 medium carrots, cut into 1-inch pieces
1 stalk celery, cut into 1-inch pieces

Place 22 x 18-inch piece of aluminum foil in an ungreased 13 x 9 x 2-inch pan. Place beef in pan, and add Bloody Mary mix and wine. Sprinkle with flour, pepper, and onion soup mix. Arrange vegetables around beef. Fold foil over and seal. Bake at 350 degrees F for 2 hours or until tender.

Yields 6 servings.

Braised Short Ribs with Onion Gravy

3 pounds lean beef short ribs
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons vegetable oil
1 cup chopped onion
1 cup beef broth

Onion Gravy

1 large onion, sliced
3 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon thyme

Combine flour, salt and pepper. Roll short ribs in seasoned flour. Brown slowly on all sides in hot oil. Pour off fat. Add onions and cook until browned. Add beef broth. Simmer, covered, 1 1/2 to 2 hours or until short ribs are fork tender, adding more beef broth if necessary. Remove meat to heated platter and keep warm while preparing gravy.

Onion Gravy: Skim fat from stock in which short ribs cooked, reserving 1/4 cup. Add water to stock to make 2 cups.

Sauté onion in reserved fat until tender, but not brown. Blend in flour. Add beef stock, salt, pepper and thyme. Cook, stirring constantly, until gravy is thick and smooth. Adjust seasoning.

Serve over short ribs.

Makes 6 servings.

Brisket in Coffee Barbecue Sauce

**3/4 cup vegetable oil
1 large Spanish onion, minced
5 cloves garlic, minced
1 teaspoon crushed–red–pepper flakes
1 tablespoon tomato paste
7 tablespoons light brown sugar
5 cups brewed coffee
1/2 cup cider vinegar
1 (128 ounce) can peeled, chopped tomatoes
Kosher salt and freshly ground black pepper
1 (4 pound) brisket**

In a medium pot, heat 1/4 cup of the oil over medium heat. Add the onion and cook, stirring, until soft and golden brown, about 7 minutes.

Add the garlic and cook, stirring, until fragrant, about 30 seconds. Stir in the red pepper. Add the tomato paste and cook, stirring frequently, about 1 minute. Stir in the brown sugar. Pour in the coffee, vinegar, and tomatoes; bring to a boil; and then lower to a simmer. Simmer 10 minutes. Set aside to cool.

Working in small batches, transfer the tomato–coffee mixture to a blender and puree. Season with salt and pepper to taste. Set aside.

Preheat the oven to 275 degrees F.

Season the brisket with salt and pepper. In a Dutch oven with a tight–fitting lid, heat the remaining 1/2 cup oil. Brown the brisket on both sides. Drain off the oil, leaving the brisket in the Dutch oven. Turn the brisket so that the fat side is facing up and then coat it with the pureed tomato–coffee mixture. Cover the Dutch oven and place it in the oven. Bake for 3 hours, basting frequently.

Remove the lid and bake uncovered until the brisket is glazed and very tender, about an hour and a half more. Remove the brisket and set it aside to rest for 10 minutes, covered with foil, before slicing thinly across the grain.

Yields 10 to 12 servings.

Buffet Rump Roast

1 (5-pound) boneless rump roast
Black pepper
1/4 cup vegetable oil
4 tablespoons butter or margarine
1 large onion, chopped
6 tablespoons Worcestershire sauce
Juice of 2 lemons
1 1/2 tablespoons flour (optional)

Trim all fat from meat. Season with pepper.

Heat oil in large Dutch oven. Brown meat on all sides. Remove meat.

Add butter, onion, Worcestershire sauce and lemon juice. Heat until margarine is melted.

Return roast to pot, cover and bake at 325 degrees F for 2 hours or until tender.

When meat is tender, cool and refrigerate. Slice when chilled.

Before serving, return sliced meat to gravy. If you want to thicken the gravy, stir in a little flour.

Serve on sliced rolls.

Bushmills Flamed Steak

**1 (1 1/2 pound) boneless sirloin strip
steak, 3/4-inch thick**
4 tablespoons butter
2 cups sliced fresh mushrooms
1/2 cup thinly sliced onions
1/4 cup Old Bushmills Irish Whiskey
3/4 cup cream
2 teaspoons flour
1/4 teaspoon tarragon
1/8 teaspoon granulated sugar
Salt and pepper
Parsley, to garnish

Heat skillet very hot. Melt butter until golden and add steak. Sear on both sides and cook to your taste. Remove steak to heated platter.

Quickly sauté onions and mushrooms in pan drippings. Put steak back into skillet and drizzle with 1/4 cup Old Bushmills Irish Whiskey and flame. Remove steak only back to platter. Reduce heat to medium and sprinkle sugar, flour and tarragon on mushrooms and onions. Cook, stirring, 1 minute.

Stir in cream and cook until reduced by half. Season to taste. Pour over steak and garnish with parsley.

Busy Day Beef Stroganoff

1 pound round steak, 1/4- to 1/2-inch thick

2/3 cup water

1 (4 ounce) can sliced mushrooms

1 envelope onion soup mix

1 cup sour cream

1 tablespoon flour

Buttered egg noodles

Trim fat from meat. Cut into small pieces. Heat fat in skillet. When there is about 3 tablespoons of melted fat in skillet, remove trimmings. (If fat coating is thin, add butter to make 3 tablespoons.) Quickly brown meat in fat. Add water and mushrooms (including liquid); stir in soup mix and heat to boiling.

Blend sour cream and flour; add to skillet. Cook and stir until mixture thickens.

Serve over hot buttered egg noodles.

Makes 6 servings.

Carpetbagger Steak

1 cup fresh oysters, drained and chopped
1/2 cup chopped fresh mushrooms
2 teaspoons chopped fresh parsley
3 tablespoons melted butter
4 slices bacon, cooked and crumbled
1 ounce crumbled bleu cheese
1/4 cup sauterne or other dry white wine
4 thick-sliced rib eye or filet steaks

Sauté oysters, mushrooms and parsley in butter until mushrooms are tender; drain. Stir in bacon, cheese and sauterne; set aside.

Make pocket in side of steak. Stuff pocket with oyster mixture; secure with wooden picks. Broil steaks about 6 inches from heat for 8 to 10 minutes on each side or until desired degree of doneness. Top steaks with any leftover stuffing.

Yields 4 servings.

Cheese Steak Skillet

2 cups sliced green bell peppers
1 small onion, thinly sliced
1 tablespoon olive oil
1 pound cubed steak, cut into serving pieces
1 (26 ounce) can four-cheese spaghetti sauce
1/2 cup steak sauce
6 ounces thinly sliced mozzarella cheese

Brown peppers and onion in hot oil; add steak and brown on both sides. Add and mix spaghetti sauce and steak sauce. Simmer, covered, for 5 minutes until sauce is bubbly. Top with mozzarella cheese; continue to simmer until cheese is melted.

Chicken Fried Steak

1 (2 1/2 to 3 pound) round steak
1 (5 ounce) can evaporated milk
2 tablespoons green Tabasco sauce
1/2 teaspoon salt
2 cups all-purpose flour, divided
2 teaspoons paprika
3/4 teaspoon garlic powder
1 teaspoon each salt and cracked pepper
Vegetable oil

Trim steak and pound, if needed, to 1/2-inch thick; cut into 6 to 8 pieces. Combine milk, Tabasco sauce and salt in a bowl. Measure 1 cup of flour into a bowl. Combine remaining flour, paprika, garlic powder, salt and pepper in another bowl. Dip steak into flour, into milk mixture, and then into seasoned flour. Set aside until all meat is coated.

Heat 1 or 2 inches of oil in a heavy fry pan. Fry meat until both sides are golden brown, about 2 minutes per side.

Drain on paper towels. Serve with cream gravy, mashed potatoes and biscuits.

Makes 6 to 8 servings.

Cream Gravy: Pour off all but 6 tablespoons of fat from fry pan; add 6 tablespoons flour into pan (use any leftover seasoned flour) and blend well. Gradually stir in 2 1/2 cups of milk. Cook and stir over medium heat until thickened. Season with salt and pepper. Cover steak with gravy when served.

Makes 2 cups.

Chili Roast and Gravy

1 (3 or 4 pound) rump roast
4 cups water
Salt and black pepper

Gravy

4 tablespoons fat
4 tablespoons flour
1/2 cup chopped onion
2 tablespoons chili powder
2 tablespoons vinegar

Bring roast and water to boil. Skim off foam. Season with salt and black pepper. Simmer until meat is tender. When done, let broth settle. Skim off most of the fat. Slice roast beef.

To Make Gravy: Brown flour in fat until a deep golden brown. Add onion and sauté in this roux. Add chili powder, then the broth from the roast, 1 cup at a time, until desired thickness, stirring constantly. Add vinegar; simmer 5 minutes.

Add the sliced roast beef and simmer slowly 30 minutes.

Serve with rice or mashed potatoes.

Chili Salsa Beef

Makes 4 servings

1 1/2 pounds beef for stew, cut in 1-1/4-inch pieces
1 tablespoon olive oil
1 cup prepared thick-and-chunky salsa
2 tablespoons packed brown sugar
1 tablespoon reduced-sodium soy sauce
1 clove garlic, minced
1/3 cup chopped fresh cilantro
2 tablespoons fresh lime juice
2 cups hot cooked rice

Heat oil in Dutch oven over medium heat until hot. Brown beef in batches; pour off drippings. Return beef to pan. Stir in salsa, sugar, soy sauce and garlic; bring to a boil. Reduce heat; cover tightly and simmer for 1 3/4 to 2 1/4 hours or until beef is fork-tender.

Stir in cilantro and lime juice.

Serve over rice.

Chopped Steak Special

1 1/2 pounds ground sirloin
3 tablespoons grated or minced onion
1 tablespoon minced chile pepper
1 teaspoon salt
1 teaspoon spicy steak or Worcestershire sauce
1/4 teaspoon green or red Tabasco sauce

Combine all ingredients until well mixed. Shape into four fat oval patties. Pan broil in a heavy skillet.

Classic Beef Burgundy

1 (1 1/2 pound) round steak, cut into 1 1/2-inch cubes
1 cup dry red wine
1 small onion, quartered
1/2 pound small mushrooms
4 tablespoons unsalted margarine
3 cups sliced onion
2 cups diced carrots
1/4 cup chopped parsley
2 cloves garlic, crushed
1/2 teaspoon ground marjoram
1/2 teaspoon thyme, crushed
1/4 teaspoon pepper
1 bay leaf
1 1/4 cups water
2 tablespoons flour

Combine beef, 3/4 cup wine and onion. Cover; refrigerate overnight.

Drain beef cubes; set aside. Strain and reserve liquid. Sauté mushrooms in 3 tablespoons margarine until lightly browned; remove and set aside. Add beef; cook until well browned. Remove and set aside. Sauté sliced onion, carrots, parsley and garlic in remaining 1 tablespoon margarine until onions are tender. Add meat, marjoram, thyme, pepper, bay leaf, marinade and 1 cup water. Cover and simmer 2 hours, or until meat is tender.

Dissolve flour in remaining 1/4 cup water; add to beef mixture. Add mushrooms and cook until mixture thickens, about 5 minutes. Stir in remaining wine.

Makes 6 servings.

Corned Beef

For Corning

2 pounds coarse salt
1/2 cup granulated sugar
4 bay leaves
1 teaspoon saltpeter
1 fresh thyme sprig
1 ounce pickling spice, tied in cheesecloth
1 (5 pound) beef brisket

For Cooking

3 large onions, one spiked with cloves,
the others sliced or quartered
1 teaspoon black peppercorns
1 pound medium carrots, chopped
2 medium white turnips, chopped
5 cloves
1 pound leeks, chopped
1 celery stalk, chopped

Corning the beef: Put salt, sugar and saltpeter into a large saucepan with pickling spices tied in cheesecloth. Add bay leaves, thyme and 4 1/2 quarts water. Heat gently until sugar and salt have dissolved. Bring to a boil, then pour into bowl and cool.

Add the meat to the bowl, making sure that salt solution covers it. Cover with clean dish–towel and leave to soak in cold place 2 weeks. Turn the meat occasionally.

To Cook: Remove the meat from the brine and wash under cold water. Put into a large saucepan with the clove–spiked onion. Add the celery and peppercorns to the pan. Cover with cold water and bring to a boil slowly. Skim, reduce heat, cover and simmer for 2 1/2 hours.

Add vegetables to the pan, bring back to a boil, reduce heat and simmer for 30 minutes.

Strain the liquid and use as a sauce over the meat and vegetables.

Corned Beef and Cabbage

1 (3 to 4 pound) corned beef brisket
1 onion, halved
2 ribs celery with tops
1 carrot, peeled
2 bay leaves
1 teaspoon black peppercorns
2 cloves garlic
4 to 6 new potatoes, peeled and quartered
4 to 6 carrots, peeled and cut into bite-size pieces
1 medium head cabbage, cut into wedges

Cover meat with cold water and add onion, celery, 1 carrot, bay leaves, pepper and garlic. bring to a boil; reduce heat and simmer about 3 hours or until meat is tender.

When fork pierces the meat easily, it is done. Leave in broth for an additional hour. Remove meat from broth. Boil potatoes, remaining carrots and cabbage in corned beef broth until tender, about 10 minutes.

When vegetables are done, serve on plate with several slices corned beef on top of vegetables.

Corned Beef and Cabbage Stir Fry

Yield: 4 servings

2 tablespoons oil
1/2 teaspoon salt
1 small cabbage, shredded
1 small onion, finely chopped
1 medium tart apple, peeled and chopped
1/4 cup water
1 teaspoon granulated sugar
1 (1 pound) can corned beef brisket, coarsely chopped
2 tablespoons soy sauce
2 teaspoons cornstarch dissolved in 2 teaspoons water

Heat oil with salt in wok. Add cabbage, onion and apple. Stir fry for 2 minutes. Add water and sugar. Cover and steam for about 10 minutes or until cabbage is still slightly crisp.

Uncover and stir occasionally. Add corned beef. Stir fry for 1 minute. Cover and steam about 1 to 2 minutes or until corned beef is heated. Add soy sauce and dissolved cornstarch. Stir until slightly thickened.

Country Fried Round Steak

1 cup all-purpose flour
2 teaspoons salt
1 teaspoon granulated garlic
1 teaspoon ground black pepper
1 teaspoon onion powder
2 (5 ounce) Black Angus top round steaks
Buttermilk
4 ounces whole butter
Country Gravy (recipe follows)

Mix flour, salt, garlic, pepper and onion powder together to make seasoned flour mixture. Tenderize steaks by running through a meat tenderizer or beating with a hand meat tenderizer. Soak in buttermilk briefly and then dip in seasoned flour mixture. Heat butter in sauté pan on medium high heat. Place breaded steaks in pan and cook until golden brown and tender. Approximately 10 minutes per side.

Serve with Country Gravy.

Country Gravy
1 medium garlic clove, minced
2 ounces bacon grease
4 ounces all-purpose flour
1 cup heavy cream
1 cup water
Black pepper, to taste
Kosher salt, to taste

Brown garlic in the bacon grease. Stir in flour until smooth. Let roux (grease and flour) cook lightly for a couple of minutes stirring frequently. Add cream and water stirring constantly. Simmer until gravy thickens and is hot. Season with salt and pepper, to taste.

Yield: 2 servings

Country Roast with Noodles

1 (5 to 6 pound) chuck roast
All-purpose flour
1 1/2 teaspoons salt
2 tablespoons vegetable oil
1/2 cup chopped onion
1/2 cup chopped celery
1 clove garlic, crushed
1 cup tomato juice
2 tablespoons Worcestershire sauce
1 teaspoon dried oregano leaves
12 small carrots, pared
1 (8 ounce) package egg noodles

Combine 1/4 cup flour, salt and pepper; use to coat roast.

In hot oil, in large skillet over medium heat, brown roast well on all sides. Add onion, celery and garlic; sauté until golden.

Add tomato juice, 1/4 cup water, Worcestershire sauce and oregano. Bring to boiling; reduce heat, covered, turning meat once 2 hours.

Add carrots; simmer 20 minutes longer or until meat and carrots are tender.

Meanwhile, cook noodles per package instructions; drain.

Transfer roast and carrots to serving platter. Surround with noodles.

Gravy can be made from pan drippings and served with roast and noodles.

Country Style Steak and Gravy

**1 pound round steak
1 onion, sliced
4 tablespoons oil or shortening
2 tablespoons flour
Salt and pepper
3 cups water**

Cut steak into six pieces. Salt to taste and roll in flour to coat. Heat cooking oil and fry steak on both sides until brown. Remove steak and put into baking pan. Put onion slices over top of steak.

Add 2 tablespoons flour to grease remaining from browning meat. Stir and let flour cook until brown. Add water and stir. Pour browned mixture over steak. Cover and put into 325 degree F oven for about an hour or until tender.

Cranberry Brisket

- 1 (4 to 5 pound) whole, single flat cut beef brisket**
- 2 envelopes dry onion soup mix**
- 1 can whole berry cranberry sauce**
- 2 (8 ounce) cans tomato sauce**
- 1 can water**

Mix the last four ingredients. Pour over meat. Bake, covered, at 350 degrees F until tender.

Cranberry Pot Roast

2 tablespoons vegetable oil
1 (4 pound) boneless beef pot roast
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon pepper
1/3 cup water
2 teaspoons salt
1 (16 ounce) can whole berry cranberry sauce
2 teaspoons cornstarch
2 tablespoons water

In 8-quart Dutch oven over medium high heat add vegetable oil. Cook beef pot roast until browned on all sides.

Stir in cinnamon, ginger, pepper, the 1/3 cup water and salt. Heat to boiling. Reduce heat to low; cover and simmer 2 hours turning meat occasionally. About 15 minutes before meat is done, add cranberry sauce to liquid in Dutch oven; continue cooking until roast is fork tender. When roast is done, remove to cutting board.

In cup, stir cornstarch and the 2 tablespoons water until blended. Stir into liquid in Dutch oven; cook stirring constantly until boils and thickens slightly.

Slice meat and serve with gravy.

Serves 12.

Cranberry Spareribs

Yield: 6 servings

1/2 cup orange marmalade
1/4 cup lemon juice
1/8 teaspoon ground cinnamon
1 teaspoon vinegar
4 pounds spareribs
1 (10 ounce) can beef gravy
1 (16 ounce) can whole berry cranberry sauce

Cut ribs into serving size pieces; place in Dutch oven or large kettle. Cover with water and bring to boil. Reduce heat; cover and simmer for 45 minutes.

In a medium saucepan, combine gravy, cranberry sauce, marmalade, lemon juice and cinnamon; bring to boil. Reduce heat; simmer for 10 to 15 minutes or until thickened, stirring occasionally. Remove from the heat and stir in the vinegar.

Drain the ribs; place meaty side up in a greased 13 x 9 x 2-inch baking dish. Pour 1/2 cups of the sauce over the ribs. Cover and bake at 400 degrees F for 20 minutes.

Uncover and bake 15 to 20 minutes longer, or until meat is tender, basting every 5 minutes with the remaining sauce.

Creamy Meatballs

1/4 cup butter
1 medium onion, chopped
2 pounds ground beef
2 eggs
2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon tarragon
1/4 teaspoon marjoram
2 1/2 tablespoons flour
5 1/2 tablespoons tomato paste
3/4 cup beef stock
4 teaspoons Worcestershire sauce
2 teaspoons vinegar
1/2 pound mushrooms, sliced
1 cup sour cream

Sauté onion in half the butter in large fry pan until golden brown. Put the onion in the crockpot.

Mix together the beef, eggs, salt and pepper. Form into small balls.

Brown meatballs in same fry pan. Sprinkle on the tarragon, marjoram and flour. Shake the fry pan to turn the meat balls and coat them with the flour. Put into crockpot.

Mix together tomato paste, beef stock, Worcestershire sauce and vinegar in the fry pan. Scrape the bottom of the pan and cook for two minutes. Pour over meatballs. Cover and cook on LOW for about 1 1/2 hours.

Melt remaining butter in and sauté mushrooms for a few minutes. Add the mushrooms and the sour cream to the meatballs and heat through.

Delicious Beef and Noodles

1 pound beef stew meat

Salt

Pepper

Garlic powder

Flour

3 tablespoons vegetable oil

2 (15 ounce) cans beef broth

1 (10 ounce) can cream of mushroom soup

8 ounces noodles

1 (5 ounce) can Milnot

Dust meat with salt, pepper, garlic powder and flour.

Heat cooking oil in heavy skillet or Dutch oven. Add meat and brown; drain.

To the meat in the skillet, add broth, and simmer for 5 or 6 hours until meat is tender.

Stir in soup.

Cook noodles according to package directions. Drain. Add to meat with Milnot. Taste and add salt and pepper as needed. Stir well until blended.

Diner Chicken–Fried Steak

1/4 cup all–purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 pound cubed beef steaks
1 large egg, lightly beaten
2 tablespoons milk
1 cup saltine cracker crumbs
Vegetable oil
3 tablespoons all–purpose flour
1 1/4 cups chicken broth
1/2 cup milk
Dash of Worcestershire sauce
Dash of hot sauce

Combine first 3 ingredients; sprinkle on both sides of steaks. Combine egg and 2 tablespoons milk in a shallow dish. Dip steaks in egg mixture; dredge in cracker crumbs.

Pour oil to depth of 1/2 inch into a large, heavy skillet. Fry steaks in hot oil over medium heat until browned, turning once. Cover, reduce heat, and simmer, turning occasionally, 15 minutes or until tender. Remove steaks, and drain on paper towels. Keep warm.

Drain off drippings, reserving 3 tablespoons in skillet. Add 3 tablespoons flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add broth and 1/2 cup milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in Worcestershire sauce and hot sauce.

Serve gravy with steaks and mashed potatoes.

Dry Beef Curry with Onions and Peanuts

1 kg chuck steak, chopped
3 cups coconut milk
1 cup finely ground peanuts
1 tablespoon fish sauce
2 teaspoons tamarind sauce
6 (150g) baby onions
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamom
1/4 teaspoon ground cinnamon
1 1/2 tablespoons lime juice
1 teaspoon palm sugar

Curry Paste

2 teaspoons dried chile flakes
1 red Spanish onion, chopped
3 cloves garlic, crushed
2 tablespoons chopped fresh lemon grass
1 teaspoon galangal powder
2 teaspoons chopped fresh coriander root
1 teaspoon grated lime rind
1/2 teaspoon shrimp paste
1 dried kaffir lime leaf
1 teaspoon paprika
1/2 teaspoon turmeric
1/2 teaspoon cumin seeds
2 teaspoons oil, approximately

Combine beef, coconut milk and nuts in pan, bring to boil, simmer, covered, 1 hour, stirring occasionally. Stir in curry paste, sauces, onions, spices, juice and sugar. Simmer, uncovered, 10 minutes.

Curry Paste: Blend or process all ingredients with enough oil to form a paste consistency.

This recipe can be made a day ahead with storage being covered in the refrigerator. It is suitable to freeze but not to be microwaved.

Dry Ribs

2 pounds spare ribs, bones cut in short lengths
2 tablespoons soy sauce
2 tablespoons water
1 tablespoon brown sugar
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon ginger
1/4 cup all-purpose flour
4 eggs, slight beaten
Fat for deep frying

Measure soy sauce, water, sugar, garlic powder, salt and ginger into large bowl. Stir in flour. Add eggs and mix. Add ribs and stir carefully into mixture. Let stand 1/2 hour.

Deep fry a few at a time in hot fat 375 degrees F until browned.

QUICK DRY RIBS: To 1 package (2 envelopes) of Regular Chicken Shake and Bake, add 1 teaspoon garlic powder and put into bag. Shake damp ribs, a few at a time, to coat. Deep-fry. These ribs will not have as much batter on them. They are delicious.

Serves 6.

Dutch Oven Pot Roast with Black Night Barbecue Sauce

1 (5 pound) round bone pot roast
2 teaspoons salt
2 tablespoons shortening
1/2 cup Black Night Barbecue Sauce
1/2 cup apple cider
8 carrots, pared, cut in 2-inch pieces
6 potatoes, peeled and quartered
2 onions, sliced
1 (10 ounce) package frozen okra or
1/2 pound fresh okra (optional)

Rub meat with salt. Melt shortening in Dutch oven; add meat and brown over medium heat, turning once. Reduce heat; pour over barbecue and cider. Cover and simmer on top of range or in 325 degrees oven 4 hours.

Add carrots, potatoes and onion 1 1/2 hours before end of cooking time. Add okra 15 minutes before end of cooking time.

Serves 6 to 8.

Black Night Barbecue Sauce

1 cup strong black coffee
1 1/2 cups Worcestershire sauce
1 cup ketchup
1/2 cup (1 stick) butter
1/4 cup lemon juice
2 tablespoons granulated sugar
1 tablespoon salt
2 teaspoons cayenne pepper

Combine ingredients. Simmer 30 minutes over low heat, stirring occasionally.

Serve with Dutch Oven Pot Roast.

Easy Beef Stuffed Peppers

Serves 4.

1 pound lean ground beef or
1 package fully cooked ground beef
4 medium green, red or yellow bell peppers
3/4 cup chopped onion
1/4 cup uncooked rice
3 tablespoons catsup, divided
1 teaspoon dried oregano leaves, divided
1/2 teaspoon salt
1/4 teaspoon pepper
1 (14 1/2 ounce) can Italian-style stewed
tomatoes, undrained

Cut tops off bell peppers; remove seeds and membrane. Combine ground beef, onion, rice, 2 Tbsp. catsup, 1/2 tsp. oregano, salt and pepper, mixing lightly but thoroughly. Spoon an equal amount of meat mixture into each bell pepper. Place in 8-inch square baking dish.

Combine tomatoes, remaining catsup and remaining oregano; pour over stuffed peppers. Cover baking dish tightly with foil. Bake in 350 degree F oven for 1 1/2 hours.

TIP: Four large zucchini or yellow squash may be substituted for the bell peppers. (Reduce cooking time by about 15 minutes.)

Elegant Steak and Rice

1 (1 1/2 pound) tenderized boneless beef round steak
1 1/2 tablespoons vegetable oil
2 large. onions, cut into 1/2 inch slices, separated into rings
1 (4 ounce) can sliced mushrooms (drain, reserve liquid)
1 (10 3/4 ounce) can condensed cream of mushroom soup
1/2 cup dry sherry *
1 1/2 teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips.

In a large skillet, brown meat in oil. Add onions. Sauté until tender. Blend soup, sherry, and liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat and cover. Simmer for 1 hour or until the steak is tender (or cover and bake at 350 degrees F).

Serve over rice.

* I always substitute broth for the sherry.

Enchilada Pot Roast

1 tablespoon light olive or vegetable oil
About 3 pound pot roast
1 medium onion, peeled and coarsely chopped
2 medium carrots, peeled and coarsely chopped
2 medium ribs celery, coarsely chopped
1/2 pound cremini or white button mushrooms, cleaned and thinly sliced
1 (14 1/2 ounce) can Mexican stewed tomatoes
1 (10 ounces) can enchilada sauce
1 (12 ounce) bottle beer
1 (4 ounce) can diced green chiles, drained
1 tablespoon lime juice
1/2 teaspoon Tabasco sauce (or to taste)
Salt to taste
Freshly ground black pepper to taste

Preheat oven to 325 degrees F.

Heat the oil in a heavy Dutch oven over medium–high heat. When pan is hot, brown the roast on both sides. Add the onion, carrots, celery and mushrooms. Cook 5 minutes, stirring the vegetables often.

Pour the tomatoes, enchilada sauce and beer into the pan; add the green chilies. Bring to a boil, cover and place on center oven rack. Cook 1 hour.

Turn meat over, recover and continue baking about 1 1/2 hours, or until the meat is fork–tender. Remove the meat from the pan; cover with aluminum foil.

Degrease the cooking liquid. To thicken, puree about half of the solids in a blender or food processor, then stir back into the liquid. Reheat; season with lime juice, Tabasco, salt and pepper.

Slice the meat across the grain. Spoon the sauce over the meat. Serve with lots of rice, noodles or mashed potatoes.

Serves 6 to 8.

Fall–Apart Boston Butt

1 (4 pound) Boston butt pork roast
1/4 to 1/3 cup Worcestershire sauce
3/4 cup light brown sugar
1 cup apple juice

Preheat oven to 400 degrees F. Lightly grease the inside of a casserole or deep roasting dish.

Put the Worcestershire sauce into a separate bowl and soak the Boston butt pork roast in the Worcestershire sauce. Remove roast from Worcestershire sauce and coat with brown sugar, being sure to press the brown sugar all over to form a crust. Place sugar–crusted roast in the casserole dish. Pour apple juice into the casserole, but do not pour over the sugar–crusted roast. Cover casserole or pan tightly, either with a casserole top or aluminum foil. Place the roast in the oven and immediately turn the heat down to 200 degrees F. Bake for about 5 hours.

Uncover the roast and check for doneness. The meat should be so tender it falls apart easily. If it doesn't, re–cover the roast and cook for 30 minutes more or as needed.

NOTE: This recipe can also be prepared in a crockpot. Prepare roast as outlined above. Put roast into crockpot insert. Pour apple juice into bottom of crockpot and add 1/2 teaspoon salt to the apple juice. Set the crockpot on HIGH for 30 minutes and then turn the setting to LOW and cook for 8 hours.

Four-Onion Steak

2 (12 ounce) boneless beef top-loin steaks, cut 1 inch thick
1/2 teaspoon garlic salt
1/2 teaspoon chili powder
1/2 teaspoon pepper
1/2 teaspoon ground cinnamon
1 tablespoon vegetable oil
1 large white onion, thinly sliced
1 medium leek, thinly sliced
2 shallots, chopped
1/2 cup beef broth
1 teaspoon Worcestershire sauce
1/2 cup sliced scallions
Scallions, sliced into 3-inch pieces (optional)

Cut steaks into 4 portions. Combine garlic salt, chili powder, pepper and cinnamon. Use your fingers to press mixture onto both sides of each steak portion. In a large skillet cook steaks in hot oil over medium heat to desired doneness, turning once. Allow 8 to 11 minutes for medium rare or 12 to 14 minutes for medium. Transfer steaks to a serving platter, reserving drippings in the skillet. Keep warm.

For sauce, add white onion, leek and shallots to skillet. Cook and stir over low heat for 5 minutes or until onions are tender. Add beef broth and Worcestershire sauce. Cook and stir for 1 to 2 minutes more or until broth is slightly reduced. Add scallions. Spoon onion mixture over steaks. Garnish with scallion pieces, if desired.

Makes 4 servings.

Four–Pepper Beef Tenderloin

1 (2 pound) beef tenderloin roast, center cut
1 teaspoon dried oregano leaves, crushed
1 teaspoon sweet paprika
1 teaspoon salt
1 teaspoon dried thyme leaves, crushed
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon onion powder
1/4 teaspoon ground red pepper
1/4 teaspoon ground white pepper

Heat oven to 425 degrees F.

In small bowl, combine seasoning ingredients. Press evenly into surface of beef roast.

Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast for 35 to 40 minutes for medium rare doneness.

3. Remove roast when meat thermometer registers 135 degrees F. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise approximately 10 degrees F to reach 145 degrees F for medium rare.)

Carve roast into 1/2–inch thick slices.

Makes 6 servings.

German Pot Roast

1 (4 pound) boneless chuck roast
Salt, black pepper and red pepper, to taste
1 (8 ounce) bottle Catalina salad dressing
1/2 cup red wine
1 onion, thickly sliced
2 ribs celery, thickly sliced
1 teaspoon parsley flakes
1 (0.87 ounce) package brown gravy mix
6 new potatoes, halved or quartered
4 carrots, cut into (2-inch) lengths
1 onion, quartered
1 small bell pepper, thickly sliced

Rinse, dry and season meat with salt, black pepper and red pepper. Combine salad dressing, wine, sliced onion, celery, parsley flakes and brown gravy mix. Pour over meat and marinate overnight, in refrigerator, in tightly covered bowl. Do not use metal container.

When ready to bake, remove meat, reserving marinade and vegetables, and place meat in lightly oiled Dutch oven. Brown on all sides. Pour marinade and vegetables over meat. Add the potatoes, carrots, quartered onion and bell pepper. Cover pot. Bake in a preheated 300 to 325 degree F oven for 2 1/2 to 3 hours or until fork tender.

Makes 6 to 8 servings.

Glazed Boiled Beef

1 (4 pound) beef brisket
2 teaspoons meat tenderizer
2 tablespoons celery flakes
1/4 teaspoon coarsely-ground pepper
1 teaspoon seasoned salt
20 whole cloves
Water
1/2 cup brown sugar, packed

Pierce meat deeply with long-tined fork. Sprinkle meat tenderizer on all surfaces. Let stand 30 minutes at room temperature. Put into deep kettle; add celery flakes, pepper, seasoned salt and 6 to 8 whole cloves. Cover with water. Cover kettle and simmer very slowly 2 hours or until meat is tender (do not boil).

Remove meat from broth and place in shallow roasting pan. Score fat in diamond shapes. Sprinkle lightly with brown sugar and stud with remaining whole cloves. Bake at 400 degrees F for 20 minutes. Slice and serve hot with horseradish or mustard sauce.

Serves 6 to 8.

Glazed Five Spice Spareribs

1 1/2 pounds meaty spareribs

Chop the ribs into 1–inch pieces. Put them into a small pot and marinate in the simmer sauce for 15 minutes.

Simmer Sauce

2 tablespoons dark soy sauce
1 tablespoon dry sherry
1 teaspoon granulated sugar
1/2 teaspoon five–spice powder
1 1/2 cups boiling water

Add the boiling water and bring the simmer sauce to a boil. Adjust heat to medium low to maintain a strong simmer, then cover and simmer for 30 minutes, turning meat now and then.

Drain the Simmer Sauce into a bowl and set the ribs aside. (Can do this step in advance and refrigerate, bringing to room temperature before continuing).

2 tablespoons dark soy sauce
2 tablespoons dry sherry
3 tablespoons oil
1 medium clove garlic, crushed and peeled
2 tablespoons granulated sugar

Measure out 1/4 cup of sauce and combine it with dark soy sauce and dry sherry. Set it within reach for making the glazing sauce.

Heat a wok or large heavy skillet over high heat until hot; add the oil, swirl, and heat for 10 seconds. Press and turn the garlic in the oil with the back of a spatula. Stir in the sugar until it is dissolved. Then add the simmer sauce a little at a time (it will splatter – stand back) and stir until it puffs into thick caramel bubbles. Then pour in the ribs and tumble them vigorously until the sauce coats all of them, with no sauce left in the pan. Scoop the ribs onto a serving platter and garnish with parsley. Serves 3 to 4 as a single appetizer; more with an assortment.

Golden Gate Swiss Steak

1/3 cup all-purpose flour
2 teaspoons dry mustard
1/2 teaspoon salt
1/4 teaspoon freshly-ground black pepper
1 (1 1/2 pound) round steak, 1 inch thick
2 tablespoons vegetable oil
4 large tomatoes, peeled and chopped
3 large carrots, thinly sliced
2 tablespoons Worcestershire sauce
1 tablespoon brown sugar

Combine flour, mustard, salt and pepper. Dredge the meat with this mixture, then work the flour into the meat with a meat pounder. Cut steak into 4 individual portions.

In a heavy skillet or Dutch oven, heat oil and brown meat on both sides. Combine tomatoes, carrots, Worcestershire sauce and brown sugar; pour over meat. Cover and either bake in a preheated 350 degrees F oven or simmer on top of stove for approximately 1 1/2 hours or until meat is tender.

Good Gravy Pot Roast

3/4 cup all-purpose flour
1 (3 1/2 pound) boneless beef roast
3 tablespoons vegetable oil
1 (10 3/4 ounce) can condensed tomato soup, undiluted
1 (10 3/4 ounce) can condensed cream of mushroom soup, undiluted
1 (10 3/4 ounce) can condensed cheddar cheese soup, undiluted
1 (1 ounce) envelope onion recipe soup mix
1 1/2 cups water
Hot cooked mashed potatoes

Place flour in a large bowl or plastic bag. Add roast; dredge or shake to coat.

Brown roast on all sides in hot oil in a Dutch oven; drain.

In a bowl, combine soups, soup mix and water, mix well. Pour mixture over roast in Dutch oven. Cover and bake at 325 degrees F for 3 to 3 1/2 hours or until very tender.

Serve pot roast and gravy with mashed potatoes if desired.

Gorgonzola–Topped Tenderloin Steaks

4 beef tenderloin steaks, cut 1 inch thick (4 to 6 ounces each)
1 large clove garlic, crushed
1/4 teaspoon cracked black pepper
1/2 cup ready–to–serve beef broth
1/4 cup dry red wine
1/4 cup crumbled Gorgonzola or other blue–veined cheese

Heat large nonstick skillet 5 minutes over medium heat until hot. Combine garlic and pepper. Press evenly into both side of each beef steak. Place steaks in skillet. Cook 10 to 13 minutes for medium–rare to medium doneness; turn occasionally. Remove from skillet; keep warm.

In the same skillet, add broth and wine; increase heat to medium–high. Cook and stir 1 to 2 minutes, or until sauce is reduced by half. Spoon sauce over steaks; sprinkle with cheese.

Makes 4 servings.

Green Chile Steaks

1/2 pound lean ground beef
1/2 teaspoon Lawry's® Seasoned Salt
1/4 teaspoon Lawry's® Garlic Powder with Parsley
1 fresh green chile, seeded and minced
3 tablespoons chopped scallion

In medium bowl, thoroughly combine all ingredients. Form into 2 oval steak patties or 4 hamburger patties. Cook in skillet, broiler or on grill until done.

Hamburger Steak with Onions and Gravy

1 1/3 pounds ground chuck
3/4 cup finely chopped onion
1 egg
1 tablespoon Worcestershire sauce
1 1/2 teaspoons seasoned salt, divided
3/4 teaspoon pepper, divided
1/2 teaspoon garlic powder
1/3 cup plus 1/4 cup flour
3 tablespoons vegetable oil
2 medium onions, thinly sliced
2 cups water
1/2 teaspoon salt

Combine first 4 ingredients with 1 teaspoon seasoned salt, 1/2 teaspoon pepper and garlic powder, mixing well; shape into 4– to 4 1/2–inch patties. Dredge well in 1/3 cup of the flour. Heat oil in a large heavy skillet over medium–high heat, add patties, and cook until well browned on both sides. Remove from skillet and set aside. Add sliced onion to skillet; reduce heat to medium, and sauté until onion is browned.

Combine water, 1/4 cup flour, 1/2 teaspoon seasoned salt, salt and 1/4 teaspoon pepper; stir until smooth. Stir into skillet and cook, stirring constantly, until thickened. Return steaks to skillet, turning to coat with sauce. Cover, reduce heat, and simmer 15 minutes.

Hamburger Steak

3 pounds ground beef
1 cup cracker crumbs
1/2 small onion
1 cup cold water
Salt and pepper
1 can mushroom soup
2 cans mushroom steak sauce

Mix ground beef, crumbs, onion, water and salt and pepper and pat into a 13 x 9–inch pan. Refrigerate overnight.

Cut into squares. Roll in flour and brown in oil. Put into a 13 x 9–inch pan. Mix mushroom soup and steak sauce in a saucepan and heat through. Pour over meat squares. Bake at 275 degrees F for 1 1/2 hours.

Hamburger Steaks and Gravy

Meat Patties

1 1/3 pounds lean ground beef
3/4 cup finely chopped onion
1 egg, slightly beaten
1 tablespoon Worcestershire sauce
1 teaspoon seasoned salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/3 cup self-rising flour

Combine all ingredients except flour. Shape meat into 4 patties. Dredge patties in flour. Heat 3 tablespoons of oil in skillet. Brown patties in oil over medium high heat on both sides. Remove from skillet.

Onions

2 medium onions, thinly sliced

Add onions to drippings in skillet; reduce heat to medium and sauté until onions are browned.

Gravy

1/4 cup self-rising flour
1/2 teaspoon seasoned salt
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups water

Combine gravy ingredients in a bowl, mixing well with wire whisk. Pour into skillet with onions, stirring constantly until gravy thickens (only takes a few minutes).

Return patties to skillet, turning to coat with gravy. Cover, reduce heat and simmer for 15 minutes or until done.

I put my browned patties in a casserole dish and cover with thickened gravy and onions. Cover casserole and bake for 30 minutes at 350 degrees F.

Hawaiian Pot Roast

1 (3 pound) boneless chuck roast
3 tablespoons shortening, melted
1 medium onion, sliced
1/2 cup water
1/4 cup soy sauce
1/4 teaspoon ground ginger
1/4 teaspoon ground black pepper
8 ounces pineapple chunks in juice, undrained
1 (4 1/2 ounce) can sliced mushrooms, drained
1/3 cup sliced celery

Brown roast on all sides in shortening in a Dutch oven. Drain off drippings. Place onion on top of roast. Combine next 4 ingredients; pour over roast. Cover and bake at 250 degrees F for 2 hours and 45 minutes or until tender.

Add pineapple, mushrooms and celery; cover and bake an additional 30 minutes.

Remove roast, pineapple and vegetables to a warm platter. Ladle pan drippings over roast.

Yields 6 servings.

Hawaiian Steak

Individual steaks, 1/2-inch thick or less

1 cup soy sauce

1 cup Worcestershire sauce

1/4 cup vinegar

2 tablespoons granulated sugar

Pineapple slices

1 large can mushrooms

Punch both sides of each steak well with a fork, then marinate for 24 to 36 hours in a marinade made by combining soy sauce, Worcestershire sauce, vinegar and sugar.

Simmer steaks on a low fire for 10 minutes in the marinade. Remove them and place steaks in a 350 degree F oven for 10 to 20 minutes, depending on thickness of meat. Three minutes before removing steaks, place a pineapple slice on each.

To make gravy, slowly sauté a large can of mushrooms in butter. While doing so, boil down the sauce used for the marinade to make a gravy. Combine mushrooms and reduced marinade sauce.

Serve individual steaks with the pineapple on top, over which has been poured a generous amount of gravy.

Heinz® Spicy Pot Roast

4 teaspoons salt
2 teaspoons ground mace
1 teaspoon minced garlic
1/2 teaspoon pepper
1 (4 pound) rolled rump roast
1/2 cup Heinz® Apple Cider Vinegar
1 tablespoon vegetable oil
3/4 cup Heinz Tomato Ketchup
1/4 cup water
1 cup chopped green bell pepper
1 cup chopped onions

Combine first ingredients. Rub thoroughly into meat on all sides. Place meat in bowl; pour vinegar over meat. Cover; marinate in refrigerator overnight, turning meat occasionally.

Drain meat well; discard marinade. Brown meat on all sides in oil in Dutch oven. Combine ketchup and remaining ingredients; spoon over meat. Cover; bake in 350 degree F oven 2 1/2 to 3 hours or until meat is tender, basting occasionally.

Skim excess fat from sauce; thicken sauce, if desired.

Makes 8 to 10 servings.

Herbed Roast Beef in Salt Crust

1/3 cup olive oil
1/4 cup grated onion
1 teaspoon garlic salt
1 teaspoon dried basil
1/2 teaspoon dried marjoram
1/2 teaspoon dried thyme
1/4 teaspoon pepper
1 (4 to 6 pound) beef rib or eye of round roast
1 (3-pound) box Morton Coarse Kosher Salt
1 1/4 cups water

Combine oil, onion, garlic salt, basil, marjoram, thyme and pepper in a heavy plastic bag. Mix well. Add roast; coat well with marinade. Marinate in refrigerator 2 hours or overnight.

Line roasting pan with foil. Combine coarse kosher salt and water to form a thick slush. Pat 1 cup of mixture into a 1/2-inch-thick rectangle in pan. Pat roast dry with paper towels. Insert meat thermometer. Place roast on salt layer. Pack remaining salt mixture around meat to seal well.

Place roast in a 425 degree F oven and roast 16 to 18 minutes per pound for rare (140 degrees F), 20 to 22 minutes per pound for medium (160 degrees F) or 25 to 30 minutes for well done (170 degrees F).

Remove roast when thermometer registers 5 degrees F below desired doneness. Let roast stand 5 to 10 minutes in salt crust.

To remove crust, you may need to use a hammer. After removing crust, whisk away any remaining salt crystals on roast with a pastry brush.

Makes 8 to 12 servings.

NOTE: Use prime rib, eye of round or any beef roast that is at least 4 pounds. Smaller roasts will overcook before the crust hardens. For larger roasts, cooking time will not be much longer than for smaller roasts. Use a meat thermometer.

Use only coarse kosher salt, not table salt or rock salt.

Herbed Steak

1 pound round steak
2 tablespoons flour
1 teaspoon seasoned salt
2 tablespoons vegetable oil
1 can condensed cream of mushroom soup
3/4 cup water
1 tablespoon herb seasoning

Cut steak into serving-size pieces. Combine flour and seasoned salt. Pound into steak. Brown meat on both sides in hot oil in heavy skillet. Add remaining ingredients. Cover; simmer 45 minutes, or bake at 350 degrees F for 1 hour.

This is excellent served with hot buttered noodles with dill.

Iowa Ribs (Chops, Chicken)

2 to 4 pounds meat or poultry
1/2 cup catsup
1/2 cup prepared smoked barbecue sauce
1/2 cup brown sugar
1 tablespoon vinegar
1/2 teaspoon dry mustard
1/2 teaspoon salt
Dash of pepper

Put ribs in a heavy greased pan with a lid. Bake uncovered in a 400 degrees F oven for 20 minutes.

Remove from oven and reduce heat to 325 degrees F.

Meanwhile, combine remaining ingredients. Pour over ribs, cover, and return to oven. Bake about one hour or longer at 325 degrees F.

This sauce is very, very good on country style ribs, pork chops and chicken.

Italian Beef

1 (5 pound) rolled rump roast
8 ounces Parmesan cheese
2 cloves garlic
Salt and pepper
2 bay leaves
1 cup water
2 cans Franco–American® Beef Gravy
1 can steak–mushroom sauce

Mince garlic into cheese and stuff deep into cavities of beef. Put any leftover on top of meat that has been seasoned with salt and pepper. Put into pan, add water and bay leaves, and bake for 2 hours at 350 degrees F, tightly covered.

Remove meat from juice and let cool to at least warm (easier to slice thin). Discard bay leaves. Add beef gravy and steak–mushroom sauce. to the juices. Add thinly sliced beef and return to oven for 1 hour.

Serves 8 to 10 as an entree or makes 10 to 12 sandwiches.

Italian Beef Stir Fry

Serves 4

1 pound beef top tip steaks, cut 1/8 to 1/4-inch thick
2 cloves garlic, minced
1 tablespoon olive oil
2 small zucchini, thinly sliced
1 cup cherry tomato halves
1/4 cup fat-free bottled Italian salad dressing
2 cups hot cooked spaghetti
1 tablespoon grated Parmesan cheese

Cut beef steaks crosswise into 1-inch wide strips. Cut each strip crosswise in half.

Heat oil in large nonstick skillet over medium-high heat. Add garlic and stir while cooking 1 minute.

Add half of the beef strips. Stir-fry 1 to 1 1/2 minutes or until no longer pink. Remove with slotted spoon and keep warm.

Repeat with remaining beef strips.

Add zucchini to same skillet. Stir-fry 2 to 3 minutes or until tender-crisp.

Return beef to skillet with tomato halves and dressing. Heat through. Salt and pepper to taste.

Serve beef mixture over hot pasta. Sprinkle with Parmesan cheese.

Italian Pot Roast

6 ounces fresh mushrooms
1 cup hot water
2 tablespoons vegetable oil
2 large onions, chopped
1 (3 to 4 pound) chuck roast
1/2 teaspoon salt (cancel if tenderizer is used)
1/4 teaspoon each pepper and ginger
4 cloves garlic, minced or mashed
1 (8 ounce) can tomato sauce
1 (2 1/4 ounce) can sliced black olives

Wash mushrooms and soak in 1 cup hot water for at least 30 minutes. Drain, discard soaking liquid and slice in 1/4-inch strips.

Heat oil in large heavy stew pot (or Dutch Oven), add onions and cook until golden brown. Remove with slotted spoon and reserve. Sprinkle with salt (or tenderizer), pepper and ginger. Brown both sides in oil remaining in pot. Distribute onions and garlic around meat, cover and cook over very low heat for one hour.

After 1 hour add mushrooms, tomato sauce, and olives. Cover and simmer 1 to 2 hours longer.

Drain off liquid and skim off any excess oil and fat. Dissolve 2 to 3 teaspoons cornstarch in liquid and return liquid to pot and simmer for 15 minutes until gravy thickens.

Serves 6 to 8.

Jaw–Jamming Jerky

Start with rump roast — never use beef brisket. Or use a good cut of pork for pork jerky. Cut slices less than 1/4 inch. Marinate for 8 to 12 hours in a dry seasoning mix of your own design.

Then, for 2 to 4 hour after the meat has marinated, let lukewarm water run very slowly into the pan of jerky. This is to get all the salt out so the jerky doesn't have a dry taste. Place meat on racks to air dry. Season it to taste with soy, garlic, barbecue, pepper, etc. as it dries.

After drying, set your oven at 150 degrees F.

Hang each slab of meat on a wooden pick, and place the wooden pick across the oven racks with the meat hanging between the tines. You can dry a lot of jerky by doing it this way. Leave the oven door cracked a few inches to allow the moisture to escape as the meat dries. Bake overnight or for 12 hours.

Kiwifruit Teriyaki

4 kiwifruit

1/4 cup dry white wine

Soy sauce

1 clove garlic, minced

1 tablespoon vegetable oil (optional)

1 teaspoon grated fresh ginger root or 1/4 teaspoon ground ginger

1 1/2 to 2 pound (1-inch thick) boneless round steak

Pare and purée 2 kiwifruit. Combine with wine, soy sauce, garlic, ginger and oil in large baking dish. Add steak and marinate 1/2 hour. Marinating for more than 1 hour may over-tenderize it.

Remove steak from marinade, and broil to desired degree of doneness. Slice steak and arrange on serving platter. Pare and slice remaining kiwi; garnish platter with slices.

Makes 6 servings.

Kraut and Dogs

1 pound all-beef hot dogs
2 (14 ounce) cans sauerkraut, drained
3 cups beer
1 large onion, thinly sliced
1/2 cup thinly sliced celery

Place kraut and beer in a large saucepan and bring to a boil; reduce heat and simmer, covered, for 20 minutes.

Add hot dogs, onion and celery. Bring to a boil, reduce heat and then simmer another 20 minutes.

To serve, place kraut mixture on heated serving dish and top with hot dogs.

Liver Fantasy

1 1/2 pounds beef or pork liver, sliced 1/2-inch thick
6 slices bacon, diced
1/2 cup chopped onion
1/4 cup chopped green bell pepper
3/4 cup firmly packed dark brown sugar
1/2 cup vinegar
1 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon marjoram
1/4 teaspoon rosemary

Cook bacon until lightly browned. Add onion and green pepper and cook until tender. Add remaining ingredients.

Remove membrane from liver. Place liver in a 9 x 13-inch baking pan. Pour sauce over liver and bake at 350 degrees F for 25 to 30 minutes.

Serves 4 to 6.

Liver Fricassee

2 cups boiling water
1 pound beef liver
1/4 cup all-purpose flour
1/2 teaspoon salt, or to taste
1/8 teaspoon ground black pepper
2 to 3 slices bacon
1 (14 1/2 ounce) can whole tomatoes, drained and cut into bite-size pieces
3 medium green bell peppers, seeded and chopped
6 small white onions, peeled and chopped
1/2 teaspoon celery salt
1/2 teaspoon poultry seasoning
3 cup cooked egg noodles

Pour boiling water over liver in a dish; let stand 5 minutes. Drain liver, reserving water. Pat liver dry with paper towels. Cut liver into 12 to 16 pieces. Combine flour, salt and pepper; dredge liver in flour mixture.

Fry bacon in a large skillet. Remove cooked bacon from skillet, leaving fat in skillet. Drain bacon on paper towels. When bacon is cool, crumble and set aside.

Quickly brown dredged liver in hot bacon fat in skillet. Add tomatoes, green peppers, onions, reserved crumbled bacon and reserved water from liver. Add celery salt and poultry seasoning. Cover and simmer 45 minutes. Serve liver and vegetables over cooked noodles.

London Broil

1 (1 1/4 to 1 3/4 pound) beef flank steak
1/4 cup vegetable oil
1 tablespoon lemon juice
1 clove garlic, crushed
1/2 teaspoon salt
1/4 teaspoon pepper

Combine vegetable oil, lemon juice, garlic, salt and pepper for marinade. Place steak in plastic bag and pour marinade over it. Close bag securely and refrigerate 4 to 6 hours or overnight, turning occasionally.

Pour off and reserve marinade. Place steak on grill and broil at moderate temperature for 5 minutes. Turn, brush with marinade and broil 5 minutes or to desired doneness (rare or medium).

To carve, slice diagonally across grain in thin strips.

Makes 4 servings.

Magic Steak Dip

- 1 (20 ounce) bottle good-quality soy sauce
- 1 (10 ounce) bottle Worcestershire sauce
- 1 (10 ounce) bottle A-1® Steak Sauce
- 1 (10 ounce) bottle Heinz 57® Sauce
- 1 pound light brown sugar
- 2 teaspoons granulated garlic or garlic powder
- 2 teaspoons onion powder
- 1 teaspoon freshly-ground pepper
- 1 teaspoon salt
- 2 teaspoons fresh lemon juice
- 1/3 cup prepared mustard
- 2 teaspoons Tabasco sauce

Mix all ingredients in a large glass or stainless steel bowl. Whisk until well blended. Store in tightly sealed jars in the refrigerator.

To use, pour a small amount of the dip in a nonporous baking dish and dip the steaks in it, coating both sides well. Marinate for about 30 minutes before cooking, turning often. Grill or broil to desired degree of doneness.

Mexican Orange Roast with Fiesta Rice

1 (5 pound) beef eye round roast
3/4 teaspoon freshly ground pepper
3 cups orange juice
2 tablespoons grated orange peel
2 cloves garlic, minced
2 cups boiling water
1/3 cup orange marmalade
1 tablespoon salt
1 orange
1 tablespoon all-purpose flour
2 teaspoons prepared mustard
Fiesta Rice

Season the roast with 2 1/2 teaspoons of salt and pepper. Place in a shallow roasting pan. Cover with foil and bake at 375 degrees F for 30 minutes.

Remove foil; pour off drippings. Remove top and pulp from orange to form a cup, reserving juice. Add orange juice to make 3 cups. Reserve orange cup. Mix orange juice, peel, garlic and remaining salt; pour over roast. Roast, uncovered for 2 hours, basting frequently.

Place roast on a serving platter. Skim fat from pan drippings and place the roasting pan over direct heat; blend in flour. Add water, stirring and scraping bottom of pan; cook over low heat for 5 minutes.

Stir in marmalade and mustard. Carve the roast into thin slices. Place Fiesta Rice around meat. Pour the sauce in the reserved orange cup and on the platter. Garnish with parsley. Serves 12 to 16.

Fiesta Rice

1/2 cup chopped onions
1/4 cup chopped green bell pepper
1 (10 ounce) can beef broth
1/4 cup butter
1 cup rice
1 tomato, chopped

Sauté onion and green pepper in butter. Add rice and continue cooking, stirring occasionally until rice browns. Add water to beef broth to make 2 cups, add rice, cover and simmer 15 minutes.

Add tomato; continue cooking until all liquid is absorbed.

Mexican Pepper Steak

6 steaks

1 cup red, ripe Anaheim chiles or 3 red bell peppers, seeded and sliced into thin strips

2 tablespoons butter

1 clove garlic, minced

Choose your favorite steak. Grill the steaks al carbón and serve them topped with the chiles or bell peppers.

To prepare the topping, heat butter in a skillet over medium heat. Add garlic and chiles or peppers and sauté them until they are soft. If you are using bell peppers, add black pepper, to taste.

Mexican Pot Roast

3 tablespoons lard
1 (3 pound) beef round steak
4 garlic buds, mashed
3 ripe tomatoes, unpeeled and chopped
3 potatoes, peeled and quartered
3 carrots, in chunks
2 onions, sliced thick
1 teaspoon salt
1 teaspoon freshly-ground black pepper
2 bay leaves
2 1/2 cups hot water

Preheat oven to 350 degrees F.

Heat lard in a cast iron Dutch oven. Cut through the fatty round on the steak and brown it on both sides. Add remaining ingredients and water. Cover the Dutch oven and bake for about 1 1/2 hours.

To garnish, cut fresh jalapeños in half, scoop out the seeds, rinse and pat dry, then fill with cream cheese sprinkled with paprika or chile powder.

Mexican Stroganoff

1 (2 pound) round steak
1 cup finely chopped onion
2 teaspoons minced garlic (2 cloves)
2 tablespoons vegetable oil
1/3 cup red wine vinegar
1 3/4 cups water
1/2 cup chili sauce (or same amount ketchup and 1 extra tablespoon chili powder)
1 tablespoon chili powder
2 teaspoons seasoned salt
1 teaspoon soy sauce
1 (8 ounce) can mushroom stems and pieces, drained, or use fresh
1 (8 ounce) containers sour cream or low fat yogurt
3 tablespoons flour
1 (12 ounce) package wide egg noodles

Cut steak into bite-size pieces. Cook and stir steak, onion, and garlic in oil in a large saucepan over medium heat until brown. Drain off oil.

Stir in vinegar, water, chili sauce, paprika, chili powder, seasoned salt, soy sauce and mushrooms into steak mixture. Bring to a boil; reduce heat. Cover and simmer 1 hour until meat is tender. (You can now cool and store in a freezer container if you like. To prepare for serving, thaw meat mixture and heat in saucepan until bubbly.)

Cook egg noodles according to package directions. Stir sour cream or yogurt and flour together; combine with stroganoff. Heat to a boil, stirring constantly. Reduce heat, simmer and stir about 1 minute. Serve stroganoff over noodles.

Makes 6 to 8 servings.

Minute Steak Parmesan

5 minute steaks

1 beaten egg

1 tablespoon water

Dash of pepper

1/4 cup soda cracker crumbs

1 (8 ounce) can pizza sauce

1/4 cup grated Parmesan cheese

1/4 cup vegetable oil

Dip steaks in combined egg, water and pepper. Coat with mixture of crumbs and half of the cheese. Brown in hot oil; drain on absorbent paper. Arrange in baking dish; cover with pizza sauce, and top with remaining cheese. Bake at 325 degrees F for about 20 minutes.

Mustard Glazed Brisket

Starts on the stove top, finishes in the oven for tender every time.

Serves 6.

1 (3 to 4 pound) boneless beef brisket
2 cloves garlic, peeled
1 large onion, sliced
2 stalks celery
8 black peppercorns
4 whole allspice
1 bay leaf
3/4 cup brown sugar
3 tablespoons prepared mustard

Place brisket, garlic, onion, celery, peppercorns, allspice and bay leaf in a large soup pot. Cover with water. Simmer covered 3 to 3 1/2 hours until tender, adding water as necessary.

Remove brisket and place in a roasting pan with 1/2 cup of the cooking liquid. Combine brown sugar and prepared mustard. Salt and pepper brisket and spread with the mustard glaze. Bake for 15 to 20 minutes at 350 degrees F until glaze bubbles and is browned.

Nana's Stuffed Bell Peppers

2 pounds ground beef
4 slices bread, torn into small pieces
2 teaspoons onion powder
Salt and pepper
10 large bell peppers
2 cups ketchup
1 cup brown sugar
2 teaspoons Worcestershire sauce
Water

Mix ground beef, bread, onion powder and salt and pepper to taste. Split peppers in half lengthwise. Remove seeds and discard. Stuff with meat mixture. Lay in cast iron Dutch oven (I use my big skillet).

Mix ketchup, sugar and Worcestershire sauce and pour over the tops of peppers. Pour water into the pot to bring up to 1 inch from the bottom of the peppers. Bring to a boil over high heat. Cover and reduce heat to simmer, cook 20 minutes. Check water level to see that peppers do not stick, adding more water if necessary. If peppers are tender, remove from Dutch oven to serving platter and serve.

Never Fail Beef Brisket

Put beef brisket in oven at 450 degree F oven for 20 minutes. Remove; sprinkle 1 teaspoon of garlic powder on meat, put thin slices of carrots and celery on meat and add one can of beef consommé, 1 cup of dry red wine, (can use more broth in place of wine) 2 to 3 tablespoons of Lipton's dry onion soup, then add parsley, cover and set oven at 300 degrees F and cook 3 to 4 hours.

Serve from oven – or – remove and chill meat about 1/2 hour, save broth. Slice meat and place fresh sliced mushrooms and fresh parsley on meat in baking dish. Make gravy from broth that was saved and pour heated gravy over meat and place in oven at 350 degrees F for 20 minutes.

The nice thing about this recipe is that the first baking can be done in the morning and the last part a short time before you are serving dinner.

Orange–Barbecued Spareribs

3 pounds spareribs, cut into serving pieces
3 tablespoons water
1 (6 ounce) can frozen orange juice
2 tablespoons water
1/2 cup brown sugar, firmly packed
1 tablespoon liquid smoke
2 tablespoons fresh lime juice
1 tablespoon white vinegar
1/2 cup honey
1 tablespoon Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper
3 scallions, sliced (for garnish)
Orange slices (for garnish)

Place ribs meaty side up in a baking pan; sprinkle with the 3 tablespoons water. Bake at 375 degrees F for 30 minutes; drain off fat.

In a saucepan, combine remaining ingredients. Simmer 5 minutes; pour over ribs.

Reduce heat to 350 degrees F; bake 50 minutes, basting occasionally.

To serve, sprinkle with sliced scallions, then place orange slices around ribs.

Oriental Spareribs

Cut in two and separate 4 1/2 to 5 pounds spareribs. Boil for 35 minutes and drain.

Sauce

1/3 cup prepared mustard

1/3 cup dark molasses

1/3 cup soy sauce

1/3 cup brown sugar

4 tablespoons vinegar

3 tablespoons Worcestershire sauce

1 teaspoon Tabasco® sauce

Mix Sauce ingredients. Dip drained ribs into sauce. Place in a baking pan. Pour remaining sauce over ribs. Cover pan; put into refrigerator overnight or at least 6 hours. Turn ribs in pan with sauce at least once while marinating. Do not drain.

Place pan in oven at 350 degrees F for 1 to 2 hours, turning often.

Oven Roast

1 (3 to 4 pound) boneless rump roast
1 1/2 tablespoons Worcestershire sauce
1/2 tablespoon soy sauce
1 teaspoon garlic powder
1 teaspoon seasoned salt
1 teaspoon pepper
Water
1/4 cup flour

Preheat oven to 325 degrees F.

Rub roast with Worcestershire sauce and soy sauce; rub next 3 ingredients into meat. Wrap roast tightly in a double thickness of aluminum foil or in heavy-duty aluminum foil and place in roasting pan. Bake for 3 to 3 1/2 hours or until meat is very tender.

Carefully unwrap roast, pouring drippings into baking dish. Place roast on a serving platter; keep warm. Measure drippings; add water to make 3 cups. Pour into a saucepan, add flour, and whisk until smooth. Cook over medium heat until thick and smooth, whisking constantly.

Serve with the roast and mashed or boiled new potatoes.

Oven Swiss Steak

1 (1 1/2 pound) beef round steak, cut 3/4-inch thick
1/4 cup all-purpose flour
1 teaspoon salt
2 tablespoons shortening
1 (16 ounce) can tomatoes, cut up
1/2 cup finely chopped celery
1/2 cup finely chopped carrot
1/2 teaspoon Worcestershire sauce

Cut meat into 6 serving-size portions. Combine flour and salt; with meat mallet, pound 2 tablespoons of the mixture into meat on both sides. Brown meat on both sides in hot shortening. Transfer meat to a 12 x 7-inch baking dish.

Blend remaining 2 tablespoons flour mixture into pan drippings. Stir in undrained tomatoes, celery, carrot and Worcestershire sauce. Cook and stir until thickened and bubbly; pour over meat. Bake steak, covered, in a 350 degree F oven about 1 hour or until meat is tender.

Makes 6 servings.

Peachy Short Ribs

4 pounds beef short ribs
1 tablespoon vegetable oil
1 (29 ounce) can cling peach halves
1/3 cup Kikkoman Soy Sauce
1/4 cup tomato catsup
1 clove garlic, crushed

Brown ribs slowly in hot oil in Dutch oven with heatproof handles. Drain peaches; reserve 3/4 cup syrup. Mix syrup with remaining ingredients; add to ribs. Cover; place in 350 degree F oven. Bake about 2 hours, or until tender.

Add peaches to ribs. Return to oven 10 minutes.

Makes 4 to 6 servings.

Pepper Steak I

1 1/4 cups beef broth, divided
1/4 cup soy sauce
1 1/4 teaspoons ground ginger
1/2 teaspoon granulated sugar
1/4 teaspoon pepper
1 (1 1/2 pound) boneless round steak, cut into strips
1 garlic cloves, minced
1/4 cup olive or vegetable oil
4 medium green bell peppers, cut into julienne strips
2 large tomatoes, peeled and chopped
3 tablespoons cornstarch
Hot cooked rice

In a small bowl, combine 3/4 cup of the broth, soy sauce, ginger, sugar and pepper; set aside.

In a skillet or wok over medium–high heat, brown beef and garlic in oil. Add peppers and tomatoes. Cook and stir until peppers are crisp–tender, about 3 minutes. Stir the soy sauce mixture and add to pan. Cover and cook until the meat is tender, about 15 minutes.

Combine cornstarch with the remaining broth until smooth; add to pan. Bring to a boil; cook and stir for 2 minutes.

Serve over rice.

Pepper Steak II

1 (1 pound) round steak, thinly sliced against the grain
2 tablespoons vegetable oil
1/2 cup thinly sliced mild onions
2 crushed cloves garlic
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon sugar
1 cup celery crescents
4 green bell pepper, cut lengthwise in eighths
2 tablespoons cornstarch
1 tablespoon soy sauce
1/4 cup water

Brown round steak in oil. Add onions, garlic, salt, pepper and sugar, and simmer, covered, for 30 minutes or until meat is tender. Add celery and green bell peppers and cook another seven minutes.

Mix cornstarch, soy sauce and water and add to mixture until it is thickened.

Serve over rice or egg noodles.

Peppered Beef Brisket

Brisket is soaked in a mixture of soy sauce, vinegar and catsup for a tangy, flavor. Meat is quite tender because it's marinated overnight.

1 (4 to 5 pound) boneless beef brisket
1/4 cup coarsely ground black pepper
2/3 cup soy sauce
1/2 cup vinegar
1 tablespoon ketchup
1 teaspoon paprika
1 clove garlic, crushed

Trim all fat from beef. Spread pepper on wax paper and place brisket on pepper. Turn to coat all sides with the pepper. Combine remaining ingredients. Place brisket in a shallow dish and pour marinade over it. Cover and refrigerate overnight, turning meat occasionally.

When ready to cook, line a large pan with foil. Place the brisket in the pan and pour marinade over meat. Cover with another large piece of foil and securely fold it into the bottom foil to seal. Bake at 300 degrees F for 3 hours, or until tender.

Peppered Beef Puffs

1kg (2 pounds) minced steak
3 eggs
1/2 cup packaged dry breadcrumbs
6 shallots
Salt, pepper
60g (2 ounces) butter
500g (1 pound) packet puff pastry
1 egg yolk
1 tablespoon water

Mushroom Sauce

90g (3 ounces) butter
250g (8 ounces) button mushrooms
3 tablespoons flour
1 cup dry red wine
1 1/2 cups water
2 beef stock cubes
1/2 teaspoon basil
3 tablespoons tomato paste
Salt, pepper

Put meat, eggs, breadcrumbs, finely chopped shallots, salt and pepper into bowl; mix well. Divide meat into 6 equal portions. Shape into small loaves, pressing in lightly.

Heat butter in frying pan, cook loaves on all sides until golden brown, remove from pan, cool.

Cut pastry into 6 equal portions, roll out each portion to 23cm by 12cm (9in by 5in) rectangle. Put cold meatloaf into center of each pastry strip, brush edges of pastry with egg yolk mixture. Bake in hot oven 10 minutes or until golden, reduce heat to moderate, cook further 15 minutes. Serve sauce separately.

Mushroom Sauce: Heat butter in pan. Add finely sliced mushrooms, saute until mushrooms are tender. Add flour, stir until combined; cook 1 minute. Remove pan from heat, add wine, water and crumbled stock cubes. Return pan to heat, stir until sauce boils and thickens; season with salt and pepper. Add basil and tomato paste, mix well. Simmer sauce uncovered 5 minutes.

Serves 6.

Pot Roast

1 (3 pound) chuck or rump roast
1 teaspoon garlic powder
1 teaspoon seasoned salt
1 teaspoon pepper
3 tablespoons vegetable oil
2 cups water, plus some for gravy
1 large onion, cut into wedges
5 carrots, cut into 2-inch lengths
3 or 4 russet potatoes, peeled and quartered
1/2 cup flour
Salt and pepper, to taste

Rub seasonings into meat. Brown roast in oil over medium-high heat in a large, heavy Dutch oven. Pour 2 cups water around meat; arrange onion wedges on top of meat. Cover tightly, reduce heat, and simmer 1 1/2 to 2 hours, or until meat is very tender.

Add carrots and potatoes to Dutch oven, cover tightly, and simmer 30 minutes or until vegetables are tender.

Remove from heat; transfer roast and vegetables to a serving platter. Measure drippings and add water to make 3 cups. Pour into Dutch oven, add flour, and whisk until smooth. Cook over medium heat until mixture is thickened, whisking constantly. Season to taste with salt and pepper.

Serve with roast, vegetables and biscuits.

Pot Roast Over Noodles

1 (3 pound) chuck or pot roast
1 (10 1/2 ounce) can cream of mushroom soup
1 cup Burgundy or other red wine
Couple dashes Kitchen Bouquet (optional)
1 large onion, finely chopped
1 small clove garlic, crushed
2 tablespoons finely chopped parsley
Salt and pepper
Cooked egg noodles

Place meat in Dutch oven or small roaster. Blend soup, wine and Kitchen Bouquet. Pour over meat. Add onion, garlic, parsley, salt and pepper.

Cover and bake at 325 degrees F for about 4 hours. During last hour of baking, add carrots.

Pot Roast with Potatoes

- 1 (1 1/2 pound) pot roast
- 3 garlic cloves, crushed
- 1 teaspoon salt
- 1 tablespoon vinegar
- 1 onion, cut into small pieces
- 1 tablespoon olives and capers
- 2 tablespoons Red Oil (oil with annatto)
- 3 potatoes, cut into halves

Season the meat with garlic, salt and vinegar. Make small holes in the meat and fill with chopped onions olives and capers. Brown the meat in the Red Oil. Sauté the potatoes. Cover with water. Season to taste. Cook for 45 minutes covered, over low heat.

Pot Roast with Sour Cream Gravy

2 tablespoons all-purpose flour
1 teaspoon dill weed
1 teaspoon salt
5 small potatoes, pared
1/4 teaspoon pepper
5 carrots quartered
1 (2 1/2 pound) beef chuck pot-roast
1/2 teaspoon salt
1 pound zucchini, quartered
1 tablespoon shortening
1/4 cup water
1/2 teaspoon salt
1 tablespoon vinegar
Sour Cream Gravy

Mix flour, 1 teaspoon salt and the pepper; coat meat with the flour mixture.

Melt shortening in large skillet or Dutch Oven; brown meat. Add water and vinegar. Sprinkle dill weed over meat.

Cover tightly and simmer about 3 hours or until meat is tender. One hour before end of cooking time, add the potatoes and carrots; season with 1/2 teaspoon salt. Twenty minutes before end of cooking time, add zucchini; season with 1/2 teaspoon salt. Serve with sour cream gravy.

Yields 4 to 6 servings.

Sour Cream Gravy: Place meat and vegetables on warm platter. Pour drippings from pan into a bowl, leaving brown particles in pan. Return 1 tablespoon drippings to pan. Blend in 1 tablespoon flour. Cook over low heat, stirring until mixture is smooth and bubbly.

Remove from heat. Measure drippings and add water to measure 1 cup liquid. Stir in flour mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Season with salt and pepper. Stir in 1 cup dairy sour cream and 1 teaspoon dill weed; heat through.

Yields 2 cups.

A tablespoon of red wine may be added to gravy if desired.

Prime Rib Roast

1 (4 to 5 pound) prime rib roast
1/3 cup olive oil
2 tablespoons lemon juice
3 tablespoons rosemary leaves
4 garlic cloves, minced
1 teaspoon pepper

Place the roast in a shallow roasting pan and set aside 30 minutes to room temperature.

Preheat oven to 450 degrees F.

Combine remaining ingredients. Rub roast with mixture. Bake 15 minutes until the roast begins to brown.

Reduce heat to 350 degrees F and continue cooking for 15 to 18 minutes per pound for a boneless roast or 26 to 32 minutes per pound for a bone-in roast.

Remove from the oven and cool 10 minutes before carving.

Serves 8 to 12.

Punkin Center Green Chile Chuck

**1/2 cup vegetable oil
1 (4 to 6 pound) chuck roast
1 large onion, chopped
1 (7 ounce) can chopped green chiles
1 (12 ounce) can beer**

In a Dutch oven, heat oil hot. Sear roast on both sides. Add onion and chiles. Turn roast to cover fully with chiles and onion. Pour beer around sides of roast. Sprinkle with salt, pepper and garlic salt; cover with tight lid. Place over low heat. Cook 1 1/2 to 2 hours. It will fall apart and is SO GOOD!

Serves 6 to 8.

Quick Beef Burgundy

**1 (2 to 2 1/2 pound) package fully-cooked, boneless
beef pot roast with gravy**
10 ounces uncooked egg noodles
1 pound small mushrooms
2 small onions, cut into thin wedges, separated
2/3 cup Burgundy or dry red wine
3/4 teaspoon dried marjoram leaves, crushed
1 tablespoon cornstarch dissolved in 3 tablespoons water
Chopped fresh parsley (optional)

Cook noodles according to package directions. Drain and keep warm.

Meanwhile remove pot roast from package; transfer gravy to Dutch oven. Cut pot roast into 1-inch pieces; set aside.

Add mushrooms, onion, wine and marjoram to gravy. Bring to a boil; reduce heat to medium-low. Simmer, uncovered, 7 to 8 minutes or until vegetables are almost tender, stirring occasionally. Add beef. Bring to a boil. Cook 2 to 3 minutes or until beef is heated through, stirring occasionally. Stir in cornstarch mixture. Bring to a boil; cook and stir 1 minute or until thickened. Serve over noodles; sprinkle with parsley, if desired.

Makes 4 servings.

Ranch Round Steak

1 (3 pound) round steak
1/4 cup flour
2 teaspoons dry mustard
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/4 cup shortening
1/2 cup water
1 tablespoon Worcestershire sauce

Cut steak into serving-size pieces; trim away excess fat and pound to tenderize.

Combine flour, dry mustard, salt and pepper; use to coat meat. Reserve remaining flour mixture.

In skillet, brown meat, half at a time, on both sides in hot shortening. Push meat to one side; stir in reserved flour mixture.

Combine water and Worcestershire sauce; stir into skillet mixture. Cook and stir until thickened and bubbly, reduce heat. Cover and simmer for about 1 hour or until meat is tender. Remove meat to platter.

Skim excess fat from gravy. Drizzle gravy over meat and serve.

Serves 8.

Rhubarb Barbecued Short Ribs

4 pounds beef short ribs, cut into pieces
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup water
1/2 pound rhubarb (tops removed)
1/2 cup granulated sugar
2 tablespoons cider vinegar
2 tablespoons ketchup
2 to 3 drops hot red pepper sauce

Heat oven to 300 degrees F. Trim excess fat from short ribs.

In a 6 quart Dutch oven, brown short ribs on all sides. Sprinkle with chili powder, salt and pepper. Add water. Cover and bake 1 1/2 hours or until tender.

Trim off ends and any remaining leaves from rhubarb. Wash stalks thoroughly. Coarsely chop. Remove ribs to roasting pan with rack. Pour cooking liquid and drippings from Dutch oven into 2 cup measuring cup. Skim off fat. Return 1/2 cup liquid to Dutch oven. Add rhubarb, sugar, vinegar, ketchup and red pepper sauce. Heat to boiling. Boil sauce 5 minutes, stirring occasionally. Brush some of rhubarb mixture over ribs. Bake 15 minutes.

Brush more mixture over ribs; bake until glazed and lightly browned, 15 to 20 minutes more.

Rib Roast with Roasted Garlic Sauce

Yield: 8 servings

- 1 (7 to 8 pound) trimmed prime beef rib roast (sometimes called standing rib roast; 3 or 4 ribs)
- 1 tablespoon vegetable oil
- 2 heads garlic
- 3 tablespoons chopped fresh thyme leaves
- 1/4 cup minced shallot
- 2 tablespoons red-wine vinegar
- 1 1/2 cups dry red wine
- 1 bay leaf
- 4 cups beef broth
- 1 1/2 tablespoons unsalted butter, softened
- 1 1/2 tablespoons all-purpose flour if using beef broth

Put roast, ribs side down, in center of a 13 x 9-inch roasting pan and rub all over with 1/2 tablespoon oil. Cut about 1/2 inch from tops of garlic heads to expose cloves and discard tops. Rub beef all over with cut sides of garlic and sprinkle with 2 tablespoons thyme, pressing to adhere. Season beef generously with salt and pepper. Put garlic heads on a double layer of foil and drizzle with remaining 1/2 tablespoon oil. Wrap garlic tightly in foil.

Roast beef in middle of 475 degree F oven for 30 minutes. Remove beef from oven and with a bulb baster skim all but about 1/2 cup fat from pan. Baste beef with fat remaining in pan. Reduce temperature to 375 degrees F.

Add garlic to oven. Roast beef, with garlic, 1 1/4 to 1 1/2 hours more, or until a meat thermometer inserted into center of meat registers 115 degrees F. Transfer garlic in foil to a rack and transfer beef to a platter, reserving pan juices. Let beef stand 25 minutes. (Meat will continue to cook, reaching about 130 degrees F for medium-rare.)

While beef is standing, remove all but about 2 tablespoons fat from pan. Add shallot to pan and on top of stove cook over moderate heat, stirring, 2 minutes.

Unwrap garlic. Protecting your hand with a doubled paper towel, squeeze roasted garlic into shallot mixture and discard skins. Add vinegar, wine, bay leaf, and remaining tablespoon thyme and boil mixture, scraping up brown bits and mashing garlic with a wooden spatula against bottom of pan, until reduced to about 1/2 cup, about 5 minutes.

In a small bowl mash together butter and flour to make a *beurre manié*. Stir beef broth into garlic mixture and boil sauce until reduced to about 2 cups. Whisk *beurre manié* into broth mixture and cook over moderate heat, whisking, until sauce is smooth and slightly thickened, about 3 minutes. Pour sauce through a fine sieve into a bowl, pressing hard on solids. Season sauce with salt and pepper.

Cut rib roast into slices and serve with sauce.

Roast Beef with Garlic Crust

1 (3 to 3 1/2 pound) chuck eye, rolled
cross rib or prime rib roast
1/4 cup olive oil
3 cloves garlic, peeled and crushed
1 cup bread crumbs
1/4 cup chopped fresh parsley
1 teaspoon salt
1/2 teaspoon black pepper

Wipe roast and place on roasting rack. Heat oil in skillet. Add garlic. Sauté 2 minutes pressing juice from garlic into oil. Discard garlic. Mix in bread crumbs, parsley, salt and black pepper. Press mixture onto roast, coating well. Insert roast thermometer in thickest portion of muscle. Roast at 325 degrees F until meat thermometer registers 140 degrees F for rare (18 to 20 minutes per pound) or 160 degrees F for medium (20 to 22 minutes per pound) or 170 degrees F for well done (22 to 24 minutes per pound).

Remove from oven; allow to stand 15 to 20 minutes before carving. The garlic-crumb coating helps keep juice inside the meat. It can be used on rump roasts or any other cut of meat with very little fat covering.

Roast Beef with Horseradish Cream

Serves 6 to 8

1 (3 1/2 pound) beef chuck roast

Marinade

1/4 cup vegetable oil

1 tablespoon prepared horseradish

2 tablespoons cider vinegar

1 teaspoon minced garlic

1 teaspoon salt

1 teaspoon pepper

1/4 cup fresh parsley, chopped

Horseradish Cream

1/2 cup sour cream

1 tablespoon prepared horseradish

1/2 cup mayonnaise

1 teaspoon lemon Juice

1/4 teaspoon salt

1 teaspoon Dijon mustard

1/4 teaspoon pepper

1/4 cup fresh parsley

In Dutch oven stir together all marinade ingredients except roast. Place roast in marinade; turn to coat all sides with marinade. Cover; refrigerate overnight.

Preheat oven to 350 degrees F.

Bake roast in marinade for 1 1/2 to 2 hours or until roast is fork tender.

Meanwhile, in a small bowl stir together all horseradish cream ingredients except parsley. Stir in parsley. Cover; refrigerate until ready to serve.

Serve over carved roast.

Rock Salt Beef

1 (5 pound) beef tenderloin roast (or other tender cut of meat)

Herb seasonings of your choice *

Coarse salt

*** Rub meat with herbs and seasonings of your choice, such as minced garlic or garlic powder, onion powder, oregano, thyme, basil, etc.**

Cover bottom of Dutch oven with 1/4 inch salt. Place roast on top of salt and completely cover with salt. Cover with a lid. Place hot coals underneath and on top of Dutch oven or bake in a 350 degree F oven to desired internal temperature – see below. Remove coals or remove Dutch oven from oven when internal temperature of the meat is 5 degrees lower than desired temperature.

Let stand 5 to 10 minutes in rock salt before carving. To carve, remove salt (it may need to be cracked with a hammer), scrape off excess crystals, carve, and enjoy a very juicy and tender roast.

Rare – 145 degrees F, 16 to 19 minutes per pound

Medium – 155–160 degrees F, 20 to 23 minutes per pound

Well Done 165–170 degrees F, 25 to 30 minutes per pound

Rocky Mountain Brisket with Barbecue Sauce

1 1/2 teaspoons salt
1 1/2 teaspoons pepper
2 tablespoons chili powder
1 teaspoon crushed bay leaves
2 tablespoons Liquid Smoke
1 (4 pound) beef brisket

Combine salt, pepper, chili powder and bay leaves. Rub meat completely with Liquid Smoke. Place meat, fat side up, in large roasting pan. Sprinkle dry seasoning mixture on top. Cover tightly. Bake for 5 hours at 325 degrees F.

Scrape seasoning off meat and cut in very thin slices across the grain. Serve with barbecue sauce.

Barbecue Sauce

3 tablespoons brown sugar
1 (14 ounce) bottle catsup
1/2 cup water
2 tablespoons Liquid Smoke
Salt and pepper to taste
4 tablespoons Worcestershire sauce
3 teaspoons dry mustard
2 teaspoons celery seed
6 tablespoons butter
1/4 teaspoon cayenne pepper

Combine all ingredients. Bring to a boil, stirring occasionally. Cook for 10 minutes. Serve with sliced brisket.

Yield: 6 servings

Roquefort Steak

1 (2 1/2 pound) porterhouse steak, cut 1 1/2-inches thick
6 tablespoons Roquefort
1 tablespoon dry sherry
1/3 cup Claret or Burgundy
Kitchen Bouquet and a pastry brush
Fresh ground black pepper

Blend cheese and sherry to a smooth paste. Make small incisions 2 1/2 inches apart on both sides of the steak, cutting only halfway through. Pack the cheese paste into the slits; use it all, making more slits if needed. Paint one side of the steak with kitchen Bouquet (lightly but thoroughly) and broil 3 inches below heat for 4 minutes.

Sprinkle cooked side of the steak with pepper, turn and paint the other side lightly with Kitchen Bouquet. Broil again for 3–4 minutes. Remove to a warmed platter and sprinkle lightly with more pepper. NO SALT! There's enough in the cheese.

To the broiler pan juices, add Claret or Burgundy. Stir 1–2 minutes over medium heat to warm through, and pour over the steak.

Royal Stuffed Rib Eye Roast

1/4 cup butter or margarine
1 medium onion, chopped
1/2 cup diced celery
1 (4 ounce) can sliced mushrooms
2 cups soft bread crumbs
1 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon basil leaves
1 teaspoon parsley flakes
1 (3 pound) rib eye roast, trimmed
4 slices bacon

Melt butter or margarine on low heat. Add onion, celery and mushrooms; sauté until onions are transparent. Place bread crumbs in a 1–quart bowl and add salt, pepper, basil, parsley, and melted butter and onion mixture. Lightly mix until well blended.

Make a lengthwise cut 3/4 way through rib eye. Place stuffing in pocket formed by cut. Close pocket by fastening meat with wooden picks. Place bacon diagonally across top, covering wooden picks. Place in 3–quart rectangular glass dish or pan. Bake, uncovered at 350 degrees F for 1 hour 15 minutes for medium–rare roast.

Yields 12 servings.

Rump Roast in a Bag

1 (10 pound) beef roast, tied
5 cloves garlic
5 green onions, chopped
5 hot pickled peppers
4 pounds mushrooms
Salt and pepper
1 tablespoon all-purpose flour
8 large carrots
8 medium size potatoes
1/2 cup chopped parsley
1 cup chopped green onion
1 teaspoon celery seed
2 cups dry white wine
1 cup water
1/2 teaspoon aromatic bitters
2 tablespoons soy sauce
Ground red pepper (cayenne)
Salt to taste

Cut 5 holes deep in the roast and stuff them with the garlic, onions and peppers. Clean mushrooms well. Pat salt and pepper on the roast. Place flour in large turkey-size oven cooking bag and shake it around in bag. Place roast in bag and arrange mushrooms, carrots and potatoes around it. Add parsley, green onion and celery seed.

Combine wine, water, bitters, soy sauce, cayenne and salt to taste and pour into bag. Tie the bag and punch 12 holes at random in top with a two-tined kitchen fork. Roast 1 1/2 hours at 350 degrees F.

Salisbury Steak with Mushroom Onion Gravy

Serves 4.

1 envelope onion soup mix, from a 2-ounce box of 2
2 cups water
1 1/2 pounds ground beef*
1/4 cup lightly packed parsley, chopped
1/4 cup all-purpose flour
1 1/2 tablespoons butter or margarine
1 large onion, sliced
3 1/2 – 4 cups thinly sliced mushrooms
1 beef bouillon cube**

Mix 2 tablespoons soup mix and 1/4 cup water in large bowl. Add beef and parsley and mix until blended. Shape into 4 oval patties, about 5 inches long and 2/3 inch thick.

Coat patties with 1 1/2 tablespoon flour. Melt butter in large skillet over med. heat. Add patties and cook about 10 minutes, turning once, until crusty and no longer pink in the middle. Remove to a plate and keep warm.

Add onion, mushrooms and 1/4 cup water to the drippings in skillet. Deglaze pan with wooden spoon. Turn heat to medium-low, cover and cook, stirring occasionally until onion and mushrooms are soft.

Mix remaining soup mix, 1 1/2 cup water and 2 1/2 tablespoons flour in a small bowl. Stir into mushroom mixture, add bouillon cube and bring to a boil. Cook, stirring often, until thickened. Return patties to skillet and turn to coat with gravy. Remove to plates and serve with remaining gravy.

*use ground turkey or chicken instead of beef

**use chicken bouillon cube

I have used some dried parsley instead of fresh and it has turned out fine. I don't like mushrooms so I omit them. I also add a little more water and make more gravy and serve with mashed potatoes, placing gravy over the steaks and mashed potatoes. My girlfriend serves hers with rice instead of potatoes. Add a salad and green beans and you have a well rounded meal!

Saltimbocca

4 thin veal cutlets
Salt and pepper
Powdered sage
2 thin slices prosciutto (or cooked ham)
2 thin slices Provolone cheese
Vegetable oil
6 or 8 fresh mushrooms, sliced
4 teaspoons chopped parsley
1/8 to 1/4 teaspoon garlic powder or 1 clove garlic, crushed
3 tablespoons butter or margarine, divided
2 cups Rhine wine

Season 2 cutlets with salt, pepper and sage. On top of each cutlet, layer a slice of ham, cheese and the other cutlet. Press edges of veal together firmly to hold filling and secure with wooden picks.

In skillet heat oil and brown sides of veal well. Remove veal and keep warm. In small pan sauté mushrooms, parsley and garlic in 1 tablespoon of the butter. To skillet in which veal was browned, add wine; heat, and scrape remaining browned bits into wine. Add mushrooms and parsley to wine. Return veal to skillet and ladle sauce over meat. Add remaining butter and cook slowly over low heat until tender. Remove wooden picks before serving. This dish is easily multiplied to serve any number of people.

Serves 2.

Saucy Chuck Roast

1 (8 ounce) can tomato sauce
1/2 cup beef broth
1 medium onion, chopped
1 (3 to 4 pound) chuck roast
2 tablespoons vegetable oil
1/2 cup cider vinegar
1/4 cup catsup
2 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
1 teaspoon paprika
1/8 teaspoon garlic powder

Combine first 3 ingredients in a shallow dish; add roast. Cover and marinate in refrigerator for 8 hours or overnight.

Remove roast from marinade, reserving marinade. Place roast in a Dutch oven. Combine marinade and remaining ingredients; pour over roast. Cover and bake at 350 degrees F for 2 1/2 to 3 hours or until roast is tender. Skim fat from sauce.

Serve sauce with roast.

Savory Brisket

2 tablespoons soy sauce
1/2 cup black coffee
1 (3 pound) brisket
1/2 cup catsup
1/2 cup chili sauce
1/2 cup honey
1/3 cup Worcestershire sauce
1 large clove garlic, minced

In a large Dutch oven, brown meat on all sides. Combine remaining ingredients; pour over brisket. Cover and simmer on stove top or in a 325 degree F oven for 3 to 4 hours, or until tender.

To serve, slice on the diagonal.

Makes 4 servings.

Sesame–Soy Flank Steak

1 (1 to 1 1/2 pound) flank steak*
3 tablespoons sesame seeds
1 tablespoon honey
2 tablespoons soy sauce
2 teaspoons dark sesame oil (optional)
1 teaspoon hot pepper flakes
1/2 teaspoon black pepper
1/2 teaspoon salt
2 tablespoons vegetable oil

* Freezing the beef for 90 minutes makes it much easier to slice.

Slice flank steak across the grain as thinly as possible. Place the strips in a bowl with sesame seeds, honey, soy sauce, sesame oil if using, hot pepper flakes, black pepper and salt. Toss to coat the steak with ingredients.

Heat a wide skillet or wok over high heat for 30 seconds. Add vegetable oil and heat several seconds more so it becomes very hot. Add the steak strips and marinade to the pan and stir constantly until they have browned all over.

Serve with or on top of hot cooked rice with a side of blanched sugar snap peas.

Serves 4.

Slow and Easy Brisket of Beef

1 whole beef brisket
Liquid smoke
Meat tenderizer
Celery seeds
1 cup prepared barbecue sauce
1/2 cup ketchup
1/2 cup brown sugar

Brush entire brisket with liquid smoke. Sprinkle with meat tenderizer and celery seeds. Wrap in heavy-duty foil, sealing well to keep juices in. Place on baking sheet with edges and bake at 250 degrees F for 7 hours.

Remove from oven. Drain any drippings from pan and carefully drain drippings from inside foil wrapping to measure 3/4 cup. Remove foil from brisket; cool and refrigerate overnight.

To serve, thinly slice the meat and place in a 9 x 13-inch pan. Combine reserved drippings, barbecue sauce, ketchup and brown sugar, blending well. Pour over brisket. Cover and heat at 325 degrees F for 1 hour.

Makes 14 to 16 servings

Smoky Chuck Roast

1/4 cup water
1 tablespoon liquid smoke (optional)
1 tablespoon brown sugar
1 teaspoon celery salt
1 teaspoon onion salt
1/2 teaspoon ground nutmeg
1/2 teaspoon mustard seed
1/4 teaspoon pepper
1 (2 to 3 pound) boneless chuck roast
1/4 cup barbecue sauce

In a large resealable plastic bag or shallow container, combine the first eight ingredients. Add roast. Seal bag or cover container; refrigerate for 8 hours.

Drain and discard marinade. Place roast in greased 2 1/2–quart baking pan. Cover and bake at 325 degrees F for 1 1/2 to 2 hours. Baste with barbecue sauce. Bake, uncovered, 10 to 20 minutes longer or until beef is fork–tender.

Yields 4 to 6 servings.

Smothered Beef and Peppers

2 tablespoons vegetable oil
1/2 pound sliced fresh mushrooms
2 bell peppers (1 red, 1 green), cut into thin strips
2 onions, sliced
1 (2 pound) beef round steak, cut into thin strips
1 teaspoon salt
1 teaspoon black pepper
1 (10 3/4 ounce) can condensed cream of mushroom soup
3/4 cup dry red wine or beef broth
2/3 cup water
1 1/2 teaspoons browning and seasoning sauce

In a large skillet, heat the oil over medium–high heat until hot. Add the mushrooms, bell peppers, and onions, and sauté for 4 to 5 minutes, or until tender. Remove the vegetables to a bowl, reserving the drippings in the skillet.

Season the steak with the salt and black pepper, and brown in the skillet over medium–high heat.

In a medium bowl, combine the soup, wine, and water; mix well and pour over the browned steak. Reduce the heat to low, cover, and simmer for 45 minutes.

Stir the vegetables and the browning and seasoning sauce into the steak mixture; cook uncovered for 8 to 10 minutes, or until the sauce is thickened.

Serve over rice.

Smothered Liver I

1 pound beef liver
6 slices bacon, cut in halves
6 large onions, sliced thin
Extra bacon grease or other oil
Salt and pepper, to taste
1/2 cup hot water

Fry bacon until crisp. Set aside.

Fry onion slices in bacon drippings on medium heat until tender, separating slices into rings as they cook. Prepare liver for cooking by making a few cuts in each slice perpendicular to edge to keep from curling. Trim membrane from edges.

When onions are cooked, push to one side of skillet and turn heat to medium high. Pan broil each slice of liver for 2 minutes on each side. Add more bacon grease or oil if needed to keep liver from sticking. Salt and pepper liver to taste and, after all slices have been browned on both sides, smother with onions. Put bacon curls on top. Add hot water and cook covered for 1 minute. Remove cover carefully because there will be steam.

Smothered Liver II

8 (1/2-inch) slices calves liver
1 quart boiling water
1 tablespoon vinegar
2 tablespoons Worcestershire sauce
4 garlic cloves, finely mashed
Salt and pepper
Flour, as needed
Bacon grease or vegetable oil

Place liver in a large bowl and pour boiling water over them. Allow liver to blanch. When grayish in color, remove from hot water and remove skin from edges of slices. Marinate in a mixture of vinegar, Worcestershire, garlic, salt and pepper for at least 30 minutes.

Remove liver from marinade and roll in flour. Brown in hot fat, then reduce heat and cook over low heat for 10 minutes. Avoid overcooking. Turn once only.

Serve with fried onions and crisp bacon slices, with pickled serrano peppers on the side.

Sour Cream Swiss Steak

1/3 cup all-purpose flour
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1 1/2 teaspoons paprika
1 1/2 teaspoons ground mustard
1 (3 pound) boneless round steak, cut into serving-size pieces
3 tablespoons vegetable oil
3 tablespoons butter or margarine
1 1/2 cups water
1 1/2 cups sour cream
1 cup finely-chopped onion
2 garlic cloves, minced
1/3 cup soy sauce
1/4 to 1/3 cup packed brown sugar
3 tablespoons all-purpose flour
Additional paprika (optional)

In a shallow bowl, combine flour, salt, pepper, paprika and mustard; dredge the steak. In a large skillet, heat oil and butter. Cook steak on both sides until browned. Carefully add water; cover and simmer for 30 minutes.

In a bowl combine the sour cream, onion, garlic, soy sauce, brown sugar and flour; stir until smooth. Transfer steak to a greased 2 1/2-quart baking dish; add sour cream mixture. Cover and bake at 325 degrees F for 1 1/2 hours or until tender. Sprinkle with paprika if desired.

Yields 6 to 8 servings.

Southwestern Stir Fry

1 (1 pound) pork tenderloin
2 tablespoons dry sherry
2 teaspoons cornstarch
1 teaspoon ground cumin
1 clove garlic, finely chopped
1/2 teaspoon seasoned salt
1 tablespoon vegetable oil
1 onion, thinly sliced
1 green bell pepper, cut into strips
12 cherry tomatoes, halved
Warm flour tortillas
Green chili salsa

Cut pork tenderloin lengthwise into quarters. Cut the quarters into 1/4-inch thick slices. Combine sherry, cornstarch, cumin, garlic and seasoned salt in a medium-size bowl. Add the pork slices and stir to coat.

Heat the oil in a large cast iron skillet over medium-high heat. Add the pork mixture and stir-fry for 3 to 4 minutes. Stir in the onion, green pepper and tomatoes. Reduce the heat; cover and simmer for 3 to 4 minutes.

Serve hot with tortillas and salsa.

Spaghetti Sauced Stuffed Peppers

1 large egg, lightly beaten
1 cup seasoned croutons, crushed
1 teaspoon dried onion flakes
1/4 teaspoon pepper
3/4 pound extra lean ground beef
Grated Parmesan cheese
4 medium-size green bell peppers
1 (14 ounce) jar spaghetti sauce, divided

Cut off tops of peppers; remove seeds and membranes.

Combine egg, 3/4 cup spaghetti sauce, and next four ingredients. Stuff peppers with meat mixture; place peppers in a lightly greased 8-inch square baking dish. Cover loosely with foil. Bake at 350 degrees F for 1 hour.

Remove foil; spoon 1 tablespoon spaghetti sauce over each pepper and sprinkle with Parmesan cheese. Bake an additional 5 minutes.

Heat remaining spaghetti sauce to serve with peppers.

Spanish Steak

1 large round steak, cut into serving pieces

Salt, to taste

Pepper, to taste

Flour

Shortening

1 can tomato soup

1 soup can water

1 large onion, cut into rings

1 large green bell pepper, cut into rings

1 small jar stuffed green olives, including juice

Mix salt, pepper and flour. Dredge steak pieces in flour mixture, then brown in shortening. Put browned steak into a baking dish. Mix remaining ingredients and pour over the top of the steak. Cover tightly and bake at 325 degrees F for about 3 to 4 hours, or until meat cuts very easily with a fork.

This is great served with rice.

Spicy Italian Beef Roast

1 package onion soup mix

1/4 teaspoon paprika

1/2 teaspoon cayenne pepper to taste

1 teaspoon garlic powder or 3 cloves fresh garlic, finely chopped

1/2 teaspoon oregano

1/2 teaspoon basil

1 (2 pound) rump roast

Combine soup mix and spices with 3 cups water in a roasting pan Add roast and bake at 350 degrees F for 3 hours, turning roast once and basting often with juices.

Spicy Orange Beef

1/4 cup orange juice concentrate
3 tablespoons soy sauce
3 tablespoons water
1 tablespoon cornstarch
1 tablespoon finely grated orange peel
1 teaspoon granulated sugar
5 tablespoons vegetable oil, divided
2 garlic cloves, minced
4 cups broccoli florets
12 scallions, with tops, cut into 1-inch pieces
1/2 teaspoon ground ginger
1/4 teaspoon crushed red pepper flakes
1 (1 pound) boneless sirloin steak, cut into thin strips
3 medium oranges, sectioned
Hot cooked rice

In a small bowl combine the first six ingredients; set aside. In a large skillet or wok, heat 3 tablespoons oil over medium heat; sauté garlic for 30 seconds.

Add broccoli, onions, ginger and pepper flakes; stir-fry for 2 minutes or until broccoli is crisp-tender.

Remove vegetables and keep warm.

Heat remaining oil in skillet; add beef. Stir-fry until no longer pink. Stir orange juice mixture; add to skillet. Cook and stir for 2 minutes or until sauce is thickened.

Return vegetables to pan. Add oranges and heat through.

Serve over rice.

Yields 6 servings.

Spicy Pot Roast I

1 (3 1/2 to 4 pound) chuck roast
1 (9 ounce) package mincemeat
1 cup water
1 tablespoon tapioca
1/2 cup brandy
1 teaspoon salt
1/2 teaspoon ginger

Break up mincemeat and put in saucepan. Add water and stir until all of the mincemeat is moistened. Add brandy, salt, ginger and tapioca. Bring to a boil, stirring constantly.

Remove bone from meat. Tie string around boned roast (this will hold it together and make carving easier). Put meat in Dutch oven or pan with tight-fitting lid. Pour mincemeat mixture over meat. Cover and bake for 3 hours at 325 degrees F. Don't remove lid during cooking.

Serves 6.

Spicy Pot Roast II

1 (4 to 5 pound) pot roast
1/4 cup shortening
3 cups water
1 cup vinegar
1/2 cup brown sugar, firmly packed
1/2 cup chopped onion
2 tablespoons mixed pickling spices
2 tablespoons cardamom seed
1/3 cup flour
1/3 cup cold water

Melt shortening over medium heat in large skillet. Brown meat slowly on all sides. Pour off excess fat; add next 6 ingredients. Simmer, covered, 3 to 4 hours, or until meat is tender. Remove meat, keep warm. Strain stock, measure 4 cups. Blend flour and cold water; add to measured stock. Cook, stirring, until thickened.

Serves 8

Standing Rib Roast with Horseradish Sauce

3/4 cup all-purpose flour
1 tablespoon paprika
3 garlic cloves, minced
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 (3 or 4-rib roast) trimmed of excess fat, feather bone
and ribs loosened and tied in place
Horseradish Sauce

Preheat oven to 325 degrees F.

Combine flour, paprika, garlic, salt and pepper. Rub roast completely with this mixture. Place roast fat side up in shallow roasting pan (a rack is not necessary since bones form natural rack). Insert meat thermometer into thickest part of roast, making sure tip does not touch bone. To determine roasting time:

Very rare –15 to 17 minutes per pound or 130 degrees F on thermometer.

Medium rare –18 to 20 minutes per pound or 150 degrees F on thermometer.

Well done – 22 to 28 minutes per pound or 165 degrees F on thermometer.

When desired doneness is reached, turn heat off, leave oven door ajar and allow meat to rest 20 minutes, or if oven is needed for another purpose, remove roast and let stand in a warm place near the oven. (This makes carving easier, and less juice will run out onto the platter so the meat will be more succulent.) Discard strings and serve roast with horseradish sauce.

If preparing two roasts, place side by side in 17 1/2 x 12 inch roasting pan.

Horseradish Sauce
3/4 cup chili sauce
1/4 cup catsup
1/4 cup minced celery
1 tablespoon fresh lemon juice or to taste
1 tablespoon horseradish (not creamed) or to taste
1/2 teaspoon salt
Dash or 2 of hot pepper sauce

Combine all ingredients and mix well. Chill before serving.

Serves 6 to 8

Steak and Peppers

1 pound round steak, cut into 2 1/2 x 1/4 inch strips
1/3 cup vegetable oil
3 tablespoons red wine vinegar
1 clove garlic, crushed
1/2 teaspoon salt
1/4 teaspoon black pepper
2 cups julienne strips green pepper
1 cup thinly sliced onion
2 tablespoons soy sauce

In shallow glass baking dish, combine beef strips, oil, vinegar, garlic, salt and black pepper. Chill for at least 8 hours; stir frequently. Remove beef from marinade; reserve marinade.

Brown beef strips in electric skillet at medium heat. Add green pepper and onion; cook for 2 minutes, stirring constantly.

Add marinade and soy sauce to skillet; stir to combine well. Reduce heat to low and simmer until pepper and onion are just tender, about 5 minutes, stirring constantly.

Serves 4.

Steak Diane

Yield: 2 servings

2 (6 ounce) filet mignons, thawed
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
2 tablespoons butter
1 teaspoon Dijon–style mustard
2 tablespoons shallots, minced
1 tablespoon butter
1 tablespoon lemon juice
1 1/2 teaspoons Worcestershire sauce
1 tablespoon fresh chives, minced
1 teaspoon Brandy
1 tablespoon fresh parsley, minced

Season both sides of steak with salt and pepper. Melt butter in a heavy skillet; add mustard and shallots. Sauté over medium heat 1 minute. Add steaks and cook approximately 4 minutes on each side for medium–rare. Remove steaks to serving plate and keep warm.

Add into pan drippings, 1 tablespoon butter, lemon juice, Worcestershire sauce and chives. Cook for 2 minutes. Add brandy; pour sauce over steaks. Sprinkle parsley over the top.

Steak in a Bag

- 1 cup egg bread crumbs
- 1 (2 to 3 pound) top sirloin steak, cut 2 1/2 inches thick
- 4 tablespoons butter or margarine, softened
- 4 tablespoons vegetable oil
- 1 garlic clove, crushed
- 2 teaspoons seasoned salt
- 2 1/2 teaspoons seasoned pepper
- 1 cup shredded sharp Cheddar cheese

Prepare egg bread crumbs; set aside. Remove excess fat from steak. In a small bowl, mix butter or margarine, oil, garlic, seasoned salt and seasoned pepper until blended. Spread on all sides of steak.

Mix bread crumbs and cheese. Press into butter mixture on steak, coating steak well. Place steak in brown grocery bag. Fold end over and secure with paper clips. At this point steak may be refrigerated several hours.

Before cooking, bring steak to room temperature. Preheat oven to 375 degrees F. Place bag on a rimmed baking sheet and bake 30 minutes. For medium rare steak, increase oven temperature to 425 degrees F and bake 15 minutes longer, a total of 45 minutes. For medium-well steak, reduce heat from 425 degrees F to 375 degrees F and bake 5 minutes longer before removing from oven, a total of 50 minutes. Remove steak from bag. Let stand 5 minutes before carving into thin slices.

Steak Over Noodles

1 (3 pound) round steak, cut into strips
1 can tomatoes and green chiles
1 can sliced mushrooms
2 tablespoons vegetable oil
1 teaspoon brown sugar
1 teaspoon oregano
Parmesan cheese
1 envelope onion soup mix
1 can tomatoes
2 tablespoons wine vinegar
1 teaspoon garlic powder
Salt and pepper, to taste
1 tablespoon Worcestershire sauce
1 package egg noodles, cooked

Cut steak into small strips. Heat oil in a large skillet. Add steak and brown quickly.

Combine tomatoes and green chiles with onion soup mix. Pour over steak. Add remaining ingredients, except noodles and cheese. Simmer until steak is tender, approximately 1 to 2 hours. Cook noodles according to package directions, then drain well.

Serve steak mixture over cooked noodles. Top with parmesan cheese.

Steak "Roast"

1 (1 pound) round steak
Several small potatoes, quartered
Several carrots, cut into 2-inch lengths
1 onion, sliced
2 packages brown gravy mix
2 packages onion gravy mix
Salt
Pepper
Garlic powder
1/4 cup oil (for browning steak)

Brown steak in oil on both sides at 400 degrees F in electric skillet. Pour out oil after browned. Pour mixed gravy mixes over steak. Add potatoes and carrots around steak. Add sliced onions to top of steak. Add salt, pepper and garlic powder to taste. Add enough water to about 1/2 depth of pan. Cover and cook at 350 degrees F for about 1 1/2 hours or until carrots and potatoes are done. Add water as needed.

Steak San Marco

1 (2 pound) chuck steak, cut into serving pieces
1 teaspoon Mexican oregano
Pepper, to taste
2 tablespoon wine vinegar
1 envelope onion soup mix
1 (16 ounce) can peeled tomatoes
Garlic salt, to taste
2 tablespoons vegetable oil

Arrange meat in a large skillet, cover with onion soup mix and tomatoes. Sprinkle with oregano, garlic salt, pepper, oil and vinegar. Simmer covered for 1 1/2 hours or until meat is tender.

Serve with rice or mashed potatoes.

Makes 4 to 6 servings.

Sticky Bones

1 cup vinegar
1/2 cup honey
2 tablespoons Worcestershire sauce
1/2 cup catsup
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon paprika
1/4 teaspoon black pepper
1 clove garlic, minced
4 pounds beef ribs

Combine vinegar, honey, Worcestershire, catsup, salt, mustard, paprika, pepper and garlic in saucepan. Cover, bring to boil, reduce heat, and simmer 15 minutes.

Place ribs in a single layer in baking pan, cover with hot marinade, and let stand 1 hour. Drain off marinade, then bake ribs at 325 degrees F for 1 hour, turning and basting often with marinade.

Serves 6.

Strip Steaks with Garlic Sauce

2 (8 to 12 ounce) strip steaks
Salt and freshly ground black pepper
1/2 cup pitted black Kalamata olives, chopped
1 tablespoon olive oil
1 tablespoon butter or olive oil
2 cloves garlic, pressed flat with the side of a knife

Cut the strip steaks in half across the midsection to make 4 steaks. Season the steaks on both sides with salt and pepper.

Heat oil and butter in a wide skillet over medium high heat. When the fat is hot, add garlic, and cook a few seconds until it is aromatic. Add the steaks and cook until well-browned, about 3 minutes on each side (remove garlic when it gets brown).

Reduce heat to moderate, and cook about 7 minutes more, or until done to desired tastes. Remove to serving plates.

Add the olives to the skillet, and stir to heat through. Add a little water, beef broth or red wine to the skillet and scrape out bits that are sticking, then pour this pan sauce over the steak.

Serve with steamed or sautéed asparagus orecchiette (ear-shaped pasta) or small shell pasta coated with gorgonzola or blue cheese.

Serves 4.

Strip Steaks with Garlic–Ginger Baste

2/3 cup sweet and tangy steak sauce
1/4 cup vegetable oil
1 tablespoon minced, peeled gingerroot or
1/2 teaspoon ground ginger
2 cloves garlic, minced
4 (10 ounce) boneless strip steaks

Mix steak sauce, oil, ginger and garlic until well blended. Reserve 1/2 cup of the sauce mixture. Brush both sides of steaks with remaining mixture. Place on grill over medium coals.

Grill 4 to 6 minutes on each side or until internal temperature reaches 140 to 150 degrees F for medium. Serve with reserved sauce mixture. Makes 4 servings.

Use your broiler: Brush steaks with sauce mixture as directed. Place on rack of broiler pan. Broil 3 to 4 inches from heat 6 to 8 minutes on each side or until internal temperature reaches 140 to 150 degrees F.

Serve with reserved sauce mixture.

Strip Steaks with Mushroom Gravy

4 strip steaks

Brown steaks, two at a time, in a 12-inch skillet over medium-high heat, for about 3 minutes per side. Set the steaks aside and keep warm. Prepare Mushroom Gravy.

Mushroom Gravy

1 cup beef stock

1 can cream of mushroom soup

1 (4 ounce) can sliced mushrooms, drained

Salt and pepper to taste

Scrape bottom of skillet to loosen steak drippings. Add the beef stock, soup and mushrooms to the skillet and stir. Reduce to medium-low heat. Add the four steaks back into the skillet, cover and simmer for 8 minutes. Uncover and cook until mushroom gravy has reduced by 1/3 and thickened.

Serve with rice or mashed potatoes.

Stuffed Bacon–Wrapped Dawgs

4 slices bread, cut into 1/2–inch cubes
2 tablespoons chopped onion
1 tablespoon finely chopped parsley
1/4 teaspoon dry mustard
3 tablespoons water
Salt and pepper
6 frankfurters
6 slices bacon

Combine first 4 ingredients; add enough water to moisten, and mix well. Season to taste with salt and pepper.

Slit frankfurters lengthwise, cutting almost through; stuff with bread mixture. Wrap a bacon slice around each frankfurter, securing with a wooden pick. Place in a shallow pan and bake at 400 degrees F for 15 to 20 minutes.

Stuffed Bell Peppers

4 to 6 large bell peppers
1 pound ground beef
1 small onion, finely chopped
1 (20 ounce) can whole tomatoes
2 tablespoons Worcestershire sauce
Salt and pepper, to taste
1 to 1 1/2 cups cooked rice
1 cup shredded Cheddar cheese
Grated Parmesan cheese

Cut tops off bell peppers and remove seeds. Parboil in salted, boiling water for 4 minutes. Drain and cool.

Brown meat in skillet with onion. Drain oil. Add tomatoes that have been mashed. Add Worcestershire, salt and pepper. Simmer for 15 to 20 minutes.

Add rice. Simmer, stirring occasionally, for 10 minutes. Remove from heat. Add Cheddar cheese, stirring until melted and well blended. Stuff mixture into peppers. Top with Parmesan cheese. Bake at 350 degrees F about 20 minutes or until hot.

If freezing peppers, do not bake. Wrap individually and place in a large freezer bag. Thaw well before baking.

Stuffed Bell Peppers for Freezer

6 large bell peppers
1 cup onion, chopped
1 teaspoon salt
2 cups tomato soup, undiluted
1 pound ground beef
2 teaspoons chili powder
1/2 teaspoon pepper
1/2 pound cheese, grated
1 1/2 cups cooked rice

Cut peppers in half and boil in salted water for 3 minutes. Remove and set aside. Brown beef and onions. Drain off excess fat. Add chili powder, salt, pepper and soup to beef mixture and simmer for 10 minutes. Remove from heat and add cheese and rice. Mix well. Fill peppers with beef–rice mixture. Bake at 350 degrees F for 30 minutes for immediate use or they can be frozen for up to 3 months.

Stuffed Peppers

Large green peppers
1 pound ground beef
1 1/2 cups cooked rice
Chopped onion
1 (12 ounce) can tomato sauce
Salt and pepper to taste

Clean peppers out and set aside.

Mix all ingredients and stuff peppers with mixture. Pour tomato sauce over peppers. Bake for 45 minutes covered and 15 minutes uncovered at 350 degrees F.

Sweet and Sour Pot Roast

1 tablespoon shortening
1 (4 pound) chuck or pot roast
2 onions, sliced
1/4 teaspoon pepper
1/4 teaspoon ground cloves
1/4 cup honey
1/4 cup granulated sugar
Juice of 2 lemons
1 teaspoon salt

In Dutch oven or heavy skillet with a tight lid, add meat and onions and brown, turning to get all sides. Add rest of stuff and cover tightly and simmer slowly over low or bake at 300 degrees F for 3 – 3 1/2 hours, until meat is tender.

Swiss Bliss

1 tablespoon margarine
1 (2 pound) chuck roast, cut 1-inch thick
1 envelope onion soup mix
1 (4 ounce) can mushrooms, drained
1/2 medium green bell pepper, sliced
1 (20 ounce) can tomatoes, drained
and chopped, reserving juice
Salt and pepper, to taste
1 tablespoon steak sauce
1 tablespoon cornstarch
1 tablespoon parsley flakes

Coat center of large sheet of heavy foil with margarine and place into a 13 x 9-inch dish. Place meat across foil, overlapping each piece slightly. Sprinkle with soup mix, mushrooms, green pepper slices and tomatoes. Sprinkle lightly with salt and pepper.

Mix tomato juice, steak sauce and cornstarch. Add enough water to make 2 cups liquid. Pour over meat mixture and sprinkle with parsley flakes. Cover with foil and bake at 375 degrees F for 2 hours.

Yields 4 servings.

Swiss Steak I

1/2 cup sifted flour
3 teaspoons salt
1/2 teaspoon pepper
1 (2 pound) round steak (1 1/2-inch thick)
3 tablespoons fat
1 small onion, minced
2 cups tomatoes

Mix flour, salt and pepper. Pound into steak with tenderizer or potato masher. Brown in fat in heavy skillet. Add onions to tomatoes. Boil 5 minutes. Pour over steak. Bake at 350 degrees F for 2 hours.

Swiss Steak II

1 tablespoon margarine
1 (2 pound) chuck roast, cut 1–inch thick
1 envelope onion soup mix
1 can mushrooms, drained
1/2 medium green bell pepper, sliced
1 (20 ounce) can tomatoes, drained and
 chopped, reserving juice
Salt and pepper, to taste
1 tablespoon A-1® Steak Sauce
1 tablespoon cornstarch
1 tablespoon parsley flakes

Coat center of a large sheet of heavy foil with margarine and place into a 13 x 9–inch dish. Place meat across foil, overlapping each piece slightly. Sprinkle with soup mix, mushrooms, green pepper slices, and tomatoes. Sprinkle lightly with salt and pepper.

Mix tomato juice, steak sauce and cornstarch. Add enough water to make 2 cups liquid. Pour over meat mixture and sprinkle with parsley flakes. Cover with foil and bake at 375 degrees F for 2 hours.

Yields 4 servings.

Tangy Beef Strips

1 (1 pound) boneless sirloin steak
2 tablespoons vegetable oil
1 cup sliced onions
2 cloves garlic, minced
1 cup chili sauce
1/2 cup water
1 teaspoon beef bouillon granules
1/4 teaspoon ground cumin
1/4 teaspoon pepper
2 cups quartered fresh mushrooms
1/2 medium green bell pepper, cut into strips
1/2 medium red bell pepper, cut into strips
2 tablespoons plain yogurt
1/2 teaspoon cornstarch
Hot cooked noodles

Cut steak across grain into 1/4 inch thick slices. In large skillet, quickly brown steak in 1 tablespoon oil; remove and set aside.

Sauté onions and garlic in remaining tablespoon oil until onions are tender. Stir in chili sauce, water, beef bouillon granules, cumin and pepper. Heat to boiling; add mushrooms and peppers. Cover; simmer 5 minutes.

Add reserved steak and any accumulated meat juices; heat. Combine yogurt and cornstarch; stir into meat mixture. Heat until thickened. Serve over hot cooked noodles.

Makes 4 servings (about 4 1/2 cups).

Tasty Liver

1 pound liver, cut into strips
1 can Ro-Tel®
1 large onion, sliced
1 can cream of mushroom soup
1 green bell pepper, cut into strips

Dredge liver in seasoned flour. Cook in oil for 3 minutes on each side. Drain fat. Add Ro-Tel®, onions, bell pepper strips and soup. Simmer for 15 minutes.

Serve over rice.

Teriyaki Pot Roast

2 (3 to 4 pound) chuck or rump roast
1 tablespoon shortening
1 clove garlic, crushed
1/4 cup soy sauce
1/4 cup water
1/2 teaspoon ground ginger
2 onions, sliced
1 tablespoon cornstarch

Brown meat on all sides in the shortening. Add remaining ingredients except cornstarch to the roast. Cover and simmer until meat is tender, about 2 1/2 hours.

Soften cornstarch in a little cold water. Add to liquid in kettle. Stir constantly until thickened.

Serve with the roast.

Texas Brisket

1 (4 to 6 pound) fresh beef brisket, well trimmed
1 cup barbecue sauce (your favorite)
1/4 cup Worcestershire sauce
1/4 cup Liquid Smoke
1 teaspoon garlic powder
2 teaspoons celery salt
2 teaspoons lemon pepper
1 teaspoon salt
1 cup chopped onion
1/2 cup water

Preheat oven to 275 degrees F.

In a large Pyrex baking dish, thoroughly mix all ingredients for sauce. Put the brisket in the baking dish, and turn it over once to coat it with the sauce. Seal the dish well with heavy-duty aluminum foil.

Bake at 275 degrees F for 5 to 6 hours.

Remove brisket from oven and allow to stand for one hour before slicing.

Slice across the grain, and serve with sauce.

Makes 8 to 10 servings.

Three-Way Beef Jerky

2 pound flank steak, bottom round, or any lean beefsteak or roast

Spicy Marinade

1/2 cup teriyaki Sauce
1 teaspoon olive oil
1/4 teaspoon Tabasco® sauce
2 tablespoons sherry
Dash of garlic powder
Salt, to taste
Freshly-ground pepper, to taste

Smoky Marinade

1 1/2 tablespoons liquid smoke sauce
1 cup water
2 teaspoons salt
1/4 teaspoon freshly-ground pepper
1/2 teaspoon garlic powder

Oriental Marinade

1 cup soy sauce
1 cup Chinese oyster sauce
1/2 cup brown sugar
1 cup granulated sugar

Trim all fat from meat and partially freeze to facilitate cutting. Cut into very thin slices, cutting with the grain. Combine marinade ingredients of your choice and stir in meat. Marinate overnight, stirring occasionally. Place cake racks on foil-covered cookie sheets or cover bottom of oven with foil and use oven racks. Drape meat slices on racks and roast for 8 to 10 hours or overnight at 175 degrees F.

Cool and store in an airtight container.

Tomato and Thyme Beef Pot Roast (Spanish style)

2kg corner fresh beef silverside roast
10 cloves garlic
10 sprigs fresh thyme
2 tablespoons olive oil
425g can tomatoes
1 1/2 cup (375ml) beef stock
1/4 cup (60ml) tomato paste
1/4 cup (60ml) red wine vinegar
2 teaspoons chopped fresh thyme, extra
100g quince paste

Cut 10 deep slashes in top of beef, insert garlic cloves and thyme sprigs into slashes.

Heat oil in large pan, cook beef until well browned all over.

Add undrained crushed tomatoes and all remaining ingredients; simmer, covered, for about 2 hours or until beef is tender.

Remove beef from pan, cover to keep warm. Boil tomato mixture in pan, uncovered, about 15 minutes or until slightly thickened.

Slice beef thinly, serve with tomato mixture.

This is best made just before serving and freezing is unsuitable.

Traditional Beef Stroganoff

1 (1 1/2 pound) lean sirloin steak
4 tablespoons flour
2 teaspoons salt
1/4 teaspoon pepper
1/4 cup butter
1 pound fresh mushrooms, sliced
3/4 cup dry burgundy wine
2 cups sour cream

Cut steak into thin strips across grain, then cut these strips into 2-inch lengths. Combine flour, salt and pepper. Dredge beef slices and shake off excess. Melt butter and brown meat well. Push meat to the side of the skillet. Add sliced mushrooms and cook until golden. Return beef to center of pan. Add wine; cover and simmer 15 minutes.

Add sour cream. Heat to serving temperature. Serve over rice or hot buttered noodles garnished with minced parsley.

Traditional Smothered Steak

Serves 4.

2 pounds round steak
1 tablespoon vegetable oil
1 large onion, cut in half and sliced 1/4-inch thick
1 can cream of mushroom soup
1 envelope beefy onion soup mix
1 can beef broth
1 cup water

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In skillet, or Dutch oven, heat oil over medium-high heat. Saute onion until translucent; remove and set aside.

In same skillet, saute round steak until browned.

Meanwhile, stir together mushroom soup, onion soup mix, beef broth and 1 cup water until blended; add onion and pour over browned meat. Reduce heat, cover with tight fitting lid, and simmer for 45 minutes to 1 hour, or until beef is fork tender, or for Dutch oven, cover and cook in preheated 350 degree F oven for 1 1/2 to 2 hours.

Tri-Tip Stroganoff

1/2 small onion, diced
1/4 cup butter
1 (1 pound) tri-tip steak
7 fresh mushrooms
2 cans cream of chicken soup
1 pint sour cream
1 package large egg noodles
Salt, pepper and garlic, to taste

Melt butter. Add onions and garlic. Cook until onions are translucent. Add steak and salt and pepper. Brown steak. Add fresh mushrooms and cook well. Add 2 cans cream of chicken soup. Let boil. Add water to thin a little.

Add sour cream last. Stir well and simmer for 10 minutes.

Serve over hot egg noodles.

Triple Pepper Steak

Makes 4 servings

This dish was made for meat lovers! Beef is sliced and seared in a wok, then tossed with a robust brown sauce filled with colorful bell peppers.

Marinade

2 tablespoons oyster-flavored sauce
2 teaspoons cornstarch
1/4 teaspoon black pepper
3/4 pound flank steak, thinly sliced across the grain

Sauce

1/3 cup beef broth
2 tablespoons Chinese rice wine
2 tablespoons dark soy sauce
1 teaspoon granulated sugar
1/4 teaspoon black pepper
2 tablespoon cooking oil
1 teaspoon minced garlic
1/2 teaspoon minced ginger
1/2 each green, red, and yellow bell peppers, julienned
2 tablespoons water
1 teaspoon cornstarch dissolved in 2 teaspoons water
1/2 fresh jalapeño chile, sliced

Getting Ready: Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Combine sauce ingredients in a bowl.

Cooking: Place a wok over high heat until hot. Add 1 1/2 tablespoons oil, swirling to coat sides. Add garlic and ginger and cook, stirring, until fragrant, about 10 seconds. Add beef and stir-fry until no longer pink, 1 1/2 to 2 minutes. Remove meat from pan.

Add remaining 1/2 tablespoon oil to wok, swirling to coat sides. Add bell peppers and stir-fry for 1 minute. Add water and stir-fry until peppers are tender-crisp, 2 to 3 minutes. Return meat to wok and add sauce; bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.

To serve, garnish with chile slices.

Pepper Prep: Cut off the top and bottom of the pepper. Next, make a single cut along the side, to open the pepper. Pull out and discard the central core of membranes and seeds. Now lay the pepper, skin side down, on a cutting board, spreading it out flat.

Hold a sharp knife or cleaver flat against the pepper, trim away any remaining membrane. You now have a long flat rectangle that's easy to slice crosswise.

Tropic Sun Spareribs

3 1/2 to 4 pounds beef spareribs or country-style ribs

3 large cloves garlic, pressed

Salt

Pepper

1 large onion, sliced

1 (20 ounce) can crushed pineapple, undrained

1 (12 ounce) bottle chili sauce

1/2 cup brown sugar, packed

1 teaspoon ground ginger

1/2 teaspoon dry mustard

Rub ribs with garlic. Sprinkle with salt and pepper. Arrange onion in large baking pan. Place ribs on top. Add 1/4 cup water to pan. Cover with foil. Bake at 350 degrees F for 30 minutes.

Combine remaining ingredients. Spoon over ribs. Bake, uncovered, 1 hour longer.

Makes 4 to 6 servings.

Ultimate Beef Brisket

1 (7 pound) beef brisket
1 teaspoon garlic salt
1 teaspoon onion salt
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1 1/2 teaspoons celery salt
2 tablespoons Worcestershire sauce

Sauce

1/2 cup granulated sugar
1 cup barbecue sauce
1 cup broth (from cooked brisket)
1 cup Wish Bone Russian Dressing (not creamy)

Mix seasonings and Worcestershire sauce together and rub into meat. Wrap tightly in heavy-duty aluminum foil. Place in 9 x 13-inch baking pan or roaster. Cook 7 to 8 hours at 275 degrees F.

Remove from oven, and remove from foil. Reserve 1 cup of broth for sauce; discard remaining broth. Trim fat, slice and put brisket back in pan.

Mix together ingredients for Sauce. Pour over brisket slices and bake at 300 degrees F for 1 hour.

Veal Birds

**6 veal cutlets, well trimmed and
thinly pounded between wax paper**
2 cups onions, minced
1 cup butter or margarine
2 cups bread crumbs
1/2 cup seedless raisins
Salt and pepper, to taste
Pinch of powdered thyme
1/4 cup cream
3/4 cup flour
1 pound fresh mushrooms, quartered
8 artichoke bottoms, quartered
1/4 cup parsley
1 cup dry sherry
2 cups beef bouillon

Pound cutlets until thin and cut in half. Sauté onions in 1/2 cup of the butter; add crumbs, raisins, salt, pepper and thyme. Remove from heat and add cream. Put 2 tablespoons filling in each cutlet, then roll up and secure with wooden pick. Salt and pepper the meat and roll in flour. Brown rolls in remaining 1/2 cup butter.

Arrange rolls in baking dish and cover with mushrooms, artichokes and parsley. Add a little more flour to the drippings in the pan; stir in bouillon and sherry. Stir until thick. Pour gravy over rolls and bake at 325 degrees F for 30 to 45 minutes.

Veal Marsala

8 veal medallions, sliced in thin strips
1/4 cup oil or melted margarine
1 (4 ounce) can sliced mushrooms, drained or fresh, sliced
1/4 cup chopped onion
2 green bell peppers, sliced in thin strips
1/2 teaspoon celery salt
1/4 teaspoon black pepper
1/2 teaspoon Italian seasoning
1/2 cup Marsala wine

Sauté veal in oil. Add vegetables and seasonings. Cook over low heat until tender. Add wine and simmer 3 to 4 minutes.

Serves 4.

Veal Parmesan

1/4 cup flour
1/2 teaspoon garlic salt
1/2 teaspoon paprika
1/2 cup fine, dry bread crumbs
1 egg, beaten
4 thin slices mozzarella cheese
1 teaspoon ground oregano
1 teaspoon salt
Dash of pepper
4 veal cutlets
1/2 cup Parmesan cheese, grated
2 teaspoons vegetable oil
1 (8 ounce) can seasoned tomato sauce

Combine flour and seasonings; coat cutlets. Mix crumbs and Parmesan cheese. Dip coated cutlets in egg, then in crumb mixture. Brown slowly in hot oil. Remove cutlets to ovenproof dish. Place a slice of mozzarella cheese atop each cutlet. Pour tomato sauce over, sprinkle with oregano. Cover and bake at 350 degrees F until hot and bubbly and meat is tender.

Makes 4 servings.

Veal Parmigiana

Sauce

3 cloves garlic, minced
1 (20 ounce) can tomatoes
4 tablespoons olive oil
1 1/2 teaspoons salt
1 medium onion, chopped
1 (8 ounce) can tomato purée
1 teaspoon basil
1 teaspoon pepper

Sauté garlic and onion in hot olive oil until soft. Add basil, tomatoes, tomato purée, salt and pepper. Simmer this mixture for 30 minutes and then strain it through a sieve. Keep it hot on very low heat.

Meat

4 large veal chops or 1 1/2 pounds veal scallopini
Pepper, to taste
Olive oil
1/2 cup dry bread crumbs
Mozzarella cheese
Flour
Salt, to taste
1/2 cup Parmesan cheese
1 egg
1/4 cup parsley, chopped
Parmesan cheese
Pasta

Season some flour with salt and pepper. Beat the egg slightly. Mix the bread crumbs with 1/2 cup Parmesan cheese and parsley. Dip the veal in the flour mixture, then the beaten egg, and finally in the bread crumb mixture.

Sauté veal in hot olive oil until cooked. Remove veal to ovenproof dish. Sprinkle with a little Parmesan cheese. Spoon 1/2 of sauce over meat and top with mozzarella cheese. Bake in 350 degrees F oven until cheese melts. Use the remaining sauce over a bed of pasta.

Veal Roll-Ups Cordon Bleu

1 1/2 pounds veal cutlets, boned and skinned

4 boiled ham slices

4 slices processed Swiss cheese

Wooden picks

1 egg, slightly beaten

1/2 cup milk

1 cup fine, dry bread crumbs

1 can cream of mushroom soup

2 tablespoons dry white wine

Paprika

Cut veal into 8 pieces. Pound each to 1/8-inch thickness. Top each piece with ham slice. Roll meat around cheese. Secure with wooden picks. Mix egg with 2 tablespoons milk. Dip rolls in egg mixture, then in crumbs. Place seam side down in 13 x 9-inch baking dish.

Combine soup, wine and remaining milk. Heat to boiling. Pour around meat. Cover with foil. Bake at 350 degrees F for 1 hour.

Uncover. Sprinkle with paprika. Bake 10 minutes more.

This is great with rice.

Veal Scallopini

2 pounds thin veal (1/4-inch cutlets)

4 tablespoons butter

Flour

1/2 cup Marsala wine

1/2 cup beef stock

Salt and pepper, to taste

Egg noodles, cooked

Parsley, chopped

Flatten veal. Cut to 4 inches square. Brown quickly in hot butter. Add broth a little at a time. Add salt and pepper. Sift a little flour over meat. When flour is browned, turn veal and repeat process. Add Marsala. Cover and simmer about 5 minutes.

Sprinkle with parsley and serve hot over egg noodles.

Vidalia Onion Pot Roast

1 fresh beef brisket, about 4 pounds, well trimmed
Salt and pepper to taste
2 tablespoons dry thyme
1 tablespoon dry rosemary
2 tablespoons olive oil
4 large Vidalia onions (or other sweets),
peeled and sliced, about 4 cups
1 cup dry red wine
3 carrots, thinly sliced, about 1 cup
2 tablespoons chopped garlic
2 cups hot beef stock lightened with 1 cup water added
2 celery stalks tied with 3 bay leaves into a bouquet garni

Preheat oven to 375 degrees F.

Season the beef brisket well with salt and pepper. Crush the thyme and rosemary together with a mortar and pestle and rub the herb mix into the beef, coating it evenly. Rub the beef well with 1 tablespoon of the olive oil.

Heat a large sauté pan with 1 tablespoon olive oil over medium high heat for 2 to 3 minutes until the pan is nearly smoking. Add the beef to the hot pan and sear well on one side until browned before turning the beef over and searing the other side. When the beef has been well browned on both sides, remove from the pan and set aside.

Add the onions to the sauté pan and cook them until golden brown. Add the red wine to the onions and reduce by half.

Pour the onions into a large heavy roasting pan and spread evenly across the bottom before putting the beef on the bed of onions. Add the carrots, garlic, hot beef/water and celery bundle to the beef in the roasting pan and place, uncovered, into the oven. All the combined liquid should rise only 2/3 as high as the meat is thick. Add additional water to maintain the braising liquid height.

Cook for 1 hour before turning the beef over. Cook the second side uncovered for 1 hour before covering the pan with a cover or foil and turning the oven down to 325 degrees F. Continue to slowly braise the beef brisket for 1 1/2 to 2 additional hours.

Remove the pan from the oven, discard the celery bouquet and allow the beef to rest for 20 minutes before slicing and serving with some of the onion jus.

Yield: 6 to 8 portions

Yorkshire Pudding

7/8 cup flour
1/2 teaspoon salt
1/2 cup milk
2 eggs
1/2 cup water
Hot beef drippings or melted butter

Preheat oven to 400 degrees F.

Sift flour and salt into a bowl and make a well in the center. Pour in the milk. Stir in the milk. Beat the eggs until fluffy. Beat them into the batter, then add the water. Beat the batter well until large bubbles rise to the surface.

Have ready a hot 12 x 9-inch ovenproof dish or hot muffin tins containing about 1/4 inch hot beef drippings or melted butter. Pour in the batter. It should be about 5/8 inch high. Bake the pudding for about 20 minutes.

Reduce the heat to 350 degrees F and bake it 10 to 15 minutes longer.

Serve at once.

Zesty Italian Pot Roast

8 ounces Italian salad dressing
1 (4 pound) roast, trimmed of fat
2 cups beef broth
6 carrots, cut into 1 1/2-inch pieces
10 ounces frozen green beans
2 tablespoons all-purpose flour

Pour salad dressing over roast in a shallow baking dish; cover and refrigerate 8 hours or overnight, turning roast occasionally.

Remove roast from marinade, reserving marinade. Place roast in a Dutch oven; add beef broth. Cover and simmer 2 hours.

Add carrots; cook 5 minutes. Add green beans; cook 5 minutes. Add reserved marinade; cook, uncovered for 10 to 15 minutes or until liquid has decreased to about 2 cups. Add enough water to liquid to measure 2 cups, if necessary. Remove roast and vegetables to serving platter; keep warm. Combine flour and a small amount of pan juices in a jar. Cover tightly, and shake vigorously. Add to pan juices in Dutch oven; cook, stirring constantly, until gravy is thickened and bubbly. Serve with roast.

Yield: 8 servings.