

The background of the cover is a gradient of olive green at the top and dark blue at the bottom. It is decorated with intricate white and gold floral and swirl patterns. A large, stylized flower with dark blue petals and a gold center is prominent in the upper right. Below it, a white swirl line curves across the middle, with several smaller white flowers and swirls interspersed. The title 'Sherri's Cookbook' is written in a gold, serif font, centered in the lower half of the cover.

Sherri's Cookbook

Beef

(and a little Lamb)

Balsamic-Braised Short Ribs with Horseradish Mashed Potatoes

INGREDIENTS:

Ribs:

Cooking spray
4 pounds beef short ribs, trimmed
1 teaspoon kosher salt, divided
1 teaspoon freshly ground black pepper, divided
2 cups finely chopped red onion
1/4 cup minced garlic (about 12 cloves)
2 cups low-salt beef broth
1 cup dry red wine
3/4 cup balsamic vinegar
1/3 cup packed brown sugar
2 cups chopped plum tomato

Potatoes:

2 1/2 pounds baking potatoes, peeled and cut into quarters
3/4 cup warm 1% low-fat milk
2 tablespoons fat-free sour cream
1 1/2 tablespoons prepared horseradish
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

Short ribs are the meaty ends of the rib bones. Choose cuts from the chuck, which are the most flavorful, or from the rib, which are a bit leaner. Packages labeled "short ribs" in the supermarket are likely to come from the chuck. Start this recipe a day ahead. It will taste much better, and chilling the ribs in the cooking liquid will make the solidified fat easy to remove.

1. Preheat oven to 300 degrees.
2. To prepare ribs, heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle ribs with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add half of ribs to pan; cook 8 minutes or until browned, turning occasionally. Remove from pan. Repeat procedure with remaining ribs; remove from pan.
3. Add onion to pan; sauté 8 minutes or until lightly browned. Add garlic; sauté 1 minute. Return ribs to pan. Add broth, wine, vinegar, sugar, and tomato; bring to a simmer.
4. Cover and bake at 300 degrees for 1 1/2 hours or until tender. Cool slightly. Refrigerate 8 hours or overnight.
5. Skim fat from surface of broth mixture; discard fat. Cook over medium heat 30 minutes or until thoroughly heated. Stir in 1/2 teaspoon salt and 1/2 teaspoon pepper.
6. To prepare mashed potatoes, place potatoes in a large saucepan; cover with water. Bring to a boil; cook 20 minutes or until very tender. Drain. Combine potatoes, milk, and remaining ingredients in a large bowl. Mash potato mixture with a potato masher. Serve with ribs and cooking liquid.

NUTRITIONAL INFO: CALORIES 463 (26% from fat); FAT 13.4g (sat 5.6g, mono 5.7g, poly 0.7g); PROTEIN 27.2g; CARB 53.5g; FIBER 4.2g; CHOL 64mg; IRON 4mg; SODIUM 649mg; CALC 100mg

BARBECUED BEEF RIBS WITH MOLASSES-BOURBON SAUCE

Beef rib meat becomes tender and succulent with slow cooking over low, indirect heat. Marinate the ribs overnight and allow for three hours of cooking time on the grill.

Marinade and ribs

1 1/2 cups water
1 12-ounce bottle pale ale
1/4 cup mild-flavored (light) molasses
5 fresh thyme sprigs
1 tablespoon sugar
1 tablespoon salt
1 bay leaf
1/2 teaspoon ground white pepper
16 beef short ribs or 8 whole beef ribs
Charcoal chimney & 45 charcoal briquettes

Sauce

1 tablespoon vegetable oil
1 small onion, finely chopped
1 cup red wine vinegar
2 cups ketchup
1/2 cup mild-flavored (light) molasses
1/4 cup water
1/2 cup bourbon
1 1/2 teaspoons salt
1/2 teaspoon ground white pepper
Leaves from 5 fresh thyme sprigs

For marinade and ribs:

Combine all ingredients except ribs in heavy medium saucepan. Bring to boil. Cool marinade completely. Place ribs in large heavy-duty resealable plastic bag; add marinade. Seal bag; turn to coat ribs. Refrigerate overnight, turning bag occasionally.

For sauce:

Heat oil in heavy large saucepan over medium-high heat. Add onion and sauté until golden brown, about 6 minutes. Add vinegar and boil until mixture is reduced to 3/4 cup, about 5 minutes. Remove from heat. Add ketchup, molasses, and 1/4 cup water, then bourbon; stir to blend. Bring sauce to simmer. Stir in salt and white pepper. Simmer 10 minutes to blend flavors. Stir in thyme leaves. (Sauce can be prepared 1 day ahead. Cover and refrigerate.)

Place handful of torn newspaper in bottom of charcoal chimney. Top with 30 charcoal briquettes. Remove top grill rack from barbecue. Place chimney on bottom rack. Light newspaper; let charcoal burn until ash is gray, about 30 minutes.

Open bottom barbecue vent. Turn out hot charcoal onto 1 side of bottom rack. Using metal spatula, move charcoal to cover approximately 1/3 of rack at 1 side. Fill foil loaf pan halfway with water; place opposite charcoal on bottom rack.

Return top rack to barbecue. Arrange ribs on top rack above water in loaf pan. Cover barbecue with lid, positioning top vent directly over ribs. Insert stem of candy thermometer through top vent, with gauge outside and tip near ribs (thermometer should not touch meat or barbecue rack); leave thermometer in place during cooking. Use top and bottom vents to maintain temperature between 250°F and 300°F, opening vents wider to increase heat and closing to decrease heat. Leave other vents closed. Check temperature every 10 minutes.

Cook ribs until meat is very tender when pierced with knife, turning ribs occasionally and basting often with sauce the last 10 minutes of cooking, about 3 hours total. Open barbecue only when necessary to turn or baste meat and close quickly to minimize loss of heat and smoke.

After first 30 minutes of cooking, use technique described earlier to light additional 15 charcoal briquettes in charcoal chimney set atop nonflammable surface. If cooking temperature drops below 250°F, use oven mitts to lift off top rack with ribs and place on heatproof surface. Using tongs, add half of hot gray charcoal from chimney to bottom rack. Replace top rack on barbecue, placing ribs above water in loaf pan. Cover with lid. Transfer ribs to plates; brush with more sauce and serve, passing any remaining sauce separately. Makes 6 servings

Barbecued Texas Beef Brisket - Yield: 12 servings

Dry Rub:

1/2 cup paprika
3 tablespoons ground black pepper
3 tablespoons coarse salt
3 tablespoons sugar
2 tablespoons chili powder
1 (7 1/2 to 8-pound) untrimmed whole beef brisket

Mop:

12 ounces beer
1/2 cup cider vinegar
1/2 cup water
1/4 cup vegetable oil
2 tablespoons Worcestershire sauce
2 tablespoons minced jalapeno chilies
1 cup purchased barbecue sauce (such as Bull's-Eye)
1 tablespoon chili powder

Dry Rub: Mix first 5 ingredients in small bowl to blend. Transfer 1 tablespoon dry rub to another small bowl and reserve for mop. Spread remaining dry rub all over brisket. Cover with plastic; chill overnight.

Mop: Mix first 6 ingredients plus reserved dry rub in heavy medium saucepan. Stir over low heat 5 minutes. Pour 1/2 cup mop into bowl; cover and chill for use in sauce. Cover and chill remaining mop. Preheat oven to 375 degrees. Place brisket, fat side up, in a Dutch oven or other heavy baking pan large enough to hold the brisket. Roast brisket in pan for 3 to 4 hours, basting with mop every 20 minutes, until tender. Transfer brisket to platter; let stand 15 minutes. (Can be made 1 day ahead. Wrap in foil; chill. Before continuing, rewarm brisket, still wrapped, in 350 degree oven about 45 minutes.) Combine barbecue sauce and chili powder in heavy small saucepan. Add any accumulated juices from brisket and bring to boil, thinning sauce with some of reserved 1/2 cup mop, if desired. Thinly slice brisket across grain. Serve, passing sauce separately.

Parsley Fried Onion Rings - Yield: 2 to 4 servings

3/4 cup plus 2 tablespoons beer (not dark)
1 cup all-purpose flour
3/4 cup finely chopped fresh parsley leaves
3/4 teaspoon salt, plus additional for sprinkling rings
1 large onion (about 3/4 pound)
Vegetable oil, for deep-frying

In a bowl whisk beer into flour until batter is smooth and whisk in parsley. Let batter stand 30 minutes and stir in 3/4 teaspoon salt. Cut onion crosswise into 1/2-inch-thick slices and separate slices into rings. In a large deep skillet heat 1-inch oil to 380 degrees F. Working in batches of 4 or 5 onion rings, drag rings through batter to coat completely, letting excess drip off, and fry, turning, until golden, about 1 to 2 minutes. With tongs transfer rings as fried to paper towels to drain and season with additional salt.

Texas Toast

8 (1-inch) thick slices French bread
Olive oil

Brush 1 side of each bread slice with olive oil. Heat a skillet over medium heat. Add bread, oiled side down, to skillet and cook until golden, about 2 minutes per side

Beef and Barley Cabbage Rolls

Recipe courtesy Germaine Storz

2 cups boiling water
1 teaspoon salt
1/2 cup uncooked barley
12 large, whole, outside cabbage leaves
1 pound ground beef
1 can evaporated milk
1/2 cup shredded carrot
2 tablespoons chopped fresh parsley
1 egg, slightly beaten
1/4 teaspoon celery seed
3 tablespoons finely chopped onion
1/4 teaspoon oregano
1 1/2 tablespoons ketchup
1/4 teaspoon pepper
3 tablespoons butter, melted
1 teaspoon lemon juice
Paprika

In a medium stockpot, bring water and salt to a boil. Add barley and cook until tender, approximately 45 minutes, depending on type of barley used (refer to package). Drain and set aside. In another stockpot, blanch cabbage leaves in boiling water for 1 minute.

In a bowl, combine barley, meat, 1/2 cup evaporated milk, carrots, parsley, egg and seasonings. Mix thoroughly and divide into 12 even portions. Place each portion on stem end of a cabbage leaf and roll up tightly. Fasten with a toothpick. Place rolls in a greased baking dish (13 by 9 by 2 inches). Pour remaining milk over the rolls and bake in a preheated 350 degree oven for 30 minutes or until cooked through, turn rolls over once to help them cook evenly.

Heat butter and lemon juice. Pour over rolls and sprinkle with paprika then serve.

*Chef notes that lamb can be used instead of beef, in which case substitute tarragon for oregano. White or brown rice can be substituted for barley.

The recipes for this program, which were provided by contributors and guests who may not be professional chefs, have not been tested in the Food Network's kitchens. Therefore, the Food Network cannot attest to the accuracy of any of the recipes

Yield: 6 servings, 2 rolls per serving
Prep Time: 15 minutes
Cook Time: 40 minutes

Beef and Chili Stew with Cornbread Dumplings

PREP AND COOK TIME: About 2 hours

NOTES: Assemble through step 3 up to 1 day ahead; chill airtight.

MAKES: 8 servings

1 pound fresh poblano (often labeled pasilla) chilies, rinsed
1 1/2 pounds fat-trimmed beef skirt steak
2 onions (1 lb. total), peeled and chopped
2 teaspoons minced or pressed garlic
2 tablespoons tomato paste
2 cups fat-skimmed beef broth
1 1/2 teaspoons dried oregano
1 package (10 oz.) frozen corn kernels
1/4 cup cornstarch
1 1/4 cups yellow cornmeal
1 1/4 cups all-purpose flour
2 teaspoons baking powder
1 tablespoon sugar
About 1/2 teaspoon salt
1/3 cup thinly sliced green onions (including tops)
1 large egg
1 1/4 cups low-fat (1%) buttermilk

1. Place chilies in a 10- by 15-inch pan. Broil 4 to 6 inches from heat, turning as needed, until blackened on all sides, about 15 minutes. When cool enough to handle, in about 10 minutes, pull off and discard chili peels, stems, seeds, and veins. Cut chilies into 1/2-inch pieces.

2. Meanwhile, rinse meat and pat dry. Cut into 1/2- by 1-inch pieces.

3. In a 5- to 6-quart pan over high heat, stir meat, onions, garlic, tomato paste, and 1/2 cup broth until liquid evaporates and meat and onions are browned, about 25 minutes. Add chilies, remaining broth, 2 cups water, and oregano. Bring to a boil; cover, reduce heat, and simmer until meat is very tender when pierced, about 1 hour. Stir in corn.

4. In a bowl, blend cornstarch and 1/2 cup water until smooth. Add to pan and stir over high heat until mixture boils. Pour stew into a 3-quart casserole (about 9 by 13 in.).

5. In a bowl, combine cornmeal, flour, baking powder, sugar, 1/2 teaspoon salt, and green onions. In another bowl, beat egg to blend; mix in buttermilk. Add egg mixture to cornmeal mixture and stir just until evenly moistened. Drop by 1/4-cup portions evenly over stew.

6. Bake in a 400° oven until dumplings are firm and lightly browned, about 20 minutes.

7. Spoon portions into bowls; add salt to taste.

Per serving: 430 cal., 23% (99 cal.) from fat; 27 g protein; 11 g fat (4.4 g sat.); 56 g carbo (4.1 g fiber); 447 mg sodium; 73 mg chol.

"Beef Bourignnon" Pot Pie with Baby Root Vegetables

Recipe courtesy Emeril Lagasse, 2002

1/4 pound thick cut bacon, cut into 1/2-inch thick pieces
1 tablespoon vegetable oil
4 pounds beef chuck roast, trimmed and cut into 2-inch cubes
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 medium onions, coarsely chopped
2 large carrots, coarsely chopped
1 cup water, plus 1 cup
4 tablespoons unsalted butter
5 tablespoons flour
1 1/2 teaspoons tomato paste
2 cups beef stock or rich chicken stock or low sodium canned chicken broth
1 bottle red wine, preferably burgundy
1/2 bunch fresh parsley stems
6 sprigs fresh thyme
1 head garlic, cut in half crosswise
3 bay leaves, torn
1/2 teaspoon whole black peppercorns
1/4 pound pearl onions, peeled
2 teaspoons sugar
1/2 pound white button mushrooms or cremini mushrooms, stem ends trimmed
1/4 pound baby carrots, peeled and ends trimmed
1/4 pound baby turnips, peeled and ends trimmed
3 tablespoons cognac
1/4 cup minced parsley leaves
1 box frozen puff pastry, thawed in the refrigerator
1 egg, lightly beaten

In a heavy Dutch oven over medium heat, render bacon in the vegetable oil until lightly browned and beginning to crisp. Using a slotted spoon, transfer the bacon to a large bowl and set aside. Season the meat with the salt and pepper, and brown in the bacon fat, in batches if necessary and turning often to promote even cooking. When the meat is browned on all sides, transfer the pieces to the bowl with the bacon. (If the bits on the bottom of the pan begin to burn, deglaze with a bit of water or some of the wine, and scrape the bottom of the pan with a wooden spoon to remove all browned bits. Transfer this liquid to the bowl along with the beef.) When all of the beef is browned, add the chopped onions and carrots to the Dutch oven and cook, stirring frequently, until browned around the edges, about 8 to 10 minutes. Transfer the browned vegetables to another bowl and set aside. Deglaze the pan with 1 cup of water and transfer this liquid along with the released browned bits to the bowl with the browned meat. Add 3 tablespoons of the butter to the Dutch oven and stir in the flour and cook until the flour is reddish-brown, about 6 to 8 minutes. Add the tomato paste, stir to combine, then slowly whisk in the stock and 3 cups of the wine. Bring to a simmer and cook until slightly thickened, about 5 minutes. Using a large piece of cheesecloth, make a bundle containing the reserved caramelized veggies, parsley stems, thyme sprigs, bay leaves, garlic and peppercorns and secure with a piece of kitchen twine. Add this to the pot, along with the reserved bacon and browned meat. Cover the pot and simmer very slowly for 2 1/2 to 3 hours, or until the beef is very tender.

Remove the cheesecloth bundle from the sauce and set in a strainer over a medium bowl. Press down on the bundle with the back of a spoon and transfer any accumulated liquids to the Dutch oven. Discard the cheesecloth bundle.

Using a slotted spoon or tongs, transfer the meat to a medium bowl and set aside. Using a large spoon, skim any fat from the surface of the sauce. Increase the heat to medium-high, and cook the sauce until it reduces to heavy cream consistency, about 20 minutes, stirring occasionally so that sauce does not burn on the bottom of the pot.

While the sauce is reducing combine the pearl onions, remaining tablespoon of butter, sugar and 1 cup of water in a large skillet and bring to a boil over high heat. Cover, reduce heat to medium and simmer for about 3 minutes. Stir in the mushrooms, cover the pan, and cook for another minute or two, until the mushrooms have given up their liquid. Add the baby carrots and turnips, cover, and continue to cook until the vegetables are crisp-tender, about 8 to 10 minutes. Remove the cover and cook, shaking the pan frequently, until the vegetables are tender and golden brown. Transfer to the sauce and add the remaining cup of red wine and cognac and continue to cook until the sauce is thickened and coats the back of a spoon. Add the parsley and reserved beef, stir to combine well, then set aside to cool.

When the filling has cooled completely, divide the filling evenly among 6 (2-cup) ramekins.

Preheat the oven to 400 degrees F. On a lightly floured work surface, roll out 1 sheet of puff pastry to measure 12 by 12-inches. Using a small plate or cup saucer just slightly wider than the rim of the ramekins as a guide, cut out 4 circles of pastry by running the tip of a sharp knife around the edge of the guide. Repeat with the second sheet of puff pastry, but only cut 2 circles out of this sheet and save the remaining puff pastry for another project.

In a small bowl using a fork, beat the egg lightly. Using a pastry brush, lightly coat the edges of each circle of pastry with some of the beaten egg. Top each ramekin with 1 of the pastry circles, egg side down, and fit the edges around the rim of the ramekin with your fingers. Press to seal well. Using the tip of a sharp knife, cut a few decorative vent holes in the top of the pastry circle. Repeat with the remaining ramekins and pastry circles. Using a pastry brush, brush some of the remaining egg over the tops of each pastry circle.

Place the ramekins in the middle of the oven and bake until the puff pastry is puffed and golden and the filling is bubbly and hot throughout, about 20 to 25 minutes. Serve immediately.

Yield: 6 servings

Prep Time: 50 minutes

Inactive Prep Time: 1 hour

Cook Time: 4 hours 25 minutes

Difficulty: Medium

Beef Bourguignon

Recipe courtesy Merrilees Parker

2.2 pounds (1 kilogram) good quality beef or Charolais beef, cut into 2-inch pieces.

For the Marinade:

1 (750ml) bottle Burgundian wine, like Pinot Noir
2 large stalks celery, roughly chopped
2 fresh bay leaves
Pinch fresh thyme
2 large carrots, roughly chopped
2 large onions, peeled and quartered
1 bulb garlic, unpeeled and cut horizontally
1 tablespoon whole black peppercorns

For the sauce:

2 ounces (50 grams) butter
2 tablespoons olive oil
8 ounces (200 grams) smoked bacon, pancetta or lardons, chopped into small dices
4 shallots, peeled and roughly chopped
3 tablespoons Dijon mustard
Salt and pepper

Place the beef in a large bowl and add all the marinade ingredients. Cover and marinate for at least 8 hours or preferably overnight, refrigerated.

Drain off the liquid from the marinade and reserve. Remove the peppercorns, onions, and garlic. Separate vegetables from the meat. Dry the meat thoroughly on paper towels.

Heat a heavy bottomed saucepan. Add the butter and oil, then add in the beef. Cook over a high heat until seared all over, then remove from the pan and keep warm. Add the lardons and cook for 3 to 4 minutes, until golden. Add the shallots and cook until they just begin to soften. Stir in all the marinade vegetables, and cook for a further 3 to 4 minutes. Return the meat to the pan and season generously with salt and pepper and stir in the mustard until all the ingredients are coated generously. Pour in the reserved marinade liquid and bring to a gentle bubble. Cover with a lid and cook for 1 1/2 to 2 hours, the sauce should be thick and the meat tender. You may need to add a little water half way through the cooking process. Serve with mashed potatoes.

Mashed Potatoes:

6 medium potatoes, peeled and cut into large chunks
1/2 cup (1/4 pint) double (heavy) cream
2 1/2 ounces (75 grams) butter
A handful chives
A handful parsley
3 tablespoons extra-virgin olive oil
Salt and pepper

Cook the potatoes in salted boiling water for 12 to 15 minutes until tender. Heat the cream and butter together until the butter is thoroughly melted. Blanch the herbs in boiling salted water 2 to 3 minutes. Drain and rinse thoroughly under very cold water until completely cooled. Place blanched herbs in a blender and puree. Slowly add the olive oil, while the motor is still running, to form a smooth puree.

Mash the potatoes, then add butter and cream. Stir thoroughly until you have a smooth paste. Finally fold in herb puree and season generously. Mix well to form a green smooth mash.

Yield: 4 to 6 servings

Prep Time: 15 minutes

Cook Time: 2 hours 20 minutes

Difficulty: Medium

Beef Brisket

Recipes courtesy Diane Kirkbride

5 to 6 pound brisket
4 drops Liquid Smoke
4 tablespoons Worcestershire sauce
Salt
Cracked pepper

Preheat oven to 300 degrees F. Place the brisket on a sheet of heavy-duty foil. Mix Liquid Smoke and Worcestershire. Rub both sides of meat with mixture. Sprinkle fat side of meat with salt and pepper. Wrap and seal tightly. Place in a pan. Bake 2 1/2 to 3 hours or until tender. Remove brisket from oven and allow to sit for 10 to 15 minutes. Slice against the grain. Re-wrap in foil until ready to serve.

Yield: 10 to 12 servings
Prep Time: 5 minutes
Inactive Prep Time: 15 minutes
Cook Time: 3 hours
Difficulty: Easy

Beef Sate with Spicy Szechwan Sauce

Recipe courtesy Wolfgang Puck,

3/4 pound trimmed New York or fillet steak

Marinade:

1/2 cup soy sauce
1 tablespoon honey
1 teaspoon chile flakes
1/2 teaspoon ground cumin
1/2 teaspoon turmeric

Szechwan Sauce:

6 tablespoons unsalted butter
2 blanched garlic cloves, chopped fine
1 green onion, chopped fine
1 cup veal or chicken stock
1/4 cup soy sauce
1 teaspoon chile flakes

24 (6-inch) bamboo skewers or long rosemary branches

Cut the steak into 24 (3 by 1-inch) strips, each weighing about 1/2-ounce. Using skewers, stick a skewer into each strip lengthwise and arrange on a large platter or baking pan. Refrigerate until needed.

Prepare the marinade: In a small bowl, combine all the marinade ingredients and pour over the meat, turning to coat all sides. Let marinate, un-refrigerated, about 15 minutes.

Preheat the grill or broiler.

Prepare the sauce: In a small skillet, melt 2 tablespoons butter. Add the garlic and green onion and saute over medium-high heat until soft, about 2 minutes. Pour in the stock, soy sauce, and chile flakes and cook 1 or 2 minutes longer. Strain into a clean pan and whisk in the remaining 4 tablespoons butter. Keep warm.

Arrange the skewers of steak on the grill or under the broiler, being careful that the bare ends of the skewers are not directly over or under the flame. Grill or broil until medium rare, about 30 to 40 seconds per side.

Pour the sauce into a small bowl and set in the center of a large serving platter. Arrange the skewers around the bowl and serve immediately.

**You can also use chicken or lamb for the skewers.

Yield: 24 skewers

Prep Time: 30 minutes

Cook Time: 10 minutes

Difficulty: Easy

BEEF STROGANOV

Active time: 35 min Start to finish: 35 min

This recipe makes good use of the tail-end portion of a tenderloin.

3 1/2 tablespoons unsalted butter
1 tablespoon all-purpose flour
1 cup beef broth
1 (1-lb) piece beef tenderloin, trimmed, sliced 1/4 inch thick, then cut into 1-inch pieces
2 tablespoons olive oil
1/2 cup thinly sliced shallot
3/4 lb cremini mushrooms, trimmed and halved (quartered if large)
3 tablespoons sour cream at room temperature
1 teaspoon Dijon mustard
2 tablespoons chopped fresh dill
1/2 teaspoon salt
1/4 teaspoon black pepper

Accompaniment: buttered wide egg noodles

Melt 1 1/2 tablespoons butter in a small heavy saucepan over moderate heat and whisk in flour, then cook roux, whisking constantly, 2 minutes. Add broth in a slow stream, whisking constantly, and bring to a boil. Reduce heat and simmer, whisking occasionally, 3 minutes. Remove from heat and keep warm.

Pat beef dry and season well with salt and pepper. Heat 1 tablespoon butter with 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until foam subsides. Sauté beef in two batches, turning once, until browned on both sides but still pink inside, about 1 minute. Transfer to a plate with a slotted spoon.

Heat remaining tablespoon butter with remaining tablespoon oil in same skillet over moderately high heat until hot but not smoking, then sauté shallot, stirring occasionally, until golden brown, about 3 minutes. Add mushrooms and sauté, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms are browned, about 8 to 10 minutes. Return meat with its juices to skillet and stir to combine, then transfer to a platter.

Reheat sauce over low heat (do not let boil), then whisk in sour cream, mustard, dill, salt, and pepper. Pour sauce over beef and serve immediately.

Makes 6 servings.

Gourmet
October 2001

Brisket Sandwiches

Yield: 4 servings

1 to 1 1/2 cups gravy, preferably from the Beer-Braised Brisket with Root Vegetables, recipe follows
16 thick slices leftover brisket, preferably from the Beer-Braised Brisket with Root Vegetables, recipe follows

8 slices sandwich bread, toasted
2 to 3 cups hot mashed potatoes
Kosher salt and freshly ground black pepper

In large skillet, combine the gravy and brisket slices and heat over medium heat, turning the slices occasionally, until hot, about 2 to 3 minutes.

Arrange the toasted bread slices on 4 plates and, using tongs, lay 2 slices of brisket over each bread slice. Top each sandwich with some of the mashed potatoes, pour over the gravy, and season with salt and pepper. Serve immediately with knives and forks.

Beer-Braised Brisket with Root Vegetables - Recipe courtesy Gourmet Magazine

Brisket:

2 1/2-pound piece beef brisket, preferably from the point cut

(also called the 2nd cut)

Salt and freshly ground black pepper

4 slices bacon, chopped

3 onions, thinly sliced

2 tablespoons tomato paste

4 (12 ounce) lager-style beers

3 sprigs fresh thyme

3 sprigs fresh flat-leaf parsley, plus chopped leaves for garnish

1 bay leaf

1 large rutabaga (about 2 pounds), peeled and cut into 1-inch pieces

6 medium carrots, cut crosswise into 1-inch-thick pieces

6 medium waxy-style potatoes, unpeeled and cut into 1-inch pieces

Beurre manie:

2 tablespoons unsalted butter, softened

2 tablespoons all-purpose flour

Make the brisket: Preheat the oven to 350 degrees. Pat the brisket dry and season with salt and pepper. In a Dutch oven with a tight-fitting lid, cook the bacon over moderate heat, stirring, until crispy and its fat has rendered. Using a slotted spoon, transfer to paper towels to drain, and pour off all but 2 tablespoons of the fat.

Heat the remaining fat over moderately high heat until it is hot but not smoking. Brown the brisket all over and transfer it to a platter. Add the onions to the Dutch oven and cook until golden brown. Add the tomato paste and cook, stirring, until caramelized, about 1 minute. Add the bacon, brisket, and beer and bring to a boil. Tie the parsley sprigs, thyme, and bay leaf together with a piece of kitchen twine and add to the Dutch oven. Cover and braise the brisket in the oven for 2 hours.

Stir in the rutabaga, carrots, and potatoes and continue braising until the brisket and vegetables are tender, about 45 minutes more.

Transfer the brisket and the vegetables to a platter and set aside covered with foil to keep warm. Boil the braising liquid until it is reduced to about 3 cups.

Meanwhile, make the beurre manie: In a small bowl, blend the butter and flour together to make a paste.

Whisk the beurre manie into the reduced braising liquid, bit by bit, whisking well after each addition. Simmer the sauce for 3 minutes and season it with salt and pepper. Slice the brisket against the grain, on the diagonal, and arrange it on the platter. Surround the brisket with the vegetables, spoon some of the sauce over the top, and sprinkle with the chopped parsley. Pass the remaining sauce at the table. Serve with the buttered noodles.

Yield: 6 to 8 servings

BLUE CHEESE BURGERS WITH GREEN PEPPERCORNS

Green peppercorns can be found packed in brine in the specialty foods section of most large supermarkets.

10 to 12 ounces lean ground beef
1 tablespoon Dijon mustard
1 green onion, minced
2 teaspoons green peppercorns, chopped
1 garlic clove, pressed
1 1/2 ounces blue cheese, crumbled

Preheat broiler. Combine first 5 ingredients in small bowl. Season with salt and pepper and mix well. Form mixture into two 3-inch-thick patties on broiler proof pan. Broil 3 minutes. Turn patties over and broil second sides until beef is cooked to desired doneness, about three minutes longer for medium-rare. Top patties with blue cheese. Broil patties until cheese is bubbly, approximately 1 minute.

Serves 2.

Bon Appétit

Too Busy to Cook

A Cook on 11/25/01

Big Blue Burgers

Recipe courtesy Rachael Ray

1 1/3 pounds ground sirloin
1 tablespoon Worcestershire
A handful chopped flat leaf parsley
1 shallot or boiling onion, minced
1/2 pound crumbled blue cheese
Extra-virgin olive oil, for drizzling
Steak seasoning, or, coarse salt and black pepper
4 crusty rolls, split

Toppings:
Romaine lettuce leaves
Vine ripe tomato slices
Blue cheese dressing (homemade or store bought)

Combine first 4 ingredients and divide meat into 4 equal amounts. When forming each patty, nestle a pile of blue cheese crumbles into the center of the meat, and gently form patty around cheese.

Brush or drizzle burgers with extra-virgin olive oil and grill on indoor electric grill preheated to high for 7 to 8 minutes on each side. On an outdoor grill, cook 6 minutes on each side 6 inches from hot coals or over medium high gas flame with the grill lid closed. For preparation with no additional oil, broil 4 inches from broiler 7 minutes on each side. Serve burgers on split rolls with lettuce, tomato, and blue cheese dressing.

Creamy Blue Cheese Dressing

Recipe courtesy Rachel Ray

6 ounces (about 1/3 pound) double cream blue veined cheese,
softened to room temperature
1/2 cup heavy cream
1/2 cup sour cream
Salt and pepper
2 pinches ground cayenne pepper
Mash softened cheese with fork in a bowl. Whisk in the cream
and sour cream into cheese, the consistency should be smooth
with an occasional small bit of blue. Season with salt, pepper,
and cayenne pepper.

Sea Shells Salad

1/2 pound medium-size shell shape pasta, cooked to al dente, cold shocked, well drained
2 scallions, chopped, both whites and greens
1/2 small red bell pepper, seeded and chopped into fine dice
1/3 cup tiny frozen green peas, a generous handful
1/4 to 1/3 cup mayonnaise
3 or 4 sprigs fresh tarragon, chopped to about 2 tablespoons
Coarse salt and pepper
Chopped fresh parsley, for garnish
Romaine or leaf lettuce, for lining plate under salad - Pile salad ingredients in a mixing bowl as you prepare them.
Combine salad ingredients, taste, and adjust seasonings. Serve salad on bed of lettuce leaves.

Yield: Preparation time: 10 minutes Cooking time: 8 to 10 minutes for pasta Ease of preparation: moderate

Blue Cheese Stuffed Filets with Bacon Mashed Potatoes

Recipe courtesy Emeril Lagasse, 2000

6 ounces bacon, chopped
4 (8-ounce) filet mignons
1 cup crumbled Stilton cheese or any type of blue-veined cheese
Creole seasoning
3 tablespoons olive oil
Creole seasoning
1 small onion, cut into 1/8-inch rings
1/2 cup Crystal Hot Sauce
1/2 cup flour
1 cup vegetable oil
1 cup demi-glace
1/2 cup port wine
1 recipe Creamed Potatoes, recipe follows
1/2 cup port wine
1 tablespoon chopped fresh parsley leaves

Preheat the oven to 400 degrees. In a hot sauté pan, render the bacon until crispy, stirring occasionally, about 8 minutes. On the side of each filet make a 2-inch slit forming a pocket. Stuff each pocket with 2 tablespoons of the cheese. Season the filets with Creole seasoning. In oven-proof sauté pan, add the olive oil. When the oil is hot, sear the filets for 2 minutes on each side. Place the pan in the oven and roast the filets for 6 to 7 minutes for medium-rare. Toss the onions with the hot sauce. Season with salt. Dredge the onions in the flour, tapping off any excess. Heat the vegetable oil. Fry the onions until golden brown, about 2 minutes. Remove and drain on paper towels. Season with Creole seasoning. Remove the filets from the pan and set aside. Place the sauté pan on the stove. Over medium-high heat, deglaze the pan with the demi-glace and port wine. Remove from the heat and keep warm. Fold the bacon and bacon fat into the creamed potatoes. To assemble, divide the potatoes by 4 and mound the potatoes in the center of each plate. Lay each filet on top of the potatoes. Spoon the pan sauce over each filet. Garnish each plate with the remaining cheese, fried onions and parsley.

Yield: 4 main-course servings

Braised Lamb Shanks With Green Olives And Apricots

Yield: 4 servings

4 lamb shanks, about 8 ounces each	1 tablespoon sugar
Kosher salt and freshly ground black pepper	1 bottle full-bodied red wine, such as Cabernet Sauvignon
6 sprigs fresh thyme, plus 2 sprigs	1/4 cup all-purpose flour
2 sprigs fresh rosemary	3 tablespoons olive oil
1 lemon, zested in big strips	2 cups lamb or chicken stock
2 garlic cloves, halved	1 cup pearl onions, peeled
1/2 teaspoon whole cloves	3 carrots, coarsely chopped
2 cinnamon sticks, plus 2 sticks	12 large green Spanish olives
1 teaspoon whole black peppercorns	12 dried apricots
2 bay leaves	

First off, you want to marinate the lamb shanks for a few hours to really penetrate the deep flavor; the wine also tenderizes the meat. Put the shanks in a large glass bowl and season with salt and pepper. Break up the thyme and rosemary with your hands to release the oils and toss them on top of the lamb. Add the lemon peel, garlic, cloves, cinnamon, peppercorns, bay leaves, and sugar. Pour in the bottle of wine, cover and refrigerate for 4 to 6 hours.

Line a few layers of paper towels on the counter. Pull the lamb shanks out of the wine marinade (reserving it for later), and lay them out on the paper towels, cover with more paper towels and pat the meat dry really well. Put the flour in a large shallow platter and season it with a fair amount of salt and pepper. Dredge the lamb shanks in the seasoned flour; tapping off the excess.

Preheat the oven to 350 degrees F.

Place a large Dutch oven or other heavy-bottomed pot over medium-high heat and add the oil. Sear the lamb shanks, turning carefully with tongs, so all sides are a brown caramel color. Drizzle with a little more oil if needed. Do this in batches if the shanks are big and look crowded in the pot. Strain marinade reserving the wine. Add the wine, remaining 2 sticks of cinnamon, remaining 2 sprigs of thyme and the stuff from the marinade. Cook until slightly reduced, about 5 minutes. Pour in the stock and add the onions, carrots, olives, and apricots; bring to a boil. Cover the pot. Place in the oven for 2 1/2 to 3 hours. Transfer the lamb shanks to a large platter. Spoon the onions, olives, and apricots over them. Strain the braising juices and season with salt and pepper. Pour the sauce over the platter and serve with some crusty bread.

Bleu Cheese Crostini With Sancerre Syrup And Peppery Lettuce

Yield: 4 servings

1 1/2 cups dry white wine, such as Sancerre or Sauvignon Blanc	8 ounces bleu cheese
1/4 cup orange blossom honey	1 bunch peppery lettuce, such as arugula or watercress
1/2 lemon, juiced	2 tablespoons extra-virgin olive oil
3 tablespoons unsalted butter	Kosher salt and freshly ground black pepper
1/2 baguette, cut into 1-inch slices	1/4 cup toasted chopped walnuts

Preheat the oven to 500 degrees F. Put a sheet pan or pizza stone in the oven to get it heated up too.

Combine the Sancerre, honey, and lemon juice in a saucepan and place over medium-low heat. Simmer gently, swirling the pot around, until the wine is syrupy and coats the back of a spoon, about 15 to 20 minutes.

Butter both sides of each slice of bread. Put a nice hunk of bleu cheese on top of the baguette slices and arrange them on the hot sheet pan or stone. Bake for 5 minutes until the cheese melts and the bread toasted.

Put the lettuce in a mixing bowl and toss with the olive oil, salt, and pepper. Pile the greens on a serving platter with the bleu cheese crostini around it. Drizzle the wine syrup over the crostini and greens and sprinkle with the walnuts.

Muscat Jelly With Blackberries

Yield: 4 servings

2 pints fresh blackberries, halved	1/2 lemon, juiced
3 tablespoons sugar	2 large strips orange zest
2 fresh rosemary sprigs, plus more for garnish	2 gelatin sheets or 1/2 (1/4-ounce envelope) powdered gelatin
1/2 (750ml) bottle Muscat or other sweet dessert wine	Sweetened whipped cream, for serving
	Fresh mint leaves, for garnish

Put the blackberries in a bowl, sprinkle with 1 tablespoon of the sugar, and twist the rosemary with your hands to release the essential oils and throw it on top. Gently toss the berries to combine and let them sit absorbing the flavor while you make the Muscat jelly.

Combine the Muscat, lemon juice, orange peel, and remaining sugar and in a heavy pot and place over medium-low heat. Simmer and stir, until little bubbles appear around the pot and the alcohol starts to vaporize; about 15 minutes.

Soak the gelatin sheets in cool water for 2 minutes to soften*, then remove them and squeeze out the excess water. Remove from the heat and fish out the strips of orange. Add the gelatin sheets into the hot wine and continue to simmer for 1 more minute, stirring to dissolve completely. Let the jelly cool slightly for 5 minutes.

* if using powdered gelatin, soak in 2 tablespoons cool water for 3 minutes, then add to hot wine mixture.

Fill 4 martini or wine glasses a quarter of the way with blackberries; carefully pour the Muscat jelly over the berries to fill the glasses to the top. Chill until thoroughly gelled and set, at least 4 hours or up to overnight. Garnish the Muscat jelly with whipped cream and mint; serve it with the remaining Muscat.

Braised Lamb with Basil and Garlic Stuffing

Yield: 8 to 12 servings

1 5 pound leg of lamb, boned
1/4 pound bacon or salt pork
6 garlic cloves, finely minced
3 fresh parsley sprigs
10 fresh basil leaves
Salt and freshly ground black pepper, to taste
1 cup coarsely chopped onion
1/2 cup coarsely chopped carrots
3/4 cup dry white wine
2 cups chopped, peeled, fresh or canned tomatoes

When the lamb is boned, ask the butcher to remove the bones and crack them. Combine the bacon, garlic, parsley, and basil in a food processor or use a blender. Blend the ingredients to a fine puree. Sprinkle the lamb inside with salt and pepper. Spread the bacon mixture inside the lamb to fill it. If some of the stuffing oozes out, no matter. Sew up the lamb, tucking in torn pieces as necessary. Sprinkle the lamb all over with salt and pepper. Rub the lamb with any excess bacon and herb mixture.

Place the lamb, fat side down, in a heavy casserole and arrange the bones around it. The lamb and bones should fit snugly inside the casserole. Brown the lamb on all sides and sprinkle onion and carrots around it. Cover and cook for about 5 minutes. Carefully pour off and discard all fat that has accumulated.

Add the wine, tomatoes, salt and pepper. Cover and bring to the boil. Cook and bring to the boil. Cook over moderate heat for about 2 hours. Remove the lamb and strain the sauce into a saucepan. Bring to the boil and skim the surface as necessary to remove as much fat as possible. Cook the sauce down until it is properly concentrated and sauce-like. Slice the meat and spoon a little of the sauce over each serving.

Broiled Veal Chop alla Fiorentina

Recipe courtesy Da Mimmo Restaurant

2 (3-inch thick) veal loin chops
2 garlic cloves, chopped
1 teaspoon rosemary
1 teaspoon sage
Pinch salt and pepper
2 ounces virgin olive oil
4 ounces (1 stick) butter
1 lemon, cut in half
Steamed vegetables, as an accompaniment

Butterfly veal chops and marinate for 2 to 3 hours, refrigerated, in mixture of chopped garlic, rosemary, sage, salt, pepper, and olive oil. Coat veal chops thoroughly by turning several times.

Put veal chops on broiling pan coated in butter. Place pan under a preheated broiler and cook veal for 5 minutes on each side. Arrange veal chops on plates and pour natural juices from pan over them. Squeeze lemon on top and serve with steamed vegetables.

Yield: 2 servings
Prep Time: 15 minutes
Cook Time: 3 hours

Chianti Braised Osso Buco with Roasted Fennel and Fingerling Potatoes and Lemon Parsley Pesto

Yield: 4 servings

Osso Buco:

- 4 tablespoons pure olive oil
- Kosher salt and freshly ground black pepper
- 4 center-cut veal shanks (each about 2 inches thick)
- 3 whole, peeled cloves garlic
- 1 tablespoon tomato paste
- 2 cups good quality red wine, preferably Chianti
- 4 cups good-quality veal stock
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 1 bay leaf
- 12 fingerling potatoes, cut into 1/2-inch thick rounds
- 1 bulb fennel, cut into 1/2-inch strips, fronds removed and reserved
- 1 teaspoon ground fennel seed, lightly toasted
- 1 shallot, minced
- 1 tablespoon coarse sea salt

Pesto:

- 1 bunch flat-leaf parsley, leaves only
- 1 garlic clove, minced
- 1 lemon, zested

Chili and Day Two Chili con Corny

Serves: 4

2 T. Olive oil
2 large (Vidalia or Walla Walla sweet), diced
2 pounds of stew beef cut in 1/2" strips
2 cups of pinto beans
2 cups of kidney beans
2 large cans of stewed tomatoes with the liquid
Worcestershire sauce
Chili seasoning
Tabasco sauce to taste

I use a Dutch oven but a crock pot will work too. You can also cook this outdoors on a grill. This is a great way to meet your fellow campers. Note that this is a 1-pot meal since I like washing dishes almost as much as I do ironing and root canals:

Rinse the beans in cold water and remove any rocks or other debris. Pour the rinsed beans into the cooking pot and cover them with 2" of water. Let stand overnight if possible. Drain the beans into a colander and dry the pot. Saute' the diced onions in the cooking oil until transparent. Remove them with a slotted spoon and put in a bowl. Brown the beef in the remaining oil (you may have to add a little more oil). Add the onions, beans, and tomatoes to the beef and enough liquid to cover everything. Add Worcester sauce, chili seasoning and Tabasco sauce (you may need to add more before serving). Let simmer on a low flame for one hour or until beans are done. Taste and add spices if necessary.

Recipe #2 for Chili con Corny

Take the leftover chili, add a can of corn (drained) and put the mixture in a cast iron skillet to a depth of 1 inch. Prepare a package of Jiffy Cornbread Mix according to directions. Pour over the chili. Bake according to the cornbread directions. Insert a toothpick into the middle of the cornbread: if it comes out clean, it's ready.

Cornish Pasties

Ingredients for the shortcrust pastry:

3-1/2 cup plain flour
pinch of salt
1 scant cup vegetable shortening or lard
1/3 cup cold water to mix

Preparation: Measure flour, salt and shortening into bowl. Blend quickly until the consistency of fine bread crumbs. Add cold water and blend until dough all pulls together. It should be slightly stretchy rather than crumbly. Roll out the dough between 1/8- and 1/4-inch thick. Cut into six-inch circles.

Ingredients for the filling:

12-oz. chuck steak, diced
salt and pepper to taste
1 medium or 2 small onions, finely chopped
2 small carrots, finely chopped
1 large potato, finely diced
1 egg, beaten

Preparation: Dice chuck steak and season with salt and pepper. Add to a pot of water and boil gently. Chop the onions and carrots, then add to the pot with the meat. Simmer for about 15 minutes or until almost tender, then peel and dice the potato. Add to the meat-and-vegetable mixture and simmer for about five more minutes. Drain the meat and vegetable mixture.

Preheat oven to 400 degrees. Lay the pastie rounds on a flat surface. Brush the rim of each pastie round with beaten egg. Place an equal portion of the steak mixture on each round. Bring the sides up and pinch the edges together into a crest. Allow for a few air vents so that the steam can escape as the pasties cook.

Put the pasties on a greased baking sheet and brush the outsides with the remaining egg wash. Bake for 20 minutes at 400 degrees. Reduce the heat to 350 degrees, then bake for 40 minutes longer. Remove from the oven. Serve warm.

Country Fried Steak

Recipe courtesy Tim and Georgia George

2 pounds boneless round steak
Salt
Pepper
Spices (what ever you have available)
Beef tallow or grease
1 quart buttermilk
1 cup flour

Cut steaks 3/4-inch thick. Pound the steaks with meat tenderizing hammer until about 1/4-inch thick. Season with salt and pepper, to taste, and rub on other spices if you have them.

Start heating beef tallow or grease in Dutch oven. Be sure you have enough grease in the pan to cover the steaks (at least 1-inch.) Put the buttermilk in bowl and put the flour on a plate. Wet the steaks in buttermilk and then drag through flour making sure both sides have flour on them. If a thicker crust is wanted, then repeat this procedure again. When grease just begins to smoke, then you are ready to drop in a steak and cook. Cook steak until golden brown on both sides turning steak in grease, if needed. Repeat until all steaks are cooked.

Yield: 4 to 6 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

Difficulty: Easy

Roundup Rolls

Recipe courtesy Tim and Georgia George

1/2 cup butter
2 teaspoons salt
2 cups boiling water
1 1/2 yeast cakes, 2 if it's cold
1/2 cup warm water
4 to 6 eggs
1 cup sourdough starter, if you like the flavor
8 to 9 cups flour
1/2 cup white sugar

Put butter and salt in a dough pan or a large bowl. Pour boiling water over the butter and salt and set aside for a few minutes to cool down a bit. Crumble the yeast into a small bowl, add 1/2 cup warm water, set aside for a few minutes to allow the yeast to proof. Add eggs to the water, butter/salt mixture and beat well. Add yeast mixture and mix in sourdough starter, if using. Stir in 5 cups flour and beat well. Add 3 more cups flour and mix as well as you can. Pour the 9th cup of flour onto a bread board or canvas. Knead until smooth. Place in a greased bowl or dough pan. Turn to grease the top of the bread. Cover and set in a warm place to rise until double.

Preheat the oven to 350 degrees F. Punch down dough and work until smooth. Shape into rolls and place into greased pans or Dutch ovens. Let rise until double and then bake 20 to 30 minutes. This recipe will fill 12 and 14-inch Dutch ovens. I have used this recipe in camp with fine success by not allowing much of a second rise. It will also make up nice as a sweet roll by adding raisins or nuts if you have them.

Yield: 3 dozen | Prep Time: 40 minutes | Inactive Prep Time: 2 hours | Cook Time: 30 minutes | Difficulty: Medium

Covered Wagon Beans

Recipe courtesy Guy and Kathy Landers

10 to 12 cups water
6 cups pinto beans
Salt
Pepper
2 tablespoons chili powder
2 chopped onions
1 (28-ounce) can tomatoes
2 tablespoons bacon fat
1/4 teaspoon garlic powder

Put the water and beans in a large Dutch oven or a large pot and soak overnight. After soaking, you're ready for cooking.

Rinse the beans and add fresh water. Add salt, pepper, and chili powder and bring to a boil uncovered. Reduce the heat to low and add chopped onions, tomatoes, bacon fat, and garlic. The beans need to cook very slowly for at least 8 hours with the cover on. You may need to add a little water at different times and you should stir once in a while.

Yield: 15 to 20 servings
Prep Time: 5 minutes
Cook Time: 8 hours
Difficulty: Easy

Apricot, Peach Dessert

Recipe courtesy Tim and Georgia George

3 cups dried apricots
1 pound canned peaches
1 cup sugar, plus extra sugar, for sprinkling
Dash ground cinnamon
Dash ground nutmeg
Pie dough for a large, double crust pie
1 egg, beaten

Cut apricots into quarters. Cover with water and let soak overnight, refrigerated or put into saucepan, cover with water and simmer until tender. Chop the peaches into bite-size pieces. Drain most of the water from apricots and put in a saucepan. Add the peaches, sugar, and spices and bring to a simmer over medium-low heat. Simmer until thickened. Add a little flour if needed for thickening. Line the bottom and sides of a Dutch oven with pie dough. Roll out the top crust and cut into strips. Pour the hot filling into the Dutch oven, over the crust. Lay strips of crust across the top. Brush the top with beaten egg or cream if you have it, and sprinkle with sugar. Put the lid on the Dutch oven and set to bake over medium coals top and bottom. Turn the Dutch oven and lid every 10 minutes or so, or it will scorch. Add more coals if needed until pie is light brown. Remove from coals and let cool until ready to serve.

Yield: 15 to 20 servings | Prep Time: 15 minutes | Inactive Prep Time: 8 hours | Cook Time: 35 minutes
Difficulty: Medium

Emerilized Salisbury Steak with Mushroom Gravy and Roast Garlic Mashed Potatoes

Recipe courtesy Emeril Lagasse, 2001

1/2 pound sliced bacon, cut into 1/2-inch pieces	1/2 cup heavy cream, plus 2 tablespoons
1 1/2 cups chopped yellow onions	1 1/2 pounds ground beef, such as chuck
1 pound cremini or button mushrooms, wiped clean and thinly sliced	3/4 pounds ground veal
2 1/2 teaspoons salt	1/2 pounds ground pork
1/2 cup minced shallots	2 egg yolks
2 sprigs fresh thyme	2 teaspoons Dijon mustard
1 sprig fresh rosemary leaves	1 1/2 teaspoons Worcestershire sauce
1/2 cup dry red wine	1 tablespoon minced garlic
2 tablespoons flour	Freshly ground black pepper
2 cups rich beef stock	2 tablespoons cold unsalted butter
	2 tablespoons chopped chives

Roasted Garlic Mashed Potatoes, recipes follow

In a large skillet over medium-high heat, cook the bacon until most of the fat is rendered but it is not yet crisp. Transfer the bacon to the bowl of a food processor and set aside. Remove all but 3 tablespoons of the bacon fat from the skillet. Reserve the additional rendered bacon fat in a small bowl and set aside.

Add the chopped onions to the fat in the pan and cook, stirring occasionally, until very soft and caramelized around the edges, about 6 minutes. Combine the onions with the bacon in the bowl of the food processor and process until smooth. Transfer to a large bowl and set aside to cool.

Heat 3 tablespoons of the remaining bacon fat in the pan. Add the mushrooms and 1 teaspoon of the salt, and cook, stirring occasionally, until they have released their liquid and are golden brown around the edges, about 5 minutes. Add the minced shallots, thyme, and rosemary, and cook until the shallots are soft, about 2 minutes. Add the red wine and cook until almost completely evaporated. Sprinkle the flour over the shallots and mushrooms, and stir to combine. Cook for 1 minute. Add the beef stock and cook for 5 minutes, until thickened. Add 1/2 cup of the heavy cream, stir to combine, and cook until the sauce is thick enough to coat the back of a spoon and the flavors come together, about 6 minutes. Cover and keep hot while you prepare the meat patties.

Preheat the broiler to 500 degrees F.

In the mixing bowl with the pureed onion-bacon mixture, add the beef, veal, pork, remaining 2 tablespoons of heavy cream, egg yolks, mustard, Worcestershire Sauce, garlic, remaining 1 1/2 teaspoons of salt, and pepper, and mix lightly but thoroughly.

Shape into 6 oval patties, about 1 cup each, and 1-inch thick, and transfer to a nonstick baking sheet or broiling pan. Broil the patties close to the heat source, about 4 minutes on each side for medium-rare.

Add the meat pan drippings, butter, and chives to the sauce and stir until the butter is thoroughly incorporated. Taste and adjust the seasoning if necessary.

Serve the patties immediately with the Roast Garlic Mashed Potatoes, with some of the mushroom sauce ladled over the top.

Roast Garlic Mashed Potatoes:

3 heads of garlic, top 1/2-inch cut away
3 tablespoons olive oil
Salt
Freshly ground black pepper
2 pounds baking potatoes, like russets or Yukon Gold potatoes, peeled and cut into 1-inch cubes
1 stick unsalted butter, at room temperature
3/4 cup heavy cream

Preheat the oven to 375 degrees F.

Place the garlic on a pie pan and drizzle with the oil. Season lightly with salt and pepper, and roast for until the garlic is very tender and golden brown, about 1 hour. Remove from the oven and let cool. When cool enough to handle, squeeze the head to release the cloves into a small bowl. Use a fork to mash the garlic until smooth.

Place the potatoes and 1 teaspoon of salt in a medium pot and cover with water by 1-inch. Bring to a boil. Reduce the heat to a simmer and cook until fork tender, about 15 minutes. Drain in a colander. Return to the saucepan over medium heat and cook 1 minute. Reduce the heat to low, add the mashed garlic and butter, and mash using a hand-held masher. Add the cream and continue to mash until thoroughly combined and the desired consistency is reached. Season, to taste, with salt and pepper, and serve immediately.

Yield: 6 servings

Yield: 6 generous servings

Prep Time: 35 minutes

Cook Time: 2 hours

Difficulty: Medium

Garlic Dijon Skirt Steak

Yield: 1 to 2 servings

2 garlic cloves, minced
2 tablespoons Dijon mustard
1 tablespoon fresh lime juice
1 (10-ounce) skirt steak

Serving suggestions: cole slaw and fries

In a bowl, stir together the garlic, mustard, and lime juice. Trim the steak if necessary. Rub steak with mustard mixture and marinate 15 minutes.

Heat a well-seasoned ridged grill pan over moderately high heat until just smoking and grill steak 3 minutes on each side. (Alternatively, broil steak on the rack of a broiler pan about 4 inches from heat.) Transfer steak to a platter and let stand, uncovered, 5 minutes.

With a sharp knife, diagonally cut the steak across the grain into 1/3-inch-thick slices and serve with coleslaw and fries

Garlic-Studded Pot Roast

Recipe courtesy Emeril Lagasse, 2002

1 (4 to 5-pound) sirloin tip roast, netted or tied at 1-inch intervals
10 cloves garlic, peeled and halved lengthwise, plus 4 to 6 garlic cloves, peeled
1 tablespoon Essence, plus 1 1/2 teaspoons
1 1/4 teaspoons freshly ground black pepper
1 1/4 teaspoons salt
1 cup dry red wine

3 tablespoons tomato paste
4 large carrots, scrubbed
2 stalks celery, trimmed and cut in half crosswise
2 medium yellow onions, peeled and quartered
1 pound small new potatoes
2 tablespoons vegetable oil
1 cup beef stock, or canned low-sodium beef broth
2 bay leaves

With a small, sharp knife, make 30 (1 1/2-inch deep) slits around the outside of the roast. Insert the half cloves of garlic into the slits. Rub the roast with 1 tablespoon of the Essence, 1 teaspoon of the black pepper, and 1 teaspoon of the salt.

Preheat the oven to 400 degrees F.

Heat the oil in a large, heavy skillet over medium-high heat. Add the roast and sear on all sides, about 4 minutes per side. Remove from the pan. Deglaze the pan with the red wine, scraping up any brown bits on the bottom of the pan with a wooden spoon. In a mixing bowl, whisk together the tomato paste and 1 cup of water. Add the tomato paste mixture to the red wine and cook for 2 minutes.

Meanwhile, in a large roasting pan or Dutch oven, alternate the carrots and celery flat on the bottom of the pot. Place the bay leaves on the vegetables. Scatter the onions, potatoes, and garlic over the bottom. (The vegetables will form a "nest" on which the roast will be placed.) Place the roast on top of the vegetables. Add the red wine mixture and the stock. Cover the roasting pan tightly with aluminum foil and bake for 1 1/2 hours.

Uncover the pot roast, baste with the pan juices, and lower the heat to 350 degrees F. Cover the roast and continue cooking until the meat is completely tender and begins to fall apart, 2 to 2 1/2 hours, uncovering and basting each hour. Remove from the oven, uncover, and baste. Let rest for 15 minutes before carving. Serve each portion of the carved roast with onion quarters, new potatoes, 1 carrot, and 1 piece of celery. Spoon the pan juices over the meat and vegetables, and serve.

Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper

1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch. Published by William and Morrow, 1993.

Grilled Bison T-Bone Steaks with Herb Butter

Yield: 4 servings

1/4 cup vegetable or olive oil
1/4 cup Essence, recipe follows
4 bison T-bone steaks, 12 to 16-ounces each
Herb Butter, recipe follows
Fresh lemon thyme sprigs, garnish

In a small bowl, combine the oil and Essence on a plate and mix into a paste. Spread both sides of the steaks completely with the mixture. Place in a shallow dish, cover tightly with plastic wrap, and refrigerate for at least 4 hours and up to 24 hours. Remove from the refrigerator and bring the meat to room temperature before grilling, about 30 minutes. Preheat the grill. Slice the butter into 1/2-inch thick pieces and keep refrigerated until ready to use.

Place the steaks on the grill and cook to desired temperature, about 4 minutes per side for medium-rare. During the last 2 minutes of cooking, place 1 to 2 pats of herb butter on each steak.

NOTE: As bison cooks more quickly than beef, it is best to measure the thickness to cook:

1 inch thick - Rare: 6 to 8 minutes, Medium: 8 to 10 minutes
1 1/2-inch thick - Rare: 8 to 10 minutes, Medium: 10 to 12 minutes
2 inches thick - Rare: 10 to 12 minutes, Medium: 14 to 18 minutes

Remove from the grill and place on 4 plates. Garnish with the thyme sprigs and serve immediately with the Grilled Vegetable Ratatouille and Grilled Sausages.

Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano

Grilled Sirloin Steak with Summer Vegetable Ragout and Steak Fries

Recipe courtesy Clyde's of Georgetown

Tomato Mushroom Sauce:

1 tablespoon olive oil

1 tablespoon chopped garlic

1 tablespoon chopped shallots

1/2 cup corn kernels

2 blue foot mushrooms, sliced (substitute white mushrooms or shiitake mushrooms)

1 cup demi-glace

6 sun gold tomatoes, halved (substitute: any yellow cherry tomato)

6 sweet 100's tomatoes, halved

1 tablespoon whole butter

1 Idaho potato

1 cup raw spinach

1 red onion, julienned

A1 Ranch Dressing, recipe follows

8 ounces grilled sirloin steak

Tomato mushroom sauce: Saute the garlic and shallots in olive oil until tender, about 4 minutes. Add the corn, mushrooms, and demi-glace and bring to a simmer. Reduce by 1/4. Add tomatoes and remove from heat. Swirl in whole butter and add salt and pepper, to taste.

Tom's Steak Fries: Place potato in salted, cold water and bring to a boil. Reduce heat and simmer for approximately 20 minutes. Drain and cool potato. Quarter and deep-fry until golden brown. Season with salt and pepper.

To assemble dish: Place grilled steak in the center of the dish. Spoon vegetables and sauce over the steak. Top with spinach and onion and drizzle with A1 dressing.

Yield: 1 serving

Prep Time: 10 minutes

Cook Time: 35 minutes

Difficulty: Medium

Guacamole Hamburgers with Monterey Jack and Chiles

Recipe courtesy Gourmet Magazine

1 1/2 pounds ground chuck
1 (2-ounce) piece Monterey Jack, cut into 4 pieces
4 teaspoons finely chopped seeded pickled jalapeno chiles

For the guacamole:

1 avocado (preferably Haas)
2 1/2 teaspoons fresh lemon juice
1/3 cup finely diced seeded tomato
3 tablespoons minced scallion
1/4 teaspoon ground cumin
2 tablespoons chopped fresh cilantro, or to taste

4 sesame hamburger buns or English muffins, split and toasted

Handling the chuck as little as possible, divide it into fourths, shape each fourth into a ball, and with your thumb make a depression in the center of each ball. Fill each depression with a piece of the cheese and 1 teaspoon of the chiles and form the meat around the cheese mixture into a 1-inch patty. Season the hamburgers with salt and black pepper and grill them on oiled hot grill pan for 5 minutes on each side for medium-rare meat.

Make the guacamole while the hamburgers are grilling: Halve, pit, and peel the avocado, in a bowl mash the flesh coarse with a fork, and stir in the lemon juice, tomato, scallion, cumin, cilantro, and salt and pepper, to taste.

Transfer the hamburgers to the buns and top them with the guacamole.

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Difficulty: Easy

Guacamole

Recipe courtesy of Tyler Florence

4 ripe avocados
1 lime, juiced
1/2 red onion, chopped
1 garlic clove, minced
1 tomato, diced
2 tablespoons fresh cilantro, finely chopped
1/4 teaspoon cumin
1/4 teaspoon chili powder
Salt and pepper, to taste

Pit and halve avocados and scoop out flesh into a mixing bowl. Mash avocados with a fork, leaving it still a bit chunky. Add remaining ingredients, gently mix. Refrigerate covered with plastic wrap for at least 1 hour before serving.

Half-Time Shredded Beef Sandwiches

1 (2 1/2 to 3 1/2 lbs.) lean chuck roast
1 large onion, quartered and thinly sliced
1 envelope onion soup mix
2 or 3 cloves garlic, thinly sliced
1 (10 1/2 oz.) can of tomato soup
1/4 cup brown sugar
2 tbsp. Worcestershire sauce
1 tbsp. lemon juice
1 tbsp. dijon mustard
1/4 teaspoon hot ground pepper mix
1/2 teaspoon celery seed
salt to taste

Trim fat from beef and cut into 4 or 5 large chunks to fit in crockpot. Combine remaining ingredients and pour over beef. Cook in a crock pot for 8 to 10 (4 to 5 on high) hours on low. Pour juice into a small saucepan and simmer on the stovetop for 15 to 20 minutes to reduce and thicken. In the meantime shred beef with 2 forks or potato masher. Return thickened sauce to the beef in the crockpot. Keep warm and serve with buns and coleslaw. Makes 6 to 8 sandwiches.

HERBED RIB ROAST

For roast

1 (7- to 8-lb) prime rib roast
(sometimes called standing rib roast; 3 or 4 ribs)
1 tablespoon whole black peppercorns
2 bay leaves (not California)
1 tablespoon kosher salt
3 garlic cloves
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 tablespoon olive oil

For jus

2 cups beef broth
1 small fresh rosemary sprig
1 small fresh thyme sprig
1 garlic clove, smashed

Prepare roast: Trim all but a thin layer of fat from roast. Grind peppercorns and bay leaves with salt to a powder in an electric coffee/spice grinder, then transfer to a mortar. Add garlic, thyme, and rosemary, then pound to a smooth paste with pestle. Stir in oil. Rub paste all over roast. Transfer roast to a rack set in a small flameproof roasting pan. Marinate, covered and chilled, at least 8 hours.

Cook roast: Let roast stand at room temperature 1 hour.

Preheat oven to 450°F.

Roast beef in middle of oven 20 minutes. Reduce temperature to 350°F and roast beef until a thermometer inserted into center of meat registers 110°F, 1 1/2 to 1 3/4 hours more. Transfer beef to a large platter and let stand, uncovered, 25 minutes. (Meat will continue to cook, reaching about 130°F for medium-rare.)

Make jus: Skim fat from pan juices. Add broth, rosemary, thyme, and garlic and deglaze pan by simmering on top of stove over moderate heat, stirring and scraping up brown bits. Transfer to a small saucepan and add any juices that have collected on platter. Gently simmer 10 minutes. Skim fat and season jus with salt and pepper.

Put slices from roast and serve with jus.

Cooks' note:

- Roast can marinate up to 24 hours.

Makes 8 servings.

Gourmet

December 2000

Carl (cdirarte@aol.com) from Anaheim, CA on 09/18/03

Wow! This is the best rib roast I have had the pleasure of consuming. Wrapped roast in saran wrap and marinated for 24 hours. Also used the paste rub on a pork tenderloin roast, awesome!

Karen (kking78@hotmail.com) from Fairfield, California on 07/18/03

I made this roast (10 lbs.) for the first time at Christmas, when I fed my husbands 4 picky brothers and their families. They loved it! and didnt stop raving over it. I roasted it at about 15 mins/lb., and let the thermometer register at 125 in the center of the roast. We couldnt wait 1 hour to let it rest, it was more about 30 minutes before we dug in. It was perfectly done. Will definately make this again and again!

Banja Gui: Barbecued Beef in a Lettuce Wrapper (Korea)

Recipe courtesy Emeril Lagasse, 2002

3/4 cup soy sauce
2 tablespoons minced garlic
1 tablespoon plus 1 teaspoon sesame oil
2 teaspoons mirin
1 teaspoon red pepper flakes
2 pounds sirloin or flank steak, sliced thinly on the bias
1/2 cup julienned green onions (scallions)
2 teaspoons hot red chili powder
2 tablespoons toasted sesame seeds
40 very thin slices garlic
20 large green or red lettuce leaves

In a large, non-reactive bowl, combine 1/2 cup soy sauce, the minced garlic, 1 tablespoon of the sesame oil, 1 teaspoon of the mirin, and the red pepper flakes. Add the meat toss to coat. Cover and refrigerate overnight, turning occasionally.

Preheat the grill. Mix the remaining 1/4 cup soy sauce with remaining 1 teaspoon of sesame oil. Add the green onions (scallions), and garlic, and toss to combine. Set aside. In a small bowl, combine the remaining teaspoon of mirin, the chili powder and sesame seeds.

Remove the steak from the marinade and pat dry. Grill for 1 minute on each side for medium-rare.

Lay the lettuce leaves on a flat work surface and rub the mirin mixture on the insides of the leaves. Set aside.

Lay several slices of cooked steak in center of each leaf, drizzle with about 1 tablespoon of the seasoned green onions (scallions), and top with 2 garlic slivers. Fold the lettuce over the steak and wrap tightly. Repeat with the remaining ingredients and serve immediately.

Yield: 4 to 6 servings
Prep Time: 40 minutes
Cook Time: 15 minutes
Difficulty: Medium

Korean Bulgogi

Recipe Courtesy of Emeril Lagasse 1999

1 pound beef flank steak, sliced into 1/2-inch slices

Salt

Freshly ground black pepper

1 cup sesame oil

2 cups soy sauce

1 tablespoon chopped garlic

1 tablespoon chopped fresh ginger

Crushed red pepper, to taste

2 cups cooked white long grain rice

1 tablespoon snipped chives

Season the beef with salt and pepper. In a mixing bowl, combine the oil, soy sauce, garlic and ginger. Season with crushed red pepper to taste. Place the meat in a shallow bowl. Pour the marinade over the meat. Cover and refrigerate for at least 1 hour or overnight. Remove and bring to room temperature. Preheat the hibachi. Remove the meat from the pan, reserving the marinade. Place the marinade in a saucepan, over medium heat. Bring to a boil and cook for 6 to 8 minutes or until the mixture reduces by 3/4. Remove, set aside, and keep warm. Grill the meat for a couple of minutes on each side, for medium rare. To serve, spoon the rice in the center of each plate. Lay the strips of meat around the rice. Drizzle the sauce over the meat. Garnish with chives.

Yield: 4 servings

Kung Pao Beef

1 1/2 pounds boneless beef sirloin
1 tablespoon soy sauce
2 tablespoons sesame oil
1 tablespoon rice wine or sherry
1 egg white, lightly beaten
1/2 teaspoon salt
2 tablespoons peanut or corn oil
4 dried red chiles, split
1 tablespoon minced garlic
1/2 tablespoon grated ginger
1 teaspoon Szechwan pepper, toasted and crushed
2 scallions, cut in 1/2-inch pieces
1 red bell pepper, cut in pieces
2 tablespoons soy sauce
3 tablespoons rice wine or sherry
2 tablespoons Chinese black vinegar or balsamic
1 teaspoon sugar
1 cup chicken broth
1 tablespoon cornstarch, dissolved in 2 tablespoons water
1/3 cup roasted peanuts

Trim fat from the steak and cut into 1-inch cubes. Combine the soy sauce, sesame oil, rice wine/sherry, egg white and salt in a glass bowl. Add the beef and stir to coat. Marinate for 1 hour, covered in the refrigerator.

Place peanut/corn oil in a wok, swirling to coat the sides, and place over high heat. Add the chilies and cook until they begin to darken. Add the garlic, ginger and Szechwan pepper; continue to cook to infuse the oil. Add the scallions and bell pepper.

Remove the steak from the marinade and add it to the wok. Stir-fry the beef for 3 minutes until brown. Blend in soy sauce, rice wine, Chinese vinegar, sugar and chicken broth. Dissolve the cornstarch slurry and add it to the sauce, stirring, to thicken. Sprinkle in the peanuts and stir to coat. Serve over rice.

Lamb Rack Chops with Mint peanut Pesto

- 2 each racks of lamb
- 5 cloves garlic, sliced into thin slivers
- 1/3 c Dijon mustard
- 1/4c soy sauce
- 1/2c brown sugar
- 1 1/4c Sutter Home Zinfandel
- 1T chopped fresh rosemary
- 1 each shallot, chopped
- 1T black pepper
- 1 1/2c olive oil

- 1C finely chopped mint
- 1/4c finely chopped roasted peanuts
- 3 clove finely minced garlic
- 2T soy sauce
- 1T rice wine vinegar
- 1T sugar
- 1/4c sesame oil
- salt and pepper

Trim the racks of lamb of excess fat. With a small sharp paring knife, pierce the lamb to a depth of about 1/2" and insert slivers of garlic spaced every 2" around entire surface of meat.

To make the marinade combine Dijon mustard, soy sauce, brown sugar, Sutter Home Zinfandel, rosemary, shallot, and black pepper in a bowl. Whisk in the olive oil. Place the lamb in a non-reactive pan (glass, stainless steel, or ceramic) and cover with the marinade. Refrigerate in the marinade for at least one day or up to 48 hours. Occasionally turn the meat in the marinade.

Remove the lamb from the refrigerator 2 hours prior to grilling. Grill the lamb over medium-low charcoal until done, basting with marinade every 5-10 minutes.

For the Mint-Peanut Pesto combine the mint, peanuts, garlic, soy sauce, rice wine vinegar, sugar, and sesame oil and season to taste.

Slice the rack of lamb into individual chops and serve with the Mint-Peanut Pesto.

Yields 16 portions.

Lamb Stew with Herbes de Provence

Recipe courtesy Emeril Lagasse, 2001

2 pounds lamb fillet, shoulder or leg, trimmed of fat and cut into 1-inch cubes	1/2 cup peeled, seeded, and chopped Italian plum tomatoes (1 or 2 tomatoes)
1 tablespoon Essence, recipe follows	1 tablespoon herbes de Provence, recipe follows
2 tablespoons olive oil	1/2 teaspoon salt
1/2 cup chopped yellow onions	1/4 teaspoon freshly ground black pepper
1/2 cup diced peeled sweet potatoes	1 cup dry red wine
1/2 cup chopped carrots	3 cups lamb stock, or beef stock, or canned, low-sodium beef broth
1 tablespoon minced garlic	French or Italian bread, accompaniment

Season the meat with the Essence and use your hands to coat the meat thoroughly. In a large dutch oven or saute pan, heat the oil over medium-high heat. Add the seasoned lamb and cook, stirring, until browned, about 5 minutes. Remove with a slotted spoon to a plate, and set aside.

To the fat in the pan, add the onions, potatoes, and carrots, and cook, stirring, for 3 minutes. Add the garlic and cook for 1 minute. Add the tomatoes, herbs, salt, pepper, and red wine, and bring to a boil. Cook until reduced by half, about 3 minutes, stirring to deglaze the pan. Add the lamb and stock to the pan and return to a boil. Reduce the heat to medium-low and simmer until the lamb is tender, about 30 to 35 minutes.

Remove from the heat and adjust the seasoning, to taste. Ladle into soup bowls and serve with hot, crusty French or Italian bread.

Herbes de Provence:

- 1/4 cup dried thyme
- 1/4 cup dried majoram
- 1/4 cup dried savory
- 2 tablespoons dried oregano
- 1 tablespoon dried rosemary
- 1 teaspoon dried lavender blossoms

Combine all ingredients in a bowl and mix well. Store in an airtight container and use as needed. Yield: almost 1 cup

Emeril's Essence:

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon ground black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Place all the ingredients in a bowl and stir well to combine thoroughly. Store in an airtight container and use as needed.

Yield: about 2/3 cup

Recipe from New New Orleans Cooking by Emeril Lagasse and Jessie Tirsch, Published by William and Morrow, 1993.

Leg of Lamb with Dried-Cherry Sauce

10 TO 12 SERVINGS

In thinking about a main course that would be both quick and impressive, Bradley was inspired by his grandmother, who used to cook lamb with cherries for the entire family every Sunday in the spring.

6 ounces basil, leaves only (4 cups)	Kosher salt and freshly ground black pepper
1/4 cup extra-virgin olive oil	1/2 cup dry red wine
1/4 cup coarsely ground black pepper	1/4 cup balsamic vinegar
One 6-pound boneless leg of lamb, trimmed of excess fat and tied	1 cup rich beef stock or veal demiglace (see Note)
1 cup dried sour cherries (1/4 pound)	1 tablespoon unsalted butter
Boiling water	Caramelized Red Onions, for serving

1. In a food processor, pulse the basil leaves just until coarsely chopped. Add the olive oil and the coarsely ground black pepper and pulse just until a coarse paste forms. Rub the basil paste all over the lamb and set the roast on a rack set in a roasting pan. Let the roast stand at room temperature for 45 minutes to marinate. After 30 minutes, preheat the oven to 400°.

2. Meanwhile, in a small heatproof bowl, cover the dried cherries with boiling water and let stand until plump, about 30 minutes. Drain.

3. Season the lamb with salt and pepper. Roast it on the bottom shelf of the oven for 30 minutes. Reduce the oven temperature to 350° and roast the lamb for 1 1/2 hours longer, or until an instant-read thermometer inserted in the thickest part of the roast reads 125°.

4. Transfer the roasted lamb to a carving board, cover the roast loosely with foil and let stand for 15 minutes.

5. Meanwhile, spoon off the fat from the roasting pan and set the pan over 2 burners. Add the red wine and balsamic vinegar and bring to a boil over high heat, scraping up any browned bits from the bottom of the pan with a wooden spoon. Simmer until the liquid is reduced by half, about 5 minutes, then strain the liquid into a small saucepan. Add the beef stock and cook over moderately high heat until reduced to 3/4 cup, about 15 minutes. Add the reconstituted cherries and the butter, season the dried-cherry sauce with salt and pepper and keep warm.

6. Remove the strings from the lamb roast and cut it into thin slices. Arrange the meat on a platter and surround it with the Caramelized Red Onions. Pour the dried-cherry sauce into a bowl and pass at the table.

MAKE AHEAD The roasted lamb can be prepared through Step 1 and refrigerated overnight. Bring to room temperature before proceeding.

WINE A lively, intense Pinot Noir with dried-cherry-fruit nuances, such as the 1997 Lynmar Russian River Valley Quail Hill Vineyard, will echo the lamb's dried-cherry sauce and also blend well with the tart, tangy black-olive vinaigrette in the avocado side dish. Alternatively, you could choose an intense Barolo with hints of earth and cherry, such as the 1995 Alfredo Prunotto.

NOTES Veal demiglace is available at specialty food shops and can be mail-ordered from Williams-Sonoma (877-812-6235 or www.williams-sonoma.com).

Caramelized Red Onions

8 SERVINGS

4 medium red onions (2 pounds), sliced crosswise 1 1/2 inches thick

2 tablespoons extra-virgin olive oil

Salt and freshly ground pepper

Preheat the oven to 400°. Spread the onions in a baking dish. Drizzle with the oil and season with salt and pepper. Roast the onions on the top shelf of the oven for about 50 minutes, or until they are tender and caramelized; turn the onions halfway through roasting. Serve hot or at room temperature.

--Jimmy Bradley

London Broil and Portobello Sandwich

Yield: 4 servings

1 1/2 pound London broil
1/2 cup olive oil, plus more for brushing steak
Salt and pepper
1/4 cup balsamic vinegar
4 portobello mushroom caps, cut in slices
1 Vidalia onion, cut in rings
1/2 cup mayonnaise
1 tablespoon grated horseradish or grainy mustard
1/2 cup chopped fresh parsley
1/2 lemon, juiced
4 pieces ciabatta bread, split horizontally
1/4 pound Fontina, sliced
1/3 cup (packed) coarsely chopped arugula leaves

Preheat oven broiler for 5 minutes.

Brush both sides of London broil with olive oil and season with salt and pepper. Place the steak on a broiler pan and broil about 4-inches from the heat source, about 5 minutes per side. Lay the portobellos and onions in a single layer on a sheet pan lined with aluminum foil. Drizzle with oil and vinegar then put in the oven and roast for 10 minutes. Remove the steak to a cutting board. Let rest for 5 minutes then slice the steak thinly against the grain.

In a small bowl, combine mayonnaise, horseradish, parsley, and lemon juice. Spread mayonnaise mixture on both sides of the split ciabatta. Lay several slices of steak on the bread and mound with a bit of mushrooms and onions. Cover with a couple of slices of cheese. Garnish with arugula, and serve

Meatball Subs

Recipe courtesy Rachael Ray

Meatballs:

1 1/2 pounds ground sirloin
1 large egg, beaten
1 cup (3 handfuls), Italian bread crumbs
4 cloves garlic, crushed and minced
1/2 teaspoon crushed red pepper flakes
2 teaspoons (several drops) Worcestershire sauce,
1/4 cup (a couple of handfuls) flat-leaf parsley leaves,
chopped
1/4 cup (a couple of handfuls) grated Parmigiano or
Romano
Coarse salt and black pepper

5 Minute Marinara Sauce:

2 tablespoons extra-virgin olive oil, (2 turns around the
pan)
4 cloves garlic, crushed and chopped
1/2 teaspoon crushed red pepper flakes
A handful flat-leaf parsley leaves, chopped, about 2
tablespoons
1/2 teaspoon dried oregano
1 (28 ounces) can crushed tomatoes
1 (14 ounces) can chunky style crushed tomatoes
Salt and freshly ground black pepper

4 semolina crusty sub rolls, with or without sesame seeds
1 (10-ounce) bag (2 1/2 cups) shredded provolone or Italian 4-cheese blend
Shredded basil (sweet) or shredded arugula (spicy) leaves, for garnish
Oven fries, as an accompaniment, recipe follows
Preheat oven to 450 degrees F.

Place ground sirloin in a large mixing bowl and punch a well into the center of meat. Fill well with the egg, bread crumbs, onion, garlic, red pepper flakes, Worcestershire, parsley, cheese, and a little salt and pepper. Mix up meatball ingredients until well combined, yet not over-mixed. Divide mix into 4 equal parts, roll each part into 4 balls and space equally onto a nonstick baking sheet. Place meatballs in oven and roast about 12 minutes. Break a meatball open and make sure meat is cooked through before removing from the oven.

Heat a medium saucepan over medium heat. Add oil and garlic. When garlic starts sizzling, add herbs and crushed pepper. Allow oil to infuse for half a minute, then stir in the tomatoes and season sauce with salt and pepper. Bring sauce to a bubble, reduce heat, and simmer until meatballs are removed from oven.

Combine meatballs and sauce and pile into sub rolls, 4 meatballs per sub. Top with shredded cheese and place under subs under broiler to melt cheese. Top with shredded basil or arugula and serve with a pile of oven fries, recipe follows.

Oven Fries:

4 medium white skinned potatoes, each cut into 8 wedges lengthwise
Extra-virgin olive oil, to coat
Grill seasoning blend or coarse salt and black pepper

Drizzle potatoes with a generous pour of extra-virgin olive oil. Toss potatoes with seasoning blend or coarse salt and pepper. Place potatoes on a nonstick baking sheet and roast 20 minutes or until just tender. Give the baking sheet a good shake after 10 minutes to avoid sticking.

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 32 minutes

Difficulty: Medium

Meatballs

Recipe courtesy Michael Chiarello

Difficulty: Medium

Prep Time: 45 minutes

Cook Time: 2 hours 20 minutes

Yield: 7 servings

1 pound ground sirloin	1 cup finely chopped onion
1 large egg	1 cup fine dried bread crumbs
2 tablespoons freshly grated Parmesan	1 clove garlic, minced
2 tablespoons finely chopped fresh flat-leaf parsley	Grey salt
1 teaspoons dried oregano	Freshly ground black pepper
1 tablespoon finely chopped fresh basil leaves	2 cups water
	Red Sauce (Gravy), recipe follows

In a large bowl, mix together the meat, egg, cheese, parsley, oregano, basil, onion, bread crumbs, and garlic, and season with salt and pepper. Add 1 cup of the water. Knead the water into the meat mixture with your hands. Knead and roll meatballs into about 1 1/2-inch balls. Place them in shallow saucepan on stove, add another 1/2 cup of water over them, and cover. Turn heat to medium, and steam for 35 minutes.

Drain the juice out of the bottom of the pan. Cover with Red Sauce sauce, and toss with a pasta of your choice before serving, or serve as is.

Red Sauce (Gravy):

1 pork butt or pork shoulder
Grey salt
Freshly ground black pepper
1/2 cup olive oil
1 carrot, chopped
1 stalk celery, chopped
1 onion, chopped
1 tablespoon minced fresh rosemary leaves
4 cloves garlic, minced
1 1/2 glasses Chianti
1 small can tomato paste
4 (28-ounce) cans chopped tomatoes

Slice the pork into roughly 1-inch cubes, season with salt and pepper.

Heat a large soup pot over medium-high heat. Add the olive oil and heat. When the oil is hot, add the pork and saute. When slightly brown, turn over and stir with a wooden spoon. Allow to cook for another 2 minutes, until evenly browned on all sides. Remove the pork and allow to cool in bowl, set aside.

In same soup pot that pork was cooked in, add minced carrot, celery, onion, and garlic. Add a pinch of salt and saute vegetables to a light brown. Add rosemary and stir. Add the caramelized pork back to the vegetables in the pot and stir. Add chianti to pot, stir and bring to boil. Add the tomato paste and the chopped tomatoes. Stir and simmer for 2 hours, skimming the top occasionally of scum that forms.

Good Eats Meat Loaf

Recipe courtesy of Alton Brown

6 ounces garlic-flavored croutons
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
1 teaspoon chili powder
1 teaspoon dried thyme
1/2 onion, roughly chopped
1 carrot, peeled and broken
3 whole cloves garlic
1/2 red bell pepper
18 ounces ground chuck
18 ounces ground sirloin
1 1/2 teaspoon kosher salt
1 egg

For the glaze:
1/2 cup catsup
1 tablespoon ground cumin
Dash Worcestershire sauce
Dash hot pepper sauce
1 tablespoon honey

Heat oven to 325 degrees F.

In a food processor bowl, combine croutons, black pepper, cayenne pepper, chili powder, and thyme. Pulse until the mixture is of a fine texture. Place this mixture into a large bowl. Combine the onion, carrot, garlic, and red pepper in the food processor bowl. Pulse until the mixture is finely chopped, but not pureed. Combine the vegetable mixture, ground sirloin, and ground chuck with the bread crumb mixture. Season the meat mixture with the kosher salt. Add the egg and combine thoroughly, but avoid squeezing the meat.

Pack this mixture into a 10-inch loaf pan to mold the shape of the meatloaf. Onto a parchment paper-lined baking sheet, turn the meatloaf out of the pan onto the center of the tray. Insert a temperature probe at a 45 degree angle into the top of the meatloaf. Avoid touching the bottom of the tray with the probe. Set the probe for 155 degrees.

Combine the catsup, cumin, Worcestershire sauce, hot pepper sauce and honey. Brush the glaze onto the meatloaf after it has been cooking for about 10 minutes.

Yield: 4 servings
Prep Time: 25 minutes
Cook Time: 45 minutes

Meatloaf Patties, Smashed Potatoes, and Pan Gravy

Recipe courtesy Rachael Ray

Cook's Notes: Buy tomato paste in the tube, rather than a can; it makes storage of leftover product easier. Tomato paste in the tube is often kept with Italian specialty foods, rather than with the canned tomato products.

1 1/3 pounds ground sirloin, 90 percent lean ground beef
1 slice white bread, spread with softened butter, then cut into small cubes
1/8 cup (a splash) milk
1 egg
2 teaspoons grill seasoning blend, or coarse salt and black pepper combined
1/2 teaspoon ground allspice
1 rounded tablespoon tomato paste
1 medium onion, finely chopped, reserve 1/4 amount
2 pounds small red potatoes
2 tablespoons butter
2 tablespoons sour cream
2 scallions, chopped, whites and greens
1/2 cup milk

3-Condiment Pan Gravy:

2 tablespoons butter
1/4 medium onion, finely chopped, reserved from meatloaf mixture
2 tablespoons (a handful) all-purpose flour
1 to 1 1/2 cups beef stock
1 tablespoon ketchup
1 rounded teaspoon spicy brown mustard
1 tablespoon steak sauce

Serving Suggestions:

Baby Carrots, recipe follows
Dressed Tossed Salad

Place meat in a large mixing bowl and create a well in the center of the meat. Fill the well with the bread cubes and dampen them with a splash of milk. Pour 1 beaten egg over bread and add seasoning or salt and pepper, allspice, tomato paste and onion to the bowl.

Combine the meat, bread and grill seasoning or salt and pepper and form mixture into 4 large oval patties 3/4-inch thick. Pan fry meatloaf patties in a nonstick skillet over medium high heat 7 minutes on each side under a loose tin foil tent. The tent will reflect heat and allow the steam to escape the pan.

Cover the quartered, red-skinned potatoes in water in a medium saucepan. Bring water to a boil and cook potatoes 10 minutes or until fork tender. Turn heat under pan off; drain potatoes and return to hot pan and warm stovetop to dry potatoes out. Add butter, sour cream, scallions, and milk to potatoes and smash to your desired consistency. Season potatoes with salt, to taste.

Remove meat loaf patties to a platter and return pan to heat. Reduce heat to medium and add butter and onion to your skillet. Cook the onion 2 minutes and sprinkle pan with flour. Cook flour 1 minute and whisk in 1 cup beef stock. Bring broth to a bubble. If gravy is too thick, thin with additional stock. Stir in condiments and remove gravy from heat.

Slice meatloaf patties and drizzle with gravy. Pile smashed potatoes along side and make a well in the center for sour cream or gravy. Serve meatloaf and smashed potatoes with baby carrots, or with a tossed salad dressed with oil and vinegar.

Yield: 4 servings
Prep Time: 10 minutes
Cook Time: 25 minutes
Difficulty: Medium

Baby Carrots

1 1/2 pounds baby carrots
3 tablespoons butter, cut into small pats
1 tablespoon sugar
1 teaspoon coarse salt

Place baby carrots in 1/2-inch of water with butter, sugar, and salt. Bring water to a boil, cover pan, and reduce heat to simmer. Cook carrots 7 or 8 minutes, remove lid, and raise heat to medium high. Reduce water until it almost evaporates, a couple of minutes. Turn carrots in sauce and taste to adjust seasonings and serve.

Yield: 4 servings
Prep Time: 5 minutes
Cook Time: 10 minutes
Difficulty: Easy

Mini-Meatloaves

Recipe courtesy Marisol von Appen

- 3 teaspoons olive oil
- 1 1/2 chopped onion
- 3 garlic cloves, minced
- 2 large eggs
- 1/2 cup milk
- 2 teaspoons Dijon Mustard
- 1 teaspoon hot sauce
- 1 teaspoon fresh marjoram
- 1 teaspoon fresh thyme
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 pound twice-ground chuck
- 1/2 pound twice-ground veal
- 1/2 pound twice-ground pork
- 1 1/2 cups fresh bread crumbs
- 1/4 cup fresh parsley leaves

KETCHUP-GLAZE:

- 1/2 cup ketchup
- 4 tablespoons light brown sugar
- 4 teaspoons cider vinegar

In a skillet heat the oil. Add onion and garlic and saute, stirring, until softened, about 5 minutes. Set aside and let cool.

In a mixing bowl whisk the eggs, milk, mustard, hot sauce. Add marjoram, thyme, salt, and pepper.

In a large mixing bowl combine the meats, egg-milk mixture, bread crumbs, parsley and cooked onion-garlic mixture. Take a small piece of mixture and cook in small skillet. Taste and adjust seasoning if necessary.

Transfer meat mixture into mini-loaf tins (should have small holes in the bottom and be sitting on a baking sheet). Brush meat with ketchup glaze. Bake in a preheated 350 degree oven for about 20 to 25 minutes, until glaze has set. Brush meat loaf with remaining glaze and bake for 5 minutes, until that coat has set too. Internal temperature of loaves should be 160 degrees.

MONGOLIAN BEEF

Ingredients:

{Serves 4.}

3/4 pound flank steak, thinly sliced across the grain

2 1/2 tablespoons cooking oil

2 tablespoons minced garlic

10 small dried red chilies

10 green onions, cut into 3-inch pieces

2 tablespoons hoisin sauce

1 tablespoon soy sauce

Marinade:

2 tablespoons dark soy sauce

2 tablespoons Chinese rice wine or dry sherry

1 teaspoon cornstarch

Procedures:

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

Place a wok over high heat until hot. Add 2 tablespoons oil, swirling to coat sides. 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 garlic and chilies; cook, stirring, until fragrant, about 10 seconds. Add green onions and stir-fry for 1 minute. Return meat to wok and add hoisin sauce and soy sauce; cook until heated through.

Osso Buco Milanese

Recipe courtesy Tyler Florence

1/2 cup flour	1/2 cup carrots, chopped
Salt and pepper, to taste	4 cloves garlic, coarsely chopped
4 pieces veal shank with bone, cut 3 inches thick	2 bay leaves
3 tablespoons olive oil	3 tablespoons fresh Italian parsley, finely chopped
3 tablespoons butter	1 cup dry Marsala
1 onion, chopped	2 cups veal or chicken stock
1/2 cup celery, chopped	2 tomatoes, peeled, seeded and chopped
	Saffron Risotto, recipe follows

GREMOLATA:

Grated rind of 1 lemon
Grated rind of 1 orange
2 garlic cloves, minced
2 tablespoons fresh Italian parsley, chopped

In a large shallow platter, season flour with salt and pepper. Dredge the veal shanks in the mixture and tap off any excess. In a large heavy skillet or Dutch oven, over medium flame, heat the oil and butter. Sear the shanks on all sides, turn bones on sides to hold in marrow. Add more oil and butter if needed. Remove browned veal shanks and set aside.

Add onion, celery, carrots, garlic, bay leaves and parsley to the pan and cook until softened. Season with salt and pepper. Raise the heat to high, add the wine and deglaze the pan. Return the shanks to the pan, add the stock and tomatoes, drizzle with olive oil. Reduce the heat to low, cover and cook for about 1 1/2 hours or until the meat is tender. Baste the meat a few times during cooking. Remove the cover, continue to simmer for 10 minutes to reduce the sauce a bit.

For gremolata: combine all ingredients together in a small bowl. Strew the gremolata over the osso buco before serving. Serve osso buco with Saffron Risotto.

SAFFRON RISOTTO:

8 cups chicken broth	2 cups Arborio rice
2 tablespoons butter	3 pinches saffron threads
2 tablespoons olive oil	3 tablespoons Parmesan cheese, grated
	Salt and pepper, to taste

In a saucepan, bring chicken broth to a simmer. Keep warm over low heat.

In a large saute pan, melt butter over medium heat. Add oil and rice and cook for 2 minutes, stirring to coat each grain. When rice begins to make a crackling sound, add saffron threads. Add 1 cup of the warm chicken broth and cook, stirring, until the rice has absorbed the liquid. Add the remaining broth, 1 cup at a time. Continue to stir, allowing the rice to absorb each addition of broth before adding more. Test the rice for doneness, it should be al dente but creamy. Remove risotto from heat, add grated cheese, salt and pepper. Serve at once with Osso Buco Milanese.

Yield: 4 servings

Yield: 4 servings
Prep Time: 10 minutes
Cook Time: 2 hours

Ossobuco with Tuscan-style Bean and Fennel Ragout

Prep and cook time: 3 1/4 to 3 3/4 hours

Notes: Here we combine the classic ossobuco alla Milanese – braised veal shanks garnished with gremolata, a mixture of chopped parsley, garlic, and lemon peel – with a bean ragout. Buy the veal shanks cut into lengths or have them cut at the meat market.

Makes: 4 servings

4 pounds veal shanks, cut into 2- to 3-inch lengths (see notes)	1 tablespoon olive oil
Salt and pepper	2 1/2 cups fat-skimmed chicken broth
1 head fennel (about 3 1/2 in. wide)	1 cup dry white wine
1 onion (about 8 oz.), peeled and chopped	1/4 cup tomato paste
2/3 cup diced carrots	1 tablespoon minced fresh sage leaves or 3/4 teaspoon dried sage
2/3 cup diced celery	2 cans (15 oz. each) cannellini beans, rinsed and drained
1 tablespoon minced garlic	Gremolata (recipe follows)
	Fresh sage sprigs, rinsed

1. Rinse veal shanks and pat dry. Sprinkle lightly all over with salt and pepper, and place in a single layer in a 12- by 17-inch roasting pan. Bake, uncovered, in a 450° regular or convection oven until shanks are beginning to brown, about 15 minutes.

2. Meanwhile, rinse and drain fennel. Trim off stalks; chop enough feathery green leaves to make 1 tablespoon (reserve for gremolata, following) and discard remaining greens and stalks. Trim and discard root end and any bruised areas from fennel head. Cut head lengthwise into quarters, then thinly slice crosswise. In a bowl, mix fennel, onion, carrots, celery, and garlic with olive oil to coat.

3. With tongs, turn shanks. Distribute vegetables around shanks in pan. Bake until shanks are well browned and vegetables are beginning to brown, about 15 minutes longer. Add broth, wine, tomato paste, and sage to pan; stir carefully to mix and scrape browned bits free. Cover pan tightly with foil.

4. Bake in a 325° regular or convection oven until meat is very tender when pierced, 1 1/2 to 2 hours. Increase oven temperature to 400°.

5. Uncover pan and gently stir beans into sauce around shanks. Bake, uncovered, until bean mixture is simmering and slightly thickened, 20 to 30 minutes longer.

6. Spoon equal portions of ossobuco and ragout into four wide, shallow bowls, arranging veal pieces on top of bean mixture. Sprinkle equally with gremolata. Garnish with sage sprigs. Add salt and pepper to taste.

Per serving: 465 cal., 19% (89 cal.) from fat; 52 g protein; 9.9 g fat (2.4 g sat.); 41 g carbo (14 g fiber); 614 mg sodium; 124 mg chol.

Gremolata

In a small bowl, mix 1 tablespoon minced parsley, 1 tablespoon minced fennel greens (see Ossobuco, preceding), 1 teaspoon grated lemon peel, and 1 clove garlic, peeled and minced.

PAN-FRIED STEAK IN COGNAC-PEPPERCORN SAUCE

"I've always taken a scientific, as well as an artistic, approach to food," writes Mark Van Wye of Rio de Janeiro, Brazil. "My family dined out a lot when I was young, and I became an adventurous eater. I would try anything and everything, and eventually I'd attempt to re-create those restaurant dishes at home. I never asked for recipes; I liked the detective work and the sense of discovery as I experimented with ingredients, just as a novice painter learns by copying the masters."

Look for green peppercorns where capers and pickles are sold in the supermarket. (They're also good in salad dressings.)

2 tablespoons (1/4 stick) unsalted butter
2 shallots, finely chopped
1 teaspoon drained green peppercorns in brine
2 cups low-salt chicken broth
1/2 cup Cognac or brandy
1/4 cup whipping cream

2 tablespoons olive oil
1 1 1/2-pound top sirloin steak (about 1 inch thick)

Melt 1 tablespoon butter in heavy medium saucepan over medium-high heat. Add shallots and sauté until beginning to brown, about 5 minutes. Add peppercorns and mash with back of fork. Add broth, Cognac, and cream and boil until sauce is thick enough to coat spoon, whisking occasionally, about 15 minutes. Set sauce aside.

Melt remaining 1 tablespoon butter with olive oil in heavy large skillet over medium-high heat. Sprinkle steak with salt and pepper. Add steak to skillet and sauté until brown and cooked to desired doneness, about 4 minutes per side for medium-rare. Transfer steak to cutting board. Add reserved sauce to same skillet and bring to boil, stirring to scrape up browned bits.

Slice steak thinly. Transfer steak to platter. Serve with sauce.

Makes 4 servings.

Bon Appétit
November 2002
Mark Van Wye, Rio de Janeiro, Brazil
Too Busy To Cook?

PAN-FRIED STEAK IN COGNAC-PEPPERCORN SAUCE

"I've always taken a scientific, as well as an artistic, approach to food," writes Mark Van Wye of Rio de Janeiro, Brazil. "My family dined out a lot when I was young, and I became an adventurous eater. I would try anything and everything, and eventually I'd attempt to re-create those restaurant dishes at home. I never asked for recipes; I liked the detective work and the sense of discovery as I experimented with ingredients, just as a novice painter learns by copying the masters."

Look for green peppercorns where capers and pickles are sold in the supermarket. (They're also good in salad dressings.)

2 tablespoons (1/4 stick) unsalted butter
2 shallots, finely chopped
1 teaspoon drained green peppercorns in brine
2 cups low-salt chicken broth
1/2 cup Cognac or brandy
1/4 cup whipping cream

2 tablespoons olive oil
1 1 1/2-pound top sirloin steak (about 1 inch thick)

Melt 1 tablespoon butter in heavy medium saucepan over medium-high heat. Add shallots and sauté until beginning to brown, about 5 minutes. Add peppercorns and mash with back of fork. Add broth, Cognac, and cream and boil until sauce is thick enough to coat spoon, whisking occasionally, about 15 minutes. Set sauce aside.

Melt remaining 1 tablespoon butter with olive oil in heavy large skillet over medium-high heat. Sprinkle steak with salt and pepper. Add steak to skillet and sauté until brown and cooked to desired doneness, about 4 minutes per side for medium-rare. Transfer steak to cutting board. Add reserved sauce to same skillet and bring to boil, stirring to scrape up browned bits.

Slice steak thinly. Transfer steak to platter. Serve with sauce.

Makes 4 servings.

Bon Appétit
November 2002
Mark Van Wye, Rio de Janeiro, Brazil
Too Busy To Cook?

PAN-FRIED STEAK IN COGNAC-PEPPERCORN SAUCE

"I've always taken a scientific, as well as an artistic, approach to food," writes Mark Van Wye of Rio de Janeiro, Brazil. "My family dined out a lot when I was young, and I became an adventurous eater. I would try anything and everything, and eventually I'd attempt to re-create those restaurant dishes at home. I never asked for recipes; I liked the detective work and the sense of discovery as I experimented with ingredients, just as a novice painter learns by copying the masters."

Look for green peppercorns where capers and pickles are sold in the supermarket. (They're also good in salad dressings.)

2 tablespoons (1/4 stick) unsalted butter
2 shallots, finely chopped
1 teaspoon drained green peppercorns in brine
2 cups low-salt chicken broth
1/2 cup Cognac or brandy
1/4 cup whipping cream

2 tablespoons olive oil
1 1 1/2-pound top sirloin steak (about 1 inch thick)

Melt 1 tablespoon butter in heavy medium saucepan over medium-high heat. Add shallots and sauté until beginning to brown, about 5 minutes. Add peppercorns and mash with back of fork. Add broth, Cognac, and cream and boil until sauce is thick enough to coat spoon, whisking occasionally, about 15 minutes. Set sauce aside.

Melt remaining 1 tablespoon butter with olive oil in heavy large skillet over medium-high heat. Sprinkle steak with salt and pepper. Add steak to skillet and sauté until brown and cooked to desired doneness, about 4 minutes per side for medium-rare. Transfer steak to cutting board. Add reserved sauce to same skillet and bring to boil, stirring to scrape up browned bits.

Slice steak thinly. Transfer steak to platter. Serve with sauce.

Makes 4 servings.

Bon Appétit
November 2002
Mark Van Wye, Rio de Janeiro, Brazil
Too Busy To Cook?

PAN SEARED RIB-EYE STEAKS WITH COWBOY COFFEE PAN BLEND

Recipe courtesy Grady Spears

Cowboy Coffee Pan Blend:

1/2 cup freshly ground coffee

1/2 cup coarsely ground black pepper

1/4 cup kosher salt

1/4 cup brown sugar

4 (14 to 16 ounce) rib-eye steaks

2 tablespoons vegetable oil

To prepare the coffee blend, combine all the ingredients in a jar with a tight-fitting lid. Shake well.

To prepare the steaks, preheat the oven to 450 degrees F. Season each steak with the coffee blend, evenly coating all sides and edges. Heat the oil in a large heavy skillet over high heat until just to the smoking point. Add as many steaks to the pan as will fit without overcrowding and sear well, 2 to 3 minutes per side. Transfer the steaks to a baking sheet and repeat with the remaining steaks. Place the steaks in the oven and cook for 5 to 10 minutes for medium rare. Let stand for at least 5 minutes before serving. Or finish on the grill.

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 16 minutes

Difficulty: Easy

Pot Roast with Baby Vegetables

Recipe courtesy of Tyler Florence

3 to 5 pound top beef chuck roast, trimmed of excess fat

Seasoned salt and lemon pepper

1 onion, peeled and halved

1 carrot, whole

1 cup beef broth, low sodium

2 tablespoons Worcestershire sauce

2 garlic cloves, whole

1 rosemary sprig

2 thyme sprigs

1 pound new red potatoes

1 cup baby carrots

1 cup boiling or pearl onions

1 cup baby squash, such as pattypan and zucchini

1 cup button mushrooms, stems removed

Kosher salt

Sprinkle roast with seasoned salt and lemon pepper to taste. Place onion and carrot in the bottom of a 5 or 6 quart crockery cooker. Lay the meat on top of the vegetables. Pour in the broth and Worcestershire sauce. Season with garlic, rosemary and thyme.

Cover and set dial to low-heat. Allow to gently simmer for 5 to 6 hours. Remove the cover and add the baby vegetables around the roast. Sprinkle with seasoned salt and continue to cook covered on low-heat for an additional 1 to 1 ½ hours.

Yield: 6 to 8 servings

Roast Filet of Beef with Cornichon Mustard Sauce

Yield: 10 to 12 servings

1 (5 -6 pound) filet of beef tenderloin
2 tablespoons olive oil
2 sticks butter, softened
2/3 cup Dijon mustard
1 1/4 cups shallots, chopped
5 cups white wine
1/2 cup tarragon, chopped
1/3 cup heavy cream
40 cornichons, sliced
Salt and pepper

Preheat oven to 450 degrees. Sear tied beef filet in skillet in olive oil. Transfer to roasting pan. Roast in oven 15 to 20 minutes or until meat thermometer registers 125 degrees for medium rare. Let stand 15 minutes after removed from oven before carving.

With hand mixer, cream together 2 sticks softened butter and 2/3 cup Dijon mustard.

In a large saucepan combine 1 1/4 cups shallots, 5 cups white wine and 1/2 cup chopped tarragon. Cook until wine is reduced to 1 cup. The mustard/butter mixture and the shallot mixture may be made 1 day in advance and kept covered and chilled. Reheat the shallot mixture before continuing.

Add 1/3 cup heavy cream and 40 sliced cornichons to wine mixture. Whisk in butter mixture a little at a time. Add any meat juices that have accumulated on platter. Season with salt and pepper.

Keep warm but do not let boil or sauce will curdle

Roast Leg of Lamb with Rosemary

- 1/4 cup honey
- 2 tablespoons prepared
Dijon-style mustard
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon freshly ground
black pepper
- 1 teaspoon lemon zest
- 3 cloves garlic, minced
- 5 pounds whole leg of lamb
- 1 teaspoon coarse sea salt

Directions

- 1 In a small bowl, combine the honey, mustard, rosemary, ground black pepper, lemon zest and garlic. Mix well and apply to the lamb. Cover and marinate in the refrigerator overnight.
- 2 Preheat oven to 450 degrees F (230 degrees C).
- 3 Place lamb on a rack in a roasting pan and sprinkle with salt to taste.
- 4 Bake at 450 degrees F (230 degrees C) for 20 minutes, then reduce heat to 400 degrees F (200 degrees C) and roast for 55 to 60 more minutes for medium rare.

Russian Skillet Stroganoff

The classic sautéed beef dish with mushrooms, onions, a sour-cream sauce; served with rice.

Ingredients

- 1 (3/4-pound) flank steak
- 1 tablespoon cornstarch
- 1 teaspoon olive oil
- 2 cups thinly sliced onion
- 1 (8-ounce) package presliced mushrooms
- 1/2 cup low-salt beef broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fat-free sour cream
- 2 tablespoons finely chopped fresh parsley
- 2 cups hot cooked long-grain rice

Directions

Estimated Total Time: 30 minutes

Trim fat from steak, and cut steak diagonally across the grain into thin slices. Combine steak and cornstarch in a small bowl, and toss well. Heat oil in a large nonstick skillet over medium-high heat. Add steak, and sauté 5 minutes. Add onion, and sauté 1 minute. Add mushrooms; cover and cook 2 minutes. Add broth, salt, and pepper. Reduce heat, and simmer, uncovered, 5 minutes. Remove from heat; stir in sour cream and parsley. Serve with rice.

SALTIMBOCCA

(Veal Cutlets with Prosciutto and Sage)

Although chef Serge Dansereau of Kables at The Regent uses thin slices of veal from a boneless veal loin, he suggests making the dish at home with veal cutlets, which are less expensive and more widely available. If the cutlets you buy are too thick, use the smooth side of a meat pounder to pound them, between sheets of plastic wrap, to less than 1/8 inch thick.

8 thin veal cutlets* (less than 1/8 inch thick; about 2 1/2 ounces each)

5 garlic cloves

1/4 teaspoon salt

24 fresh sage leaves (each about 2 1/2 to 3 inches long)

16 thin slices prosciutto (about 1/4 pound total)

1/2 cup olive oil

2/3 cup dry white wine

*available by request from butcher

Pat veal cutlets dry. With a knife mince and mash garlic to a paste with salt. Spread about 1/2 teaspoon garlic paste on one side of 1 veal cutlet and arrange 3 sage leaves in one layer over paste. Cover veal cutlet with 2 slices prosciutto and secure prosciutto and sage with 3 wooden picks. Arrange veal cutlet, prosciutto side down, on a tray and season with pepper. Prepare more saltimbocca in same manner.

In a 12-inch heavy skillet heat oil over high heat until it just begins to smoke and sauté 2 veal cutlets, prosciutto sides down, 30 seconds. Turn veal cutlets over and sauté 15 seconds more, or until veal is just cooked through. Transfer saltimbocca with tongs to a platter and keep warm, loosely covered with foil. Sauté remaining veal cutlets and keep warm in same manner.

Pour off oil from skillet and return skillet to high heat. Add wine carefully and deglaze skillet, scraping up brown bits. Boil wine until reduced to about 1/3 cup.

Discard wooden picks and serve saltimbocca drizzled with reduction sauce.

Serves 4.

Gourmet

May 1998

You Asked For It; Kables at the Regent, Sydney, Australia

Rhineland-Style Sauerbraten with Raisin Gravy

Recipe courtesy The New German Cookbook

Marinade:

- 4 cups dry red wine (preferably German)
- 1 cup water
- 2 1/2 tablespoons freshly squeezed lemon juice
- 1 small yellow onion, peeled and finely chopped
- 10 peppercorns
- 2 medium-size whole bay leaves
- 4 whole cloves

Sauerbraten:

- 1 (3-pound) boneless top round roast with a thin outer layer of fat
- 2 tablespoons minced parsley
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons all-purpose flour
- 3 tablespoons unsalted butter or margarine
- 2 medium-size carrots, peeled and thinly sliced

- 2 large yellow onions, peeled and coarsely chopped
- 1 tablespoon tomato paste
- 1 tablespoon sugar
- 2 tablespoons sweet sherry
- 1/2 cup medium-dry red wine (preferably German)
- 1 cup seedless raisins
- 1 to 2 tablespoons red currant jelly or orange marmalade (if needed to mellow the tartness of the gravy)

For the marinade: Bring all ingredients to a fairly rapid boil in an uncovered medium-size heavy saucepan over moderate heat and cook 5 minutes.

For the sauerbraten: Place the beef in a large, heatproof, nonmetallic bowl. Pour in the hot marinade and cool to room temperature. Add the parsley, turn the beef in the marinade, cover, and marinate in the refrigerator for 4 days, turning the beef in the marinade every 8 hours. On the 5th day, remove the beef from the marinade and pat it dry. Strain the marinade, reserving both liquid and solids. Rub the beef with half the salt and pepper, then dredge with flour.

Melt 2 tablespoons of the butter in a medium-size heavy kettle over moderate heat, add the beef and brown well on all sides; this will take 8 to 10 minutes. Transfer the beef to a plate, pour off and discard all casserole drippings, then add the remaining 1 tablespoon butter to the casserole and melt over moderate heat. Add the carrots, onions, and reserved marinade solids and saute, stirring often, for 5 minutes. Return the beef to the casserole, add 2 cups of the reserved marinade and the tomato paste, and bring to a boil over high heat. Adjust the heat so the marinade bubbles gently, cover the kettle with a round of foil, set the lid in place, then simmer the sauerbraten 3 1/2 to 4 hours, turning occasionally, until tender. Carefully replace the foil and kettle lid each time you turn the meat.

As soon as the sauerbraten is tender, remove it to a large plate and cover loosely with foil to keep warm. Skim as much fat as possible from the marinade, then strain it, discarding the solids. Return the marinade to the casserole, add the remaining reserved marinade along with the sugar, sherry, red wine, and raisins and boil, uncovered, over high heat for 5 to 7 minutes, until reduced by half and of good gravy consistency. Taste, and if the gravy is too sour, smooth in 1 to 2 tablespoons of the jelly. Season the gravy with the remaining salt and pepper.

To serve: Slice the sauerbraten across the grain and about 1/4-inch thick, arrange on a large heated platter, overlapping the slices slightly, and smother with the gravy. Pass any extra gravy separately.

Yield: 4 to 6 servings

Prep Time: 45 minutes

Cook Time: 4 hours 30 minutes

Savory Shepherd's Pie

Cheesy mashed potatoes top a hashlike combination of meat and vegetables in this hearty casserole.

1/3 cup butter or margarine
3 tablespoons all-purpose flour
1 cup milk
1 teaspoon dried fine herbs, crushed
3 cups cubed cooked beef or lamb
1 10-ounce package frozen mixed vegetables*, cooked
1 8-ounce can small whole onions, drained
1/2 cup rose wine or beef broth
1/4 teaspoon pepper
3 cups seasoned mashed potatoes
1/2 to 3/4 cup shredded cheddar cheese

1. In a large saucepan, melt butter; stir in flour. Gradually stir in milk and fines herbes. Cook and stir over medium heat until sauce thickens and bubbles. Stir in meat, vegetables, onions, wine and pepper. Pour into a 2-quart casserole. Spoon mashed potatoes around the edge.

2. Bake in a 400 degree F. oven for 30 minutes. Sprinkle top with cheddar cheese and bake about 10 minutes more or until mixture is bubbly and potatoes are brown. Let stand for 10 minutes before serving. Makes 6 servings.

*Note: Save some time by substituting a package of frozen peas for the mixed vegetables and omit the precooking. Just stir in the frozen peas.

Veal Scaloppine with Lemon and Fennel

Mario Batali.

1 head fennel, cored, sliced 1/4-inch thick
3 tablespoons plus 4 tablespoons extra-virgin olive oil
1 pound veal hip or top round
1/4 cup flour
1/2 cup dry white wine
1 cup chicken broth
1 large lemon, zested and juiced
2 tablespoons butter
1 bunch Italian parsley, finely chopped to yield 1/4 cup
Core the fennel and cut in half. Cut each half in 1/8-inch julienne.

In a 10 to 12-inch saute pan, heat 3 tablespoons olive oil over medium heat until just smoking. Add the fennel and cook, stirring often until soft and golden, about 8 to 10 minutes. Remove from the pan and set aside.

Slice the veal into 1/8-inch thick slices (or arrange to have your butcher do this for you). Pound each piece of veal with a meat hammer until nearly paper-thin. Season each piece with salt and pepper and dredge in flour. Heat the remaining 4 tablespoons olive oil in a 12 to 14-inch saute pan until smoking. Add 4 pieces of the dredged veal and cook until light golden brown on each side, about 2 minutes per side. Remove to a plate and continue with the remaining pieces. When the second batch is browned, add the first batch back to the pan and the wine, chicken broth and lemon juice and cook 2 to 3 minutes, until the liquid is nearly gone. Add the butter, then remove the veal to a platter with the fennel, add the parsley to the sauce and pour it over the meat. Sprinkle with lemon zest and serve.

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 20 minutes

Oven Roasted Rack of Lamb

Recipe courtesy Kathleen Daelemans

3 racks of lamb, 6 bones each, frenched

Salt and pepper

Dijon mustard

Seasoned bread crumbs, for dredging

Preheat oven to 500 degrees F.

Season lamb with salt and pepper. Brush lamb with Dijon mustard, to coat. Dredge in breadcrumbs. Place on a rack into the oven for 20 minutes. Remove and allow to rest for 10 minutes. Slice and serve.

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Difficulty: Easy

Sirloin Steak With Red Onion Relish

Prep Time: 10 min
Total Time: 27 min
Serves: 4

Ingredients

1-1/2 lb. boneless beef sirloin steak, 3/4 inch thick
1/4 to 1/2 tsp. coarsely ground black pepper
3 tsp. oil, divided
1 large red onion, thinly sliced, separated into rings
1/4 cup A.1. Original Steak Sauce
1/2 tsp. dried sage, crushed

Preparation: CUT steak into 4 equal portions. Rub both sides with pepper.

BROWN steaks in 2 tsp. hot oil in large nonstick skillet on medium heat for 5 minutes on each side or to desired doneness. Remove from skillet; keep warm.

ADD remaining oil to drippings in skillet. Add onions; cook and stir 5 to 7 minutes or until tender-crisp. Add steak sauce and sage; cook an additional 2 minutes. Serve over steaks.

Broccoli Rice Casserole

Prep Time: 20 min
Total Time: 55 min
Serves: 4

Ingredients

1/2 cup chopped onion
2 Tbsp. butter or margarine, divided
2 cups cooked MINUTE White Rice
1 can (10-3/4 oz.) condensed cream of mushroom soup
1 pkg. (10 oz.) frozen chopped broccoli, cooked, well drained
1 cup CHEEZ WHIZ Cheese Dip
1/2 cup fresh bread cubes

Preparation: COOK and stir onion in 1 Tbsp. of the butter in large skillet on medium heat until tender.

ADD rice, soup, broccoli and CHEEZ WHIZ; mix lightly. Spoon into 1-1/2-quart casserole. Toss together remaining 1 Tbsp. butter, melted, and bread cubes; sprinkle over casserole.

BAKE at 350°F for 30 to 35 minutes or until thoroughly heated.

Standing Rib Roast with Cabernet au Jus

1 (3-rib) prime rib beef roast, about 6 pounds	2 potatoes, peeled and cut in chunks
5 garlic cloves, smashed	1 onion, cut in half
Fresh rosemary and thyme, roughly chopped	2 cups Cabernet Sauvignon
Kosher salt and freshly cracked black pepper	Pinch sugar
Olive oil	1/4 cup water or beef drippings
2 carrots, cut in chunks	2 tablespoons chopped parsley

Buying and trimming: When ordering the rib roast from a butcher, be sure to request a "top choice" roast cut from the small loin end; the best being ribs 12 through 10. Have the butcher cut off the chine/backbone. The rib bones look best if they are shortened and frenched, have the butcher do this for you as well.

Preheat oven to 325 degrees F. Place the roast, rib side down, in a large roasting pan. In a small bowl mash together garlic, rosemary, thyme, salt, pepper and olive oil to make a paste. Smear the paste generously over the entire roast. Scatter the vegetables around the meat and drizzle with olive oil. Roast for about 1 1/2 to 2 hours or approximately 20 minutes per pound for medium-rare. Check the internal temperature of the roast in several places with an instant-read thermometer, it should register 120 to 125 degrees F. for medium rare.

Remove the beef to a carving board and allow to rest for 20 minutes to let the juices settle. Note: the internal temperature of the meat will continue to rise about 10 degrees. Remove the vegetables and set aside. Pour the pan juices into a fat separator so you can use the broth for the au jus and save the fat for Yorkshire pudding. Place the roasting pan over medium-high heat. Add the cabernet and scrape up the brown bits in the bottom of the pan. Add sugar, water/beef drippings, reserved vegetables and parsley. Season with salt and pepper. Continue to cook until the wine is reduced by half, about 5 minutes. Strain the sauce through a sieve to remove the solids before serving.

Yield: 6 to 9 servings

Prep Time: 30 minutes

Cook Time: 2 hours 10 minutes

Yorkshire Popovers

2 eggs
1 cup milk
1 cup flour
1/2 teaspoon salt
Fresh cracked pepper
1/4 cup reserved beef drippings or melted butter

Preheat oven to 450 degrees F. Place a popover or large muffin pan in the preheated oven for 10 minutes to heat it up. In a mixing bowl, beat the eggs until foamy and light. Whisk in the milk until combined. Add the flour, salt and pepper, beat just until the batter is smooth. Pour the beef drippings in the bottom of the hot pan. Then pour in the batter and bake for 10 minutes. Reduce the oven temperature to 350 degrees F and continue baking for 15 to 20 minutes more until puffy and brown. Serve immediately, it deflates rapidly.

Yield: 6 servings

Prep Time: 5 minutes

Cook Time: 40 minutes

Blanched Brussels Sprouts with Chestnuts

1 pound whole chestnuts
1 pound Brussels sprouts, stems trimmed
3 tablespoons butter
2 shallots, minced
Salt and pepper
Pinch nutmeg

Use a paring knife to cut an X in the flat side of each chestnut shell. Toss into a pot of boiling water and cook for 10 minutes. Peel away the outer shell and brown skin. Return the peeled chestnuts to the pot of water and boil until tender, about 25 minutes.

Blanch the Brussels sprouts in boiling salted water for about 8 minutes or until they are just tender. Take care not to over cook. Drain the Brussels sprouts well and cut in half lengthwise. Melt butter in a skillet and sauté the shallots. Add the chestnuts and Brussels sprouts, toss to coat with the butter. Season with salt, pepper and nutmeg. Cook for 5 minutes until heated through

Steak Frites with Blue Cheese-Shallot Butter

Yield: 4 servings

4 tablespoons unsalted butter, at room temperature
2 tablespoons chopped shallots
2 tablespoons crumbled creamy blue cheese, such as Maytag Blue
2 teaspoons chopped fresh parsley
4 (8-ounce) New York strip steaks
Salt and freshly ground black pepper
French Fries, recipe follows

In a bowl, combine the butter, shallots, blue cheese, parsley, and 1/4 teaspoon salt, and 1/8 teaspoon freshly ground black pepper. Blend until creamy and well mixed. Turn out onto a sheet of plastic or waxed paper and form into a small log, about 1-inch in diameter. Cover and refrigerate until just firm, about 1 hour. Preheat a grill.

Season both sides of the steaks with salt and pepper to taste. Grill to desired temperature, about 3 minutes per side for medium-rare. Remove from the grill and transfer to serving plates. Cut the Blue Cheese-Shallot Butter log into 4 pieces, and place one piece on each steak. Serve immediately with the French Fries.

French Fries:

3 large baking potatoes, like russets, about 2 pounds, peeled and cut into matchstick slices 1/4-inch thick
Canola oil, fry frying
Salt

Place the potato slices in a bowl of water. Let stand 15 minutes. Drain, rinse under cold water, and drain again. Pat dry with towels. Heat enough oil to come 4 inches up the sides of a large deep saucepan to 350 degrees F.

Add the potatoes in batches and cook until golden brown, about 4 minutes. Remove from the pan with a slotted spoon and drain on paper towels. Sprinkle with salt and serve hot with the steaks.

Filet Mignon with Peppercorn Mustard Sauce

1/4 teaspoon salt
1/4 teaspoon coarsely ground or cracked black pepper
4 (4-ounce) beef tenderloin steaks (1 1/2 inches thick)
1 teaspoon vegetable oil
1/3 cup minced shallots
1/2 cup cognac
1/2 cup fat-free beef broth
1/4 cup green peppercorn or Dijon mustard

Sprinkle salt and pepper over steaks. Heat oil in a 9-inch cast-iron skillet over medium-high heat until hot. Add steaks; cook 5 minutes on each side or until desired degree of doneness. Remove steaks from skillet; keep warm. Add shallots to skillet; saute 30 seconds. Add cognac; cook 10 seconds. Add broth and mustard; stir well. Reduce heat; cook 2 minutes, stirring constantly. Serve steaks with sauce.
Yield: 4 servings (serving size: 1 steak and 2 tablespoons sauce).

CALORIES 279 (31% from fat); FAT 9.6g (sat 3.5g, mono 3.7g, poly 1g); PROTEIN 24g; CARB 3.8g; FIBER .10g; CHOL 70mg; IRON 3.30mg; SODIUM 656mg; CALC 13mg

Stir-Fried Beef with Green Beans and Peanut Sauce

Yield: 4 servings

2 large egg whites
1 teaspoon sesame oil
2 tablespoons cornstarch
Kosher salt and freshly ground black pepper
1 pound boneless beef top round, sliced paper-thin against the grain
8 fresh chives, minced
1/2 cup peanut oil
1-inch piece fresh ginger, peeled and minced
2 garlic cloves, minced
2 green onions, white and green parts, chopped
1 dried red chile
3/4 pound green beans, halved on the bias
1/2 cup chicken broth
2 tablespoons low-sodium soy sauce
1 tablespoon rice vinegar
1 tablespoon sugar
3 tablespoons creamy peanut butter
2 strips orange peel
1/4 cup roasted peanuts, chopped

In a mixing bowl, whisk together the egg whites, sesame oil, and 1 tablespoon of the cornstarch until foamy; season with salt and pepper. Add the beef and chives, toss to coat in the marinade and stick it in the refrigerator for 30 minutes.

Pour the peanut oil in a large skillet or wok and place over high heat. When the oil is smoking hot, add 1/2 of the beef. (If you fry all the meat at once the oil temperature will drop and the beef will stew instead of crisp.) Fry for 2 minutes then remove to a paper towel to drain; repeat with the remaining beef. Very carefully drain all but 2 tablespoons of the hot oil into a safe container.

Stir-fry the ginger, garlic, green onions, and chile in the remaining oil until they perfume. Add the green beans; season with salt and pepper. Stir-fry the beans for 2 minutes until crisp-tender; remove from the pan. Mix the chicken broth with the remaining tablespoon of cornstarch to make a slurry and add it to the pan. Add the soy sauce, vinegar, sugar, peanut butter, and orange peel. Simmer until the sauce is thick, about 5 minutes. Return the beef and green beans to the pan, tossing to coat in the sauce. Garnish with chopped peanuts and serve with rice.

Stir-Fried Ginger Beef

4 SERVINGS

Bean paste adds pungency to this luscious beef. It's available at Asian markets and specialty food stores.

1/4 cup minced fresh ginger, plus 1 tablespoon finely julienned
1 teaspoon all-purpose flour
3 tablespoons vegetable oil
1 pound lean top sirloin steak, sliced across the grain 1/4 inch thick
1 1/2 tablespoons minced garlic
1 1/2 tablespoons soy sauce
1 tablespoon bean paste
1 teaspoon sugar
2 fresh red Thai or serrano chiles, seeded and thinly sliced
1/4 cup cilantro leaves

1. Soak all of the ginger in a small bowl of warm water for 5 minutes. Drain and pat dry. Return the ginger to the bowl and toss with the flour.

2. Heat the oil in a large nonstick skillet. Add half of the meat in a single layer and cook over high heat until browned on both sides, about 3 minutes. Using a slotted spoon, transfer to a platter. Return the skillet to high heat. Add the garlic and cook until fragrant, about 30 seconds. Add the remaining meat in a single layer and cook until browned, about 3 more minutes. Return all the meat to the skillet. Add the soy sauce, bean paste, sugar, chiles and ginger and stir-fry for 1 minute. Stir in the cilantro, transfer to a bowl and serve.

SERVE WITH Steamed jasmine rice.

Stir-Fried Ginger Beef

SERVES: 4

Bean paste adds pungency to this luscious beef. It's available at Asian markets and specialty food stores.

ingredients

- * 1/4 cup minced fresh ginger, plus 1 tablespoon finely julienned
- * 1 teaspoon all-purpose flour
- * 3 tablespoons vegetable oil
- * 1 pound lean top sirloin steak, sliced across the grain 1/4 inch thick
- * 1 1/2 tablespoons minced garlic
- * 1 1/2 tablespoons soy sauce
- * 1 tablespoon bean paste
- * 1 teaspoon sugar
- * 2 fresh red Thai or serrano chiles, seeded and thinly sliced
- * 1/4 cup cilantro leaves

directions

1. Soak all of the ginger in a small bowl of warm water for 5 minutes. Drain and pat dry. Return the ginger to the bowl and toss with the flour.
2. Heat the oil in a large nonstick skillet. Add half of the meat in a single layer and cook over high heat until browned on both sides, about 3 minutes. Using a slotted spoon, transfer to a platter. Return the skillet to high heat. Add the garlic and cook until fragrant, about 30 seconds. Add the remaining meat in a single layer and cook until browned, about 3 more minutes. Return all the meat to the skillet. Add the soy sauce, bean paste, sugar, chiles and ginger and stir-fry for 1 minute. Stir in the cilantro, transfer to a bowl and serve.

SERVE WITH Steamed jasmine rice.

Sunday Rib Roast

Yield: 6 to 8 servings

1 (3-rib) standing rib roast (7 to 8 pounds)
1 tablespoon kosher salt
1 1/2 teaspoons freshly ground black pepper
Mustard Horseradish Sauce, recipe follows

Two hours before roasting, remove the meat from the refrigerator and allow it to come to room temperature.

Preheat the oven to 500 degrees F (see note).

Place the oven rack on the second lowest position.

Place the roast in a pan large enough to hold it comfortably, bone-side down, and spread the top thickly with the salt and pepper. Roast the meat for 45 minutes. Without removing the meat from the oven, reduce the oven temperature to 325 degrees F and roast for another 30 minutes. Finally, increase the temperature to 450 degrees F and roast for another 15 to 30 minutes, until the internal temperature of the meat is 125 degrees F. (Be sure the thermometer is exactly in the center of the roast.) The total cooking time will be between 1 1/2 and 1 3/4 hours. Meanwhile, make the sauce.

Remove the roast from the oven and transfer it to a cutting board. Cover it tightly with aluminum foil and allow the meat to rest for 20 minutes. Carve and serve with the sauce.

Note: Be sure your oven is very clean before setting it at 500 degrees F.

Mustard Horseradish Sauce:

1 1/2 cups good mayonnaise
3 tablespoons Dijon mustard
1 1/2 tablespoons whole-grain mustard
1 tablespoon prepared horseradish
1/3 cup sour cream
1/4 teaspoon kosher salt

Whisk together the mayonnaise, mustards, horseradish, sour cream, and salt in a small bowl.

Swedish Meatballs With Shiitake Mushrooms

1 pound ground round
3/4 cup dry breadcrumbs
1/2 cup fat-free milk
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon ground allspice
1/4 teaspoon black pepper
1 large egg white
Cooking spray
4-1/2 cups thinly sliced shiitake mushroom caps (about 8 ounces)
1-1/2 cups thinly sliced carrot
1/2 cup thinly sliced shallots
2 tablespoons all-purpose flour
1 (10-1/2-ounce) can beef consomme
1/2 cup water
1/2 cup reduced-fat sour cream
1/4 cup chopped fresh parsley
6 cups hot cooked yolk-free wide egg noodles (about 10 ounces uncooked pasta)

1. Combine the first 8 ingredients in a medium bowl. Shape mixture into 30 (1-inch) meatballs. Heat a large nonstick skillet coated with cooking spray over medium heat. Add meatballs; cook for 8 minutes, browning on all sides. Remove meatballs from pan.

2. Add mushrooms, carrot, and shallots to pan; saute for 5 minutes. Stir in flour; cook 1 minute. Gradually add the consomme, stirring with a whisk; bring to a boil. Return meatballs to pan. Cover, reduce heat, and simmer 8 minutes. Add water; cook for 2 minutes. Remove from heat, and stir in the sour cream and parsley. Serve over pasta. Yield: 6 servings (serving size: 5 meatballs, about 1/2 cup mushroom mixture, and 1 cup pasta).

CALORIES 497 (30% from fat); FAT 16.8g (sat 6.9g, mono 6.7g, poly 0.9g); PROTEIN 29.1g; CARB 55.7g; FIBER 4.5g; CHOL 60mg; IRON 5.1mg; SODIUM 686mg; CALC 105mg

Traditional Yankee Pot Roast

INGREDIENTS

2 teaspoons olive oil
1 (4-pound) boneless chuck roast, trimmed
1 tablespoon kosher salt
1 tablespoon cracked black pepper
2 cups coarsely chopped onion
2 cups low-salt beef broth
1/4 cup ketchup
2 tablespoons Worcestershire sauce
1 cup chopped plum tomato
1 1/4 pounds small red potatoes
1 pound carrots, peeled and cut into 1-inch pieces
2 tablespoons fresh lemon juice
Chopped fresh parsley (optional)

INSTRUCTIONS

Any roast from the chuck, which is the shoulder section (arm, 7-bone, or blade), will make great pot roast. Since the shoulder gets lots of exercise, it's riddled with fibrous tissue that melts during slow cooking -- keeping the meat moist and ensuring rich, beefy flavor.

1. Preheat oven to 300 degrees.
2. Heat olive oil in a large Dutch oven over medium-high heat. Sprinkle roast with salt and pepper. Add roast to pan, browning on all sides (about 8 minutes). Remove from pan. Add onion to pan; saute 8 minutes or until browned. Return roast to pan. Combine broth, ketchup, and Worcestershire; pour over roast. Add tomato; bring to a simmer.
3. Cover and bake at 300 degrees for 2 1/2 hours or until tender. Add potatoes and carrots; cover and bake an additional 30 minutes or until vegetables are tender. Stir in lemon juice. Garnish with parsley, if desired.

YIELD: 10 servings (serving size: 3 ounces beef and about 1/2 cup vegetables)

NUTRITIONAL INFO

CALORIES 290 (26% from fat); FAT 8.4g (sat 2.8g, mono 3.7g, poly 0.5g); PROTEIN 32.9g; CARB 20g; FIBER 3g; CHOL 92mg; IRON 4.3mg; SODIUM 756mg; CALC 36mg

BLAUBERG'S ULTIMATE CHILI WITH WATERMELON

Ingredients:

4 tbs. bacon fat (or shortening)	1 tsp. mole sauce (optional)
3 cups onions (diced)	4 cups tomato (diced)
2 cups red bell pepper (diced)	1 smoked pork ham hock
1 tsp. garlic (minced)	1 tbs. Mexican oregano
2 tsp. serrano peppers (chopped)	sea salt to taste
2 lbs. ground sirloin (85 percent lean)	fresh ground pepper to taste
2 cups tomato paste	2 tbs. vegetable oil
6 cups chicken stock (double strength)	4 cups meat or game (cubed)
1 cup masa harina (corn flour)	1 pint sour cream (optional)
	1/8 wedge watermelon

Chile powder mix (optional):

- 1/2 tsp. pastilla
- 1/2 tsp. plulato
- 1/2 tsp. ancho
- 1/2 tsp. chipotle
- 1 tsp. cumin
- 1 tsp. black pepper
- 2 tsp. ground yellow mustard seed

Note: If using store-bought chili powder, use approximately 4 tsp.

Method: In a hot saute pan, add the bacon fat over a medium heat, then add the onions, bell pepper, garlic, serrano peppers. Cook until translucent, add the ground sirloin, cook and stir until brown.

Stir in the corn flour until a roux forms, then add the tomato paste, stir, add the chicken stock, mole sauce, tomatoes, ham hock, Mexican oregano, and chili powder. Stir, season with salt and pepper to taste. Cover pan and let cook for approx. 1 1/2 hours, stir occasionally. Remove from the heat and let cool.

When ready to serve, cube up your favorite meat or game. Season with salt and pepper to taste. In a very hot saute pan, add the vegetable oil and carefully place the meat into a pan, cook until lightly brown (rare temperature)

Place the chili into a bowl or crock then top with cubed meat. Garnish with sour cream and flat bread and serve with watermelon.

JALAPENO POPPERS WITH GOAT CHEESE

(Makes 2 dozen)

Ingredients:

12 jalapeno peppers (split lengthwise, seeds removed)

1 cup goat cheese

1/2 cup all purpose flour

3 eggs (beaten)

1 cup panko bread crumbs (or regular bread crumbs)

salt to taste

fresh ground pepper to taste

1/4 cup peanut oil (or vegetable oil)

Method:

Stuff the peppers with goat cheese, dust lightly with flour, lightly coat with egg and roll into bread crumbs. Season to taste with salt and pepper.

Meanwhile, place the peanut oil into a pan, over a medium heat. Carefully place the peppers into the oil and cook until lightly brown.

The Ultimate Meatballs al Forno with Creamy Polenta

Yield: 6 servings

1/2 baguette, crust removed	4 eggs
1 1/4 cups milk	1/2 cup freshly grated Parmesan
1 1/2 pounds ground beef sirloin	1/3 cup ground pinenuts
1 1/2 pounds ground pork	Sea salt and freshly ground black pepper
1/2 bunch fresh parsley	1 cup dried bread crumbs
1/2 bunch basil	1/2 pound chanterelle mushrooms
2 cloves garlic, finely chopped	2 pints vine-ripened small tomatoes
1/2 cup extra-virgin olive oil, plus extra for drizzling	1 medium ball fresh mozzarella
	Creamy Polenta, recipe follows

Preheat the oven to 350 degrees F.

Break the baguette in pieces and soak in a bowl with milk for 10 minutes until the bread is soft. In a second bowl mix the beef and pork together. Twist up half the parsley and the basil into a little pile, roughly chop it and add to the meat. Add garlic and mix thoroughly with your hands. Squeeze the milk out of the bread and add it in small pieces. Add eggs, Parmesan, ground pinenuts, salt, and pepper and mix everything together thoroughly. Shape the meatballs into large patties then roll them in the bread crumbs. In a large skillet heat the olive oil over medium high heat until it begins to smoke slightly. Fry the meatballs to seal the crust, flip them over so both sides are done. Transfer to a large baking dish.

Add a splash of oil to pan and fry the mushrooms on a low heat until they start to caramelize. Cut the tomatoes in 1/2 and hand-crush them into a separate bowl. Drizzle with olive oil. Add salt and a few cranks of fresh cracked pepper and mix. Add to the mushrooms. Let everything simmer together and reduce slightly for about 10 minutes. Pour the tomatoes and mushrooms over the meatballs. Shred the remaining basil and parsley and the mozzarella over it. Drizzle with olive oil and add a few cranks of pepper. Bake for 25 to 35 minutes.

Serve with Creamy Polenta.

Creamy Polenta:

1 quart chicken stock
1 1/2 cups finely ground cornmeal
1/4 cup heavy cream
1/4 cup freshly grated Parmesan
3 tablespoons whole butter
Pinch sea salt

In a large saucepan bring the chicken stock to a slow simmer. Quickly whisk the cornmeal into the stock and lower the temperature to keep it from splattering. Stir in the cream, Parmesan, butter, and salt. Turn off the heat and keep in a warm place until the meatballs are ready.

Yield: 6 servings

Cooking Time: 15 minutes

Veal Schnitzel

Recipe courtesy Rachael Ray

4 large (6 to 7 ounce) veal cutlets

Waxed paper

1 cup flour

Salt and pepper

2 eggs

A drizzle extra-virgin olive oil

1 cup cracker meal, found near bread crumbs or at fish counter in market

Butter, for frying

Whole nutmeg

Chopped fresh parsley, for garnish

1 lemon, cut into wedges

Cover work surface with a sheet of waxed paper. Arrange cutlets with a few inches between them on paper. Top work surface with a second sheet of waxed paper. Pound cutlets out to 1/4-inch thick using the bottom of small heavy skillet or a rubber mallet.

Heat a large skillet over moderate heat.

Set veal aside and set up 3 disposable pie tins and a plate in a row. Place flour in 1 disposable tin and season with salt and pepper. In the second disposable tin, beat eggs with a drizzle of oil and season with salt. In the third disposable tin, pour out about 1 cup of cracker meal.

Bread veal in flour. Coat the veal evenly with egg on both sides. Gently press veal into cracker meal and rest coated cutlets on a plate. Add a drizzle of oil and 1 1/2 tablespoons butter to the skillet.

When butter foams, add 2 pieces of veal and cook 3 to 4 minutes on each side until golden brown all over. Remove to a warm plate and grate a little nutmeg over hot schnitzel. Repeat with remaining 2 veal cutlets. Garnish veal with parsley and serve with lemon wedges.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Difficulty: Easy

Egg Noodles with Mushrooms

Recipe courtesy Rachael Ray

1/2 pound wide egg noodles
2 tablespoons butter
8 white mushrooms, sliced
1 shallot, finely chopped
A handful fresh parsley, chopped
Salt

Cook egg noodles until just tender in boiling salted water, about 6 minutes.

Saute sliced mushrooms and shallot in 2 tablespoons butter over moderate heat until mushrooms are tender, about 3 or 4 minutes.

Drain noodles and toss in with cooked mushrooms. Add the parsley and season with a little salt, to taste.

Yield: 4 servings
Prep Time: 5 minutes
Cook Time: 10 minutes
Difficulty: Easy

Warm Endive Salad

Recipe courtesy Rachael Ray

4 endives, trimmed and halved lengthwise, each half then split and fanned a bit
Walnut, grape seed, or extra-virgin olive oil, for brushing greens
Salt and pepper
2 tablespoons white wine vinegar

Garnish:
2 ounces chopped walnuts, available in small pouches on baking aisle
12 large seedless red grapes, halved
Preheat grill pan or large nonstick skillet over medium high heat.

Brush endive on both sides with oil, season with salt and pepper then grill until dark around edges and endives are tender; about 3 minutes on each side. Arrange grilled endives on platter. Sprinkle the endive with white wine vinegar. Keep a finger over the top of bottle to control the flow if the bottle does not have a jigger top. Arrange walnut bits and grapes around the platter and serve.

Yield: 4 servings
Prep Time: 3 minutes
Cook Time: 6 minutes
Difficulty: Easy

Venison Stew and Mashed Potatoes

SERVES 6

To intensify the stew's earthy flavor, use 1/2 cup dried porcini (instead of crimini) reconstituted in 1 cup hot water for 30 minutes.

FOR THE STEW:

1 cup flour	1 medium yellow onion, peeled and minced
Salt and freshly ground black pepper	1 clove garlic, peeled and minced
2 lbs. venison shoulder, cut into large cubes	3 cups beef stock
1/4 lb. bacon, coarsely chopped	1 cup red wine
2-4 tbsp. extra-virgin olive oil	2 tbsp. tomato paste
12 cipolline onions, peeled	4 whole allspice berries, slightly crushed
18 small crimini mushrooms, cleaned and trimmed	1 tbsp. cumin seeds, lightly toasted
	1 tbsp. honey

FOR THE POTATOES:

6 russet potatoes, peeled and quartered
Large pinch salt
1 cup milk
4 tbsp. butter
Freshly ground white pepper

1. For the stew: Generously season flour with salt and pepper in a medium bowl. Dredge venison in flour, then shake off excess. Fry bacon in a large heavy pot over medium heat until crisp, about 10 minutes. Remove bacon with a slotted spoon and set aside. Add 2 tbsp. oil to bacon fat, increase heat to medium-high, and brown venison for about 15 minutes, then remove from pot and set aside. Add cipolline to pot and brown for 10 minutes, then remove from pan and set aside. Add crimini to the pot and brown for 10 minutes, then remove from pot and set aside. Reduce heat to medium, add more oil if needed, and cook minced onions and garlic until soft, about 10 minutes.

2. Return venison to pot; add stock, wine, tomato paste, allspice, cumin, and honey; and bring to a gentle boil. Reduce heat to low, cover, and simmer for 45 minutes. Add cipolline and crimini, cover, and cook until meat is tender and cipolline are soft, about 45 minutes.

3. Remove venison, crimini, and cipolline from the pot with a slotted spoon, then strain sauce through a fine sieve. Discard solids and return sauce to pot together with venison, crimini, cipolline, and reserved bacon. Season to taste with salt and pepper.

4. For the potatoes: About 30 minutes before serving stew, put potatoes in a medium pot with cold water to cover. Add salt and bring to a boil over medium heat. Simmer until potatoes are soft, about 20 minutes. Meanwhile, bring milk and butter to a simmer in a small saucepan over low heat. Drain potatoes and return to pot over medium heat, shaking until potatoes become dry and mealy. Mash potatoes with a masher; gradually whisk in milk mixture and season to taste with salt and pepper. Serve stew over potatoes. Garnish with parsley, if you like.

VIETNAMESE-STYLE GRILLED STEAK WITH NOODLES

Can be prepared in 45 minutes or less.

6 ounces capellini, or other thin spaghetti
3 tablespoons white-wine vinegar
1 1/2 tablespoons soy sauce
2 garlic cloves, minced
4 teaspoons sugar
1/4 teaspoon dried hot red pepper flakes
1/4 teaspoon salt
1/8 teaspoon anchovy paste
1/4 cup packed fresh mint leaves, shredded, or 1 teaspoon dried, crumbled, plus 2 mint sprigs for garnish
two 3/4-inch-thick boneless shell steaks (about 1 pound)
3/4 cup fresh bean sprouts, rinsed and drained
1/2 red bell pepper, cut into julienne strips

In a kettle of boiling salted water boil the capellini until it is just tender and drain it in a colander. Rinse the capellini under cold water and drain it well. While the noodles are boiling, in a blender blend the vinegar, 1 tablespoon water, the soy sauce, the garlic, the sugar, the red pepper flakes, the salt, and the anchovy paste until the sauce is smooth. In a bowl toss the noodles with the sauce and the shredded mint.

Heat a well-seasoned ridged grill pan over moderately high heat until it is hot and in it grill the steaks, patted dry and seasoned with salt and pepper, for 3 to 4 minutes on each side, or until they are springy to the touch, for medium-rare meat. (Alternatively the steaks may be grilled on an oiled rack set 4 to 5 inches over glowing coals for the same amount of time.) Transfer the steaks to a cutting board and let them stand for 5 minutes. Cut the steaks into thin slices.

Divide the noodles between 2 plates, mounding them, arrange the slices of steak on them, and surround the noodles with the bean sprouts and the bell pepper. Garnish each serving with a mint sprig.

Serves 2.

Gourmet
June 1991

A Cook from Boston, MA on 02/03/02

READ THIS REVIEW!!!! MAKE THE RECIPE AS DESCRIBED, BUT IF YOU ADD THREE TABLESPOONS OF PEANUT BUTTER TO THE SAUCE, IT BECOMES A MUCH MORE SUBSTANTIAL AND TASTY SAUCE! WE LOVED IT!