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## Hamburger Entrees

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### Beef Fried Rice

- 2 eggs
- 1 teaspoon salt
- 8 ounces lean ground beef
- 2 green onions, chopped
- 3 cups cooked rice, room temperature
- 1/4 cup diced carrots
- 1/4 cup peas, fresh or frozen (thawed)
- 1 tablespoon soy sauce

Beat eggs lightly.

Heat 1 tablespoon oil in a wok over high heat. Add ground beef and salt. Stir-fry until browned. Drain off excess fat and transfer to a bowl.

Rinse and dry wok. Heat 2 tablespoons oil over high heat. Add green onions and eggs and cook until almost set, about 10 to 20 seconds.

Add the carrots and rice and stir briskly for 1 to 2 minutes or until the rice is heated through.

Add the beef and peas to the wok. Add soy sauce. Mix well and serve.

Serves 4.

*RGP*

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### Cabbage Rolls

- 6 large cabbage leaves
- 1 pound ground beef
- 1 cup cooked rice
- 1/4 cup chopped onion
- 1 egg
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 can tomato soup

Cook cabbage leaves in boiling water a few minutes to soften. Drain well. Mix together the ground beef, rice, onion, egg, salt, pepper, and 2 tablespoons of the tomato soup.

In the center of each cabbage leaf, place a portion of the hamburger mixture. Roll up and fasten with a toothpick. Place side by side, in a single layer, in either a heavy skillet with a tight fitting lid or a Dutch oven. Pour the rest of the tomato soup over the stuff cabbage leaves.

Cook over low heat for about 40 minutes, spooning sauce over the cabbage rolls often. Use as low a heat as possible so they cook gently.

Serves 4.

To add a little zip to this you can add a teaspoon of Dijon mustard and a teaspoon of Worcestershire sauce to the hamburger mixture.

*MEP*

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### Chile

- 1 1/2 pounds ground beef
- 2 tablespoons cooking oil, if hamburger lean
- 1 large onion, chopped
- 1 twenty-ounce can of tomatoes
- 1 twenty-ounce can of kidney beans
- 1 teaspoon salt
- 1/2 teaspoon seasoned pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- tomato juice

Heat oil in a heavy skillet on medium high. Brown the ground beef and onion, in the oil, crumbling meat with a fork or potato masher. Add tomatoes and kidney beans including juice. Add salt, seasoned pepper, garlic powder, and onion powder. If liquid does not cover ingredients, add enough tomato juice to cover. Simmer for at least one hour. The longer the better, up to 3 hours.

Serves 4.

Freezes well, in fact I think it is even better after it has been frozen as the flavors seem to blend together better. If you like your chile hotter than this, you can substitute chile powder for the seasoned pepper.

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## Cowpoke Casserole

- 1 1/2 pounds lean ground beef
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon oregano
- 3/4 cup chile sauce or 3/4 cup catsup with 2 tablespoons Worcestershire sauce
- 3 medium potatoes
- 2 medium onions
- 4 - 6 slices of bacon

Brown the hamburger, add the salt, pepper and, oregano. When the meat and seasonings are browned, stir in the chile sauce and set aside.

Peel and thinly slice the potatoes and the onion. In a large casserole dish, make layers of the meat sauce, onions, and potatoes, starting with the meat and ending with the potatoes.

Lay strips of bacon over the final layer of potatoes.

Cover and bake at 350 degrees for 45 minutes or until the potatoes are tender. Remove the cover and bake 20 minutes longer.

Serves 4 very hungry people.

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## Eggplant Parmigiana

- 1 medium eggplant salt
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4-6 tablespoons butter
- 1/2 large onion, chopped
- 1 clove garlic, minced
- 1 green pepper, cut in large chunks
- 2 very ripe tomatoes, cut into very small cubes (about one cup)
- 2 cups spaghetti sauce
- 1/2 teaspoon oregano
- 1 1/2 cups Mozzarella or Jack cheese, grated

1/2 cup freshly grated Parmesan cheese

Pare eggplant and cut into 1/2 inch slices. Sprinkle salt on each side and set aside for about 20 minutes or so. Pat dry. Dip into flour to which you have added the salt and pepper.

Heat three tablespoons of butter in a large frying pan. Add floured eggplant and brown.

Place in a 9 x 9 inch casserole.

Add more butter to skillet if necessary, usually will require about three tablespoons. Sauté onion, pepper, and garlic. Add tomatoes, spaghetti sauce and oregano. Simmer about 5 minutes. Pour over eggplant. Top with cheese.

Bake at 350 degrees for about 30 minutes.

Serves 4 to 6.

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## Enchiladas with Puffy Tortillas

### Sauce

- 1 1/2 cups onion, chopped
- 2 tablespoons olive oil
- 2 one pound cans of tomatoes (2 cups)
- 2 eight ounce cans seasoned tomato sauce
- 2 cloves garlic, minced
- 2-3 teaspoons canned green chilies, finely chopped
- 1 teaspoon chile powder
- 2 teaspoons sugar
- 1 teaspoon salt

### Filling

- 3/4 pound ground beef
- 1 small clove garlic, minced
- 1 tablespoon olive oil
- 1/2 cup sliced green onion
- 3 tablespoons ripe olives, chopped
- 2 teaspoons chile powder
- 3/4 teaspoon salt

### Puffy Tortillas

- 3/4 cup sifted flour
- 3/4 cup yellow corn meal
- 1/4 teaspoon salt

- 1 beaten egg
- 1 3/4 cups water

- 1 1/2 cups sharp Cheddar cheese, grated
- ripe olives, sliced lengthwise

Sauce Preparation. Cook onion in olive oil until tender. Add the rest of the sauce ingredients and simmer uncovered for 30 minutes.

Filling Preparation. Cook beef and garlic in olive oil. Add the rest of the filling ingredients and stir to blend.

Tortillas Preparation. Sift together the flour, corn meal and salt. Add the beaten egg and water and beat until smooth. Pour 3 tablespoons of the batter in a hot greased 6 inch skillet.

Cook until brown on the bottom and the top is just set. Will take 2 or 3 minutes. Loosen with a spatula and flip out onto paper towels.

Assembly and Baking. Fill each tortilla with 2-3 tablespoons filling and top with 1 tablespoon of cheese and then roll up. Place sauce in bottom of large shallow baking dish.

Arrange enchiladas in the sauce. Sprinkle with remaining cheese and olives.

Bake at 350 degrees for about 25 minutes

Serves 6.

The sauce and filling can be made ahead of time. If so extend baking time to about 1 hour.

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### **Fancy Meatballs**

- 1 pound ground beef
- 1/2 package dried onion soup mix (4 serving size)
- 1 three ounce package cream cheese
- 1 cup fresh bread cubes
- 1/2 cup milk
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper

Soften cream cheese (30 seconds in the microwave). Mix all the ingredients together,

letting chunks of cream cheese remain. Make into balls about an inch or so in diameter and cook in the microwave for 7 minutes, turning halfway through the cooking time, or bake in a shallow baking dish at 450 degrees until done, about 30 minutes.

If you wish, after you have removed the meatballs, you can stir 1 tablespoon flour and 1 cup milk into the drippings and cook until thickened to make a gravy.

The last time I made these, I made 600 meatballs for Heidi Kyle's wedding. I served them in a chafing dish with a cream sauce that had Parmesan and Romano cheese added to it.

Needless to say, this recipe has not been made since.

Makes about 2 dozen meatballs.

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### **Hamburger Hash with Poached Eggs**

- 1 pound lean ground beef
- 1/2 medium onion, finely chopped
- 4 medium potatoes, cut into 1/2 inch cubes
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon seasoned pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons flour
- 1/2 cup water or beef broth
- 4 eggs (optional)

Crumble the ground beef into a heavy skillet. Brown gently over medium heat until rich brown in color. Add the finely chopped onion and continue to brown until the onion is transparent. Add the diced potatoes, Worcestershire sauce, salt, seasoned pepper, and garlic powder. Add just enough water to barely cover the ingredients. Simmer gently for about 1/2 hour or until the potatoes are tender. Do not hurry the simmering for the slower it cooks the better the flavor.

Make a paste of the 2 tablespoons flour and half cup water or beef broth. If you use canned beef broth add a tablespoon of dry white wine to cut the sweetness. When the potatoes are tender add the flour mixture and stir until the mixture thickens and bubbles for about 3 minutes.

Meanwhile gently poach the eggs and serve on the top of the hash.

Serves 4.

You can substitute 1 1/2 cups ground cooked beef for the hamburger.

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### **Hamburger Patties in Onion Mushroom Sauce**

- 1 package dehydrated onion soup mix--4 serving size
- 1 pound lean ground beef
- 1 egg
- 1/4 cup bread crumbs
- 1/8 teaspoon freshly ground pepper
- 1 teaspoon Worcestershire sauce
- 2 tablespoons cooking oil
- 2 cups liquid, mushroom juice, water, dry white wine or beef broth
- 1 four ounce can mushrooms or 8 medium mushrooms cut into fourths and lightly sautéed in butter
- 3 tablespoons flour

Place the dehydrated onion soup in a small bowl and mix thoroughly. Divide in half.

Combine half of the onion soup with the ground beef, egg, bread crumbs, pepper, and Worcestershire sauce.

Shape beef mixture into patties and brown in the oil. Remove the brown patties to a warm plate.

Beat the flour into the two cups of liquid. If you use canned beef broth be sure to use at least 1/4 cup of dry white wine as part of the 2 cups of liquid to cut the sweetness. Stir liquid into drippings in the pan. Add the remaining half of the onion soup mix and the mushrooms.

Cook 5 minutes, stirring occasionally. Return patties to skillet and cook slowly in the sauce for 5 minutes or until as done as you like them.

Serves 4 to 6.

An excellent hamburger recipe. I have served this to company more than once. It is exceptionally good if served with rice.

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### **Hamburger Stroganoff**

- 4 ounces noodles
- 2 tablespoons butter
- 3/4 cup onion, diced
- 1 pound ground beef
- 1/4 cup flour
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon oregano
- 1/2 cup catsup
- 1 can cream of mushroom soup
- 1/2 cup milk
- grated cheese

Cook the noodles according to the package directions and drain. While the noodles are cooking melt 2 tablespoons butter in a skillet and brown the onion and the hamburger together. Remove from the heat and blend in the flour, salt, pepper, oregano, catsup, mushroom soup, and milk. Return to low heat and simmer, stirring occasionally. until sauce has thickened and bubbles. Add the noodles.

Pour into a butter casserole and bake 15-20 minutes at 325 degrees. Sprinkle cheese over top and bake another 10 minutes.

Serves 4.

Not the real thing, but a good inexpensive family dish.

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### **Italian Pizza (Not Quite)**

- 1/2 pound ground beef or sausage

- 1/4 teaspoon garlic powder
- 1/4 cup chopped onion
- 1 eight ounce can tomato sauce
- 1 teaspoon crushed oregano
- 2 cups Bisquick
- 1/2 cup water
- 1/2 cup Mozzarella cheese, shredded

Brown ground meat in a small skillet. Stir in garlic powder, onion, tomato sauce, and oregano. Simmer until onion is transparent.

Stir Bisquick and water together with a fork. Knead dough about 1 minute on a lightly floured board. With a lightly floured rolling pin, roll out and place on a pizza pan. Pinch edges of dough to make a slight rim. Spread sauce mixture on dough. Top with the cheese. Bake until crust is brown and topping in hot and bubbly.

Bake approximately 15 minutes at 425 degrees.

Any topping that you like on pizza can be added along with the cheese.

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## Lasagna

### Meat Layer

- 2 pounds hamburger, very lean
- 2 small Elephant garlic or 2 cloves of regular garlic, finely minced
- 2 medium onions, chopped
- 1 tablespoon parsley
- 3 teaspoons salt
- 2 one pound cans tomatoes
- 1 ounces tomato paste
  
- 1 twelve ounce package lasagna noodles

### Cheese Layer

- 32 ounces cottage cheese
- 4 beaten eggs
- 2 teaspoons salt
- 1 teaspoon pepper
- 4 tablespoons dried basil
- 4 tablespoons Worcestershire sauce
- 1 cup freshly grated Parmesan cheese
- 1 pound Mozzarella cheese, grated

Brown hamburger garlic and onion. Add the remaining meat layer ingredients and simmer for 1 hour. Meanwhile cook the noodles and drain. Mix all of the cheese layer ingredients together thoroughly.

Place meat mixture in bottom of 8 x 13 x 2 inch casserole ( the deeper the better). Layer the noodles over the hamburger mixture. Layer to cheese mixture over the noodles.

Bake 30 minutes at 375 degrees.

Serves 12-15 very hungry people.

I have found this to be better if it is made ahead of time and refrigerated or better yet placed in the freezer for a week or two before baking. If not at room temperature when baking add 10 to 15 minutes to the baking time.

The original recipe called for making several layers alternating meat, noodles and cheese, but I have found this difficult to do and settled for a single layer of each unless I make very large quantities in very large deep pans.

I have served this for West Albany Swim Team parties and to my Beta Alpha Psi students for their annual Christmas party. It is always a hit and an excellent dish for serving a large group of people.

*MEP*

## Meat Loaf

- 1 1/2 pounds hamburger
- 3 slices of fresh bread torn into small pieces
- 1 cup milk
- 1 egg, beaten
- 1/4 cup instant minced onion or 1/2 cup finely minced onion
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon celery salt
- 1/2 teaspoon garlic powder
- 1 tablespoon Worcestershire sauce
- 4 tablespoons catsup

Place hamburger in a mixing bowl. Add bread and pour the milk over the bread. Let stand a few minutes for the bread to absorb the milk. Add the egg, onion, salt, pepper, celery salt, garlic powder, Worcestershire sauce, and 1 tablespoon of the catsup. Mix all the ingredients thoroughly. Place in a 5 x 9 x 3 inch loaf pan. Spread the remaining 3 tablespoons of catsup over the top.

Bake at 350 degrees for 1 hour or until center is done, or place in a glass loaf pan and microwave for 12 minutes with the browning unit on.

Serves 4.

For a change mold meat loaf in the center of a 7 x 11 inch baking dish and place 4 medium potatoes that have been peeled and quartered around the meat loaf. The meat juices will baste the potatoes.

I have tried lots of meat loaf recipes, but this is our favorite.

*MEP*

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### **1-2-3 Hamburger Casserole**

- 1 pound lean ground beef
- 2 tablespoons minced onion  
salt and pepper to taste
- 1 can of vegetables (optional)
- 1 can cream of mushroom soup
- 1 package tater tots

Mix the onions and salt and pepper into the hamburger. Place in the bottom of a 9 x 9 glass baking dish and microwave for 4 minutes. Drain off any excess grease. Spread the vegetables on top of the meat. Spread the soup on top of the vegetables. Top with a single layer of tater tots and cook 6 minutes in the microwave, turning often.

Serves 4.

This can also be made by browning the hamburger mixture in a skillet. Then layer the ingredients in the baking dish and bake for about 20 minutes at 350 degrees or until the tater tots are cooked.

This is one of those quick, inexpensive dishes that can be made from things you are apt to have on hand. The vegetable I find works best is beans.

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### **Porcupines**

- 1 pound lean ground beef
- 1/2 cup uncooked rice
- 1 small onion, finely minced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon celery seed

#### Sauce

- 1 can tomato soup
- 1 cup water
- 1/4 teaspoon cinnamon
- 2 whole cloves
- 2 tablespoons Worcestershire sauce
- 1 tablespoon sugar

Mix the meatball ingredients together. Shape into 16 or so round balls. They will swell during cooking so do not get them too large. Place the meatballs in a deep baking dish. Be sure your baking dish is deep enough to allow for the expansion of the meatballs as they will approximately double in size.

In another bowl mix together the sauce ingredients. Pour the sauce over the meatballs.

Cover the baking dish with a tight-fitting lid and bake at 350 degrees for 1 hour.

Serves 4.

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### **Simple Spaghetti**

- 1 tablespoon cooking oil
- 1/2 cup chopped onion
- 1 pound lean ground beef
- 2 eight ounce cans tomato sauce
- 1 1/2 cups tomato juice
- 1 1/2 teaspoons salt
- 1 tablespoon finely minced parsley

- 1/2 teaspoon basil
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 6 ounces spaghetti

Heat oil in a heavy skillet. Add onion and hamburger and cook until hamburger is browned.

Stir in tomato sauce, tomato juice, and seasonings and blend well. Bring to a boil.

Break spaghetti in half and sprinkle, at little at a time into the boiling sauce, stirring to keep separated. Cover tightly, and simmer for 30 to 45 minutes, stirring occasionally.

Serves 4.

A simple one pan way of making spaghetti. A good recipe for camping.

*MEP*

## Spaghetti Casserole

- 1 pound lean ground beef
- 1/2 onion, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder or 1 small clove of garlic, minced
- 1 can tomato soup mixed with 1 can of water
- 6 ounces of spaghetti, cooked
- bread crumbs

Brown hamburger and onion. Add seasonings and stir to blend. Place in bottom of a 1 1/2 quart casserole. Add cooked spaghetti. Pour tomato soup mixture over spaghetti. Sprinkle with bread crumbs. Cover and bake until mixture is bubbling.

Bake for 1 hour at 350 degrees.

Serves 4.

A quick and easy casserole.

*MEP - Lois Knatz*

## Spaghetti Sauce

- 3-4 pounds hamburger
- 2 onions, finely chopped
- 2 cloves garlic, minced
- 2 green peppers, chunked (optional)
- 2 cans cream of mushroom soup
- 2 four ounce cans of mushrooms
- 2 cans tomato soup
- 2 small cans tomato sauce
- 2 small cans tomato paste
- 2 cans beef consommé
- 2 teaspoons thyme
- 4 tablespoons Worcestershire sauce
- Spaghetti or Vermicelli
- 4 tablespoons butter
- 4 tablespoons freshly grated Parmesan cheese
- Parmesan cheese

Brown the hamburger, onion and garlic. When hamburger is brown add the green pepper and cook until tender.

Meanwhile put all the can goods in a very large, heavy-bottomed pan. Bring to a boil and then simmer. Add browned hamburger mixture and simmer for several hours. Be sure to simmer over very low heat and stir occasionally. Sauce will scorch if heat is too high. Add thyme and Worcestershire sauce.

To serve cook Vermicelli and drain. Melt the butter in the Vermicelli pan and add the Parmesan cheese. Return the Vermicelli to the pan and stir to coat with the butter and cheese mixture.

Serve on a warm plate with some of the sauce over it. Sprinkle the sauce with Parmesan cheese and have extra for passing.

The best spaghetti sauce I have ever found. Very rich, but not highly seasoned. I usually make a double batch and then freeze. It seems better after it has been frozen as the flavors seem to blend together better. This sauce takes several hours to make, so plan to do it when you have all day.

*MEP - Jeanne Jensen*

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## Texas Chili

- 2 pounds lean ground beef
- 1 pound ground pork
- 1 pound ground lamb
- soaked mequite chips
- 4 tomatoes
- 3 yellow onions
- 1 head garlic
- 1 shallot
- 2 carrots
- 2 dried chipotle chiles
- 2 dried New Mexico chiles
- 2 dried ancho chiles
- 2 dried pasilla chiles
- 2 bottles stout
- 1 bunch fresh cilantro, stems removed and finely chopped
- vegetable oil
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 2 teaspoons paprika
- 1 tablespoon salt
- 1 teaspoon freshly ground black pepper

### Optional Garnishes

- chopped red onion
- sour cream
- salsa
- guacamole
- chopped cilantro
- tortilla chips

Heat a charcoal grill for direct cooking.

Combine the meats in a bowl and form them into patties. Peel the carrots. Cut the top off of the garlic head. Rub the tomatoes, onions, garlic, and shallot with vegetable oil. Wrap the garlic in foil.

Add the soaked mesquite chips to the grill. Cook the meat and the vegetables until the patties are done and the vegetables are beginning to blacken. The various things will take different times to cook.

While things are cooking on the grill, prepare the chiles. Remove the stems from the chiles. Slit each chile open and remove the seeds (except for the chipotlés). Press both sides of

each chile onto a hot, dry griddle or cast-iron skillet until blistered and fragrant.

Put the chiles in a sauce pan, and add enough beer to cover. Bring to a boil, then simmer for 5 minutes. Process the chiles in a blender until a paste is formed. If you want a hotter chili, cook some or all of the seeds with the chiles.

Peel the onion and the shallot. Squeeze out the garlic, and coarsely chop the other vegetables. Finely dice all of the vegetables in a food processor. Add all of the vegetables to a large stock pot.

Dice the cooked meat patties into a 1" dice. Add the meat and any juices to the stockpot.

Add the remaining beer and the chile paste. Cook at a low simmer for 2-3 hours. Half an hour before serving, add the spices and cilantro. Adjust seasonings as needed.

I've experimented with chile for a long time, and this is my most successful version yet.

*RGP*

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## Texas Hash

- 3 large onions, sliced
- 1 large green pepper, minced
- 3 tablespoons cooking oil
- 1 pound lean ground beef
- 2 cups cooked tomatoes
- 1/2 cup uncooked rice or 2 cups uncooked noodles
- 1 teaspoon seasoned pepper
- 2 teaspoons salt
- 1/2 teaspoon garlic powder

Sauté the onions and pepper in the oil until the onions turn yellow. Add hamburger and fry until the mixture falls apart. Stir in the remaining ingredients.

Pour into a greased 2 quart baking dish. Cover and bake at 350 degrees for 45 minutes.

Uncover and bake for 15 more minutes.

Serves 6.

We prefer this made with noodles. If you like spicy foods, substitute chile powder for the seasoned pepper.

*MEP*

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## Steak Entrees

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### Beef Fondue Dinner

- 3 - 4 pound sirloin tip roast, cut into 1 inch cubes being sure to remove all the fat and sinew. You could also use a good quality round steak or sirloin steak.  
meat tenderizer
- 2 dozen medium mushrooms
- 1 dozen cherry tomatoes
- 8 small boiling onions, peeled
- 1/2 small head of cauliflower, broken into flowerets
- 1 large stalk broccoli, cut into flowerets
- 1 green pepper, cut into one inch chunks
- 4 carrots, peeled and cut into 2 inch sticks
- 4 stalks celery cut into 2 inch sticks
- 1 potato, cut into 3/4 inch cubes (do not peel)
- 1 small zucchini cut into 1/2 inch slices  
any other vegetables you like. I have used turnips, parsnips, asparagus, cucumbers, radishes, sweet potatoes, Brussels sprouts, and eggplant
- 4 French rolls, heated  
vegetable oil
- 1 teaspoon salt

Sprinkle the cubes of meat generously with the meat tenderizer, and bring to room temperature. Arrange the vegetables, mushrooms and meat attractively on a platter. They will cook better if near room temperature.

Fill electric fondue pot within one inch of top and stir in the salt. Place on table where you are eating and then turn on to medium or whatever setting will make the oil about 375 degrees and thus heating the oil directly in the pot. Be careful handling the oil as it can be dangerous.

In fact when dinner is over I always leave it on the table until it is cold.

When the oil is hot take turns cooking the meat, mushrooms, and vegetables. The rolls make a complete meal. One nice thing about this dinner is that everyone can eat their favorite vegetables and avoid the ones they do not like.

This is a favorite Sunday dinner in our house. You soon learn which vegetables cook quickly and which take longer. It is a pleasant and leisurely way to have dinner and surprisingly very little oil is absorbed by the food. I generally make stew out of the leftovers.

I have also used this for small dinner parties of four or eight. Four people to a fondue pot is about the limit.

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### Beef Stroganoff

- 1 1/2 pounds sirloin steak cut into 1/2 inch strips
- 1/4 cup flour
- 1 teaspoon salt
- 1 onion, finely chopped
- 12 mushrooms, cut into quarters
- 1 clove garlic, finely chopped
- 3 tablespoons butter
- 2 tablespoons flour
- 3/4 cup beef bullion
- 1/4 cup dry red wine
- 1 tablespoon Worcestershire sauce
- 1 cup sour cream

Add salt to flour and dredge steak in the flour. Melt butter in heavy skillet and brown onions, mushrooms, and garlic. Add steak and brown evenly. Remove steak, mushrooms, and onions to a warm platter. Stir flour into drippings in pan. Add bullion, wine, and Worcestershire sauce. Stir and continue cooking until sauce has thickened. Add sour cream and heat slowly until gravy simmers. Return steak, mushrooms and onions to the skillet and heat until the meat is hot through.

Serve with rice or over bread.

Serves 4 to 6.

This can also be done with hamburger.

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## **Beef Tenderloin Steaks with Blue Cheese Sauce**

- 4 tablespoons butter
- 1/3 cup finely chopped shallots
- 2 teaspoons flour
- 1/2 cup dry white wine
- 2/3 cup crumbled blue cheese
- 1/4 cup (or more) whipping cream
- 4 6 to 8 ounce tenderloin steaks about 1 inch thick
- garlic powder to taste
- salt and pepper to taste

Sauce: Melt 2 tablespoons butter in heavy medium saucepan over medium heat. Add shallots and sauté until just beginning to brown, about five minutes. Add flour and stir 1 minute. Gradually mix in the wine. Boil until liquid is reduced to 1/4 cup, stirring frequently, about five minutes. Gradually add blue cheese and stir until cheese is melted and the sauce is smooth. Add 1/4 cup whipping cream and simmer until thickened to sauce consistency, about 2 minutes. Season to taste with salt and pepper. Sauce can be prepared 1 day ahead. Cover and refrigerate.

Steaks: Melt remaining 2 tablespoons butter in heavy large skillet and medium-high heat. Sauté steaks, for about 5 minutes, season with garlic powder, salt, and pepper. Turn and sauté for an additional 5 minutes. Season with garlic powder, salt and pepper. Transfer steaks to heated plates or platter.

Meanwhile bring sauce to a simmer over low heat, stirring constantly and thinning with more cream if too thick. Stir in any accumulated juices from steaks. Spoon sauce over steaks and serve.

The original recipe used Roquefort cheese, but I like it better prepared with a good Oregon blue cheese. I often increase the flour to four

tablespoons and make the sauce with milk rather than whipping cream.

The sauce is excellent on baked potatoes and over broccoli.

*MEP - Adopted from a Bon Appetit recipe*

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## **Beef with Broccoli**

- 1/4 pound beef, sliced against the grain
- 1 1/2 pounds broccoli
- 2 tablespoons oil
- 1/2 cup soup stock
- 1/2 teaspoon salt
- 2 tablespoons oyster sauce
- 1 tablespoon cornstarch
- water

### Marinade

- 1 tablespoon corn starch
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 clove garlic, minced
- 1 teaspoon minced ginger root
- 2 teaspoons rice wine or a dry white wine
- 2 teaspoons sesame seed oil

Mix marinade ingredients together. Combine sliced beef with marinade and set aside.

Cut broccoli into small flowerets and the stems into diagonal slices.

Heat wok and add oil. Stir fry beef until done. Remove beef and set aside. Add broccoli, soup stock, and salt to wok. Cover and cook for 2 minutes adding more water if necessary.

Add beef to wok and then add oyster sauce.

Mix cornstarch with water. Add cornstarch to wok and bring to a full boil. Remove and serve immediately.

Serves 2.

*MEP - Chen Cooking School*

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## Flank Steak with Veal and Duxelles Stuffing

2 flank steaks

### Veal Stuffing

2 pounds ground veal

1 cup sour cream

2 egg whites

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon fresh chopped parsley

### Duxelles

1 cup onion chopped

1 teaspoon butter

1 pound mushrooms finely minced

1 teaspoon lemon juice

1 cup white wine

1/2 teaspoon tarragon

1/2 teaspoon dill

1/2 teaspoon salt

1/4 teaspoon pepper

Stuffing: Beat all ingredients except veal together. Add crumbled veal and mix well.

Duxelles: Sauté butter and onion over very low heat until onion is tender. Add mushrooms, lemon juice, and white wine. Continue cooking over low heat until almost all of the liquid is evaporated. Add seasoning.

To Assemble: Pound flank steaks to a uniform thickness. Spread a layer of duxelles and then, a layer of veal stuffing on top almost to the edges. Roll up. Fasten with skewers or tie. Roast at medium heat (350 degrees) until tender. Time will vary depending on the weight but probably will take about two hours.

This can also be used to stuff boned chicken breasts or boned turkey breasts.

*JPO*

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## Jeanette's Round Steak Supreme

2 pounds of 2 inch thick round steak

1/2 teaspoon oregano, crushed

2 teaspoons meat tenderizer

1/2 teaspoon pepper

1/4 cup plus 1 tablespoon flour

1/4 cup chopped shallots

1/2 cup chopped mushrooms

4 tablespoons butter

1/2 teaspoon salt

1/2 cup dry red wine

Trim the fat and bone from the steak. Slice steak diagonally across the grain into 1/2 inch slices. Pound lightly as for Swiss steak. Place steak in a bowl. Sprinkle with tenderizer, oregano, pepper, and 1/4 cup flour. Toss lightly to coat.

Place 1 tablespoon of butter in a large frying pan. Sauté the shallot, mushrooms until the shallots are transparent. Sprinkle with salt. Remove shallots and mushrooms with a slotted spoon and set aside.

Add 2 tablespoons of butter to the frying pan. When butter is melted add the steak and fry until medium rare. Push to the side of the pan. Melt the last tablespoon of butter. Brown 1 tablespoon of flour in the butter. Add shallots and mushrooms. Add wine all at once and stir to mix thoroughly. If necessary add a little more wine or water. There should not be a lot of sauce. Just enough to coat the meat and cover the bottom of the pan.

Serves 4 to 6.

*JPO*

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## Oriental Sauté

2-3 tablespoons cooking oil

1 sirloin steak, thinly sliced

1 onion, chopped

1 cup celery, chopped

1 green pepper, chopped

1 bunch green onions tops and all, chopped

1/2 pound mushrooms, sliced

2 small zucchini, sliced

1/2 pound bean sprouts

### Sauce

2 tablespoons sugar

1/3 cup soy sauce

- 2 tablespoons water
- 2 tablespoons dry white wine

Sauté steak quickly in hot oil. Add vegetables and cook stirring constantly for about 3 minutes. Mix sauce ingredients together. Add sauce and heat. Serve immediately with rice.

Serves 4.

Quick and easy. Be sure everything is ready before you start cooking or the dish will be overcooked.

*MEP*

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### **Speedy Cabernet Stroganoff**

- 1 1/2 pounds round steak, one inch thick
- 6 tablespoons olive oil
- 1 onion, cut in half and sliced
- 1 pound fresh mushrooms, sliced
- 1/2 cup Cabernet Sauvignon
- 2 tablespoons water
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 1 cup sour cream

Slice steak diagonally in thin strips. Cut strips about 2 inches long. Dredge in flour shaking off the excess. Brown in a large heavy skillet in hot oil using 2 tablespoons at a time.

Remove meat and sauté onions and mushrooms. Add Cabernet Sauvignon and water and simmer for 5 minutes. Return meat to the skillet, add salt, pepper, and thyme. Heat through and just before serving add sour cream to taste.

Serve with rice or egg noodles.

Serves 4.

This is another excellent recipe from Sebastiani Vineyards.

*MEP - Sebastiani Vineyards*

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### **Steak Diane**

- 4 six ounce filet mignon steaks

- salt and freshly ground pepper to taste
- 2 tablespoons cooking oil
- 3 tablespoons butter
- 3 tablespoons shallots, chopped
- 2 tablespoons cognac
- 3 tablespoons chopped parsley
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Worcestershire sauce
- 2 teaspoons beef broth

Put one of the fillets in a plastic bag, place on a flat surface and pound with a flat mallet to about 1/4 inch thick. Repeat for other steaks. Do not forget the plastic bag or you will have meat juice all over the kitchen as I once did. Sprinkle the meat on both sides with salt and pepper.

Heat oil and 2 tablespoons of the butter in a large skillet. When very hot add 2 of the steaks.

Cook about 1 1/2 minutes on one side, turn and cook about 30 seconds on the other side.

Do not cook much longer or steak will be overcooked and dry. Transfer to a hot serving dish.

Add remaining 2 steaks and cook as before. Transfer to serving dish.

Remove skillet from heat and add shallots. Return the skillet to stove and cook about 30 seconds. Add cognac and stir. Add parsley, mustard, Worcestershire sauce, and broth. Stir and cook for about 1 minute. Swirl the remaining tablespoon of butter into the sauce.

Sprinkle the steaks with freshly ground pepper and pour sauce over them. Serve immediately.

Serves 4.

This is not hard to make and is really delicious. Be sure to have all the ingredients ready before you start cooking as the cooking time is very short.

At first it seems like a crime to pound a good steak, but after you have tried it once, you'll do it again.

*MEP - 60 Minute Gourmet*

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## Steak with Wine Glaze

- 2 tenderloin steaks
- 1 tablespoon cooking oil
- 1 tablespoon butter
- salt and pepper to taste
- garlic powder to taste
- onion powder to taste
- 1/3 cup dry red wine
- 1 teaspoon butter

Heat oil in frying pan until almost smoking. Add the butter. Add the steaks and sauté about

3 minutes or until browned. Turn and lightly sprinkle with salt, pepper, garlic powder, and onion powder. Sauté the other side about 5 minutes or until browned. Turn and lightly sprinkle other side with salt, pepper, garlic powder, and onion powder. Cook about 5 minutes, turn again and cook another 5 minutes or until as done as you like your steak.

Place steaks on a warm platter.

Reduce heat and add wine. There should be just enough to cover the bottom of the pan. Stir with a wooden spoon to get all the drippings off the bottom of the pan. Continue cooking until liquid is reduced to about one half. Swirl in the butter and pour over your steaks.

This is our favorite way to have steak. This also works equally well for lamb chops.

*MEP*

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## Stuffed Flank Steak

- 2 flank steaks
- 1 recipe of Fresh Bread Dressing
- 2 tablespoons cooking oil
- salt and pepper to taste

Heat a skillet large enough to hold a single flank steak to medium hot. Add about 1 tablespoon of cooking oil. Sear each side of one of the flank steaks until nicely browned. Salt and pepper to taste and place one in the bottom of a well greased deep casserole dish.

Place the fresh bread dressing on the top. Add the remaining tablespoon of oil to the skillet and sear the second flank steak on both sides. Salt and pepper to taste and place on top of the dressing. Cover tightly with foil and bake until the steak is tender.

Bake about 2 hours at 350 degrees.

The original recipe called for rolling the flank steak, but they are hard to roll and you can only keep a small amount of the dressing in the roll, so I prefer this approach.

*MEP*

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## Teriyaki Steak Strips

- 2-2.5 pounds sirloin steak, thinly sliced
- 2 tablespoons salad oil
- cooked rice for four people

### Marinade

- 1/2 cup soy sauce
- 2 tablespoons onion, minced
- 1 clove garlic, minced
- 1 tablespoon sugar
- 1 tablespoon fresh ginger root or 1/8 teaspoon ground ginger
- 1/4 cup dry white wine

In a small bowl mix the marinade ingredients until evenly blended.

Place the sliced steak in a large bowl. Pour the marinade over the meat and let stand at room temperature, covered, for 2 to 3 hours or leave overnight in the refrigerator.

Drain meat thoroughly. Pour oil in heavy skillet and preheat to 375 degrees. Place half the steak in the skillet and stir-fry for about 4 minutes or until browned and tender. Repeat with the remaining steak.

Serve over rice. Don't forget to drizzle the drippings from the skillet over the meat.

Serves 4.

*MEP*

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## Roast Entrees

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### Barbecue Brisket

- 1 beef brisket, 4-5 lb., trimmed of excess fat
- 3 cloves garlic
- 4 tablespoons vegetable oil
- 1 tablespoon coarse salt
- 1 1/2 teaspoon dried thyme
- 1 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 recipe Barbecue Sauce

Fill a large stockpot with enough water to immerse the brisket. Heat the water just to a boil and add the brisket. Parboil the brisket for 20 minutes. Remove from the water.

Cut the garlic into slivers. Cut slits all over the brisket and insert the slivers. Rub the brisket all over with the oil. Combine the spices in a small bowl, and then rub all over the brisket. Wrap the brisket tightly in foil.

Prepare the grill for indirect cooking over low heat. If you are using a charcoal grill, add a handful of soaked mesquite chips occasionally during the cooking process.

Cook the brisket until medium, about four hours if you've got the heat low enough. This is one of those times where the longer on the lower heat, the better things turn out.

Remove the meat from the foil and continue to grill for another half hour, basting with BBQ sauce. The surface should get dark brown.

When done grilling, let the brisket rest for 10 minutes, then slice thinly and serve with remaining barbecue sauce.

### Barbecue Sauce

- 2 tablespoon vegetable oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 1/2 cups catsup
- 1/2 cup cider vinegar
- 1/4 cup Worcestershire sauce

- 1/3 cup sugar
- 1 tablespoon chili powder
- 1/2 teaspoon ground cayenne pepper

Heat the oil in a saucepan over medium heat. Add the onion and garlic and cook for about five minutes, stirring. Add the remaining ingredients. Reduce the heat and simmer, partially covered, until the sauce has thickened somewhat, about 30 minutes.

*RGP*

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### Barbecued Chuck Roast

2 inch thick, boned and tied, chuck roast

#### Marinade

- 2 tablespoons salad oil
- 1 teaspoon garlic salt
- 3/4 teaspoon mustard
- 1 teaspoon soy sauce
- 1/2 teaspoon rosemary
- 2 tablespoons wine vinegar
- 4 tablespoons dry white wine
- 2 tablespoons catsup
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 teaspoons A-1 Steak Sauce

Mix oil, garlic salt, mustard, soy sauce, rosemary, vinegar, and white wine thoroughly. Place roast in bowl and marinate for 24 hours in the marinade mixture turning frequently.

Remove roast from marinade. Add catsup, Worcestershire sauce, and A-1 Steak Sauce to marinade. If it is too thick, add a little more oil.

Cook the roast over well started coals for 45 minutes to 1 hour, turning often and basting with the marinade each time the roast is turned. Will look black on the outside and be medium rare on the inside.

Serves 4 to 6.

*MEP*

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## Beef Wellington

- 4 pounds whole beef tenderloin
- 2 tablespoons soft butter
- 2 tablespoons brandy
- salt and pepper to taste
- 1 pound fresh mushrooms
- 2 teaspoons lemon juice
- 4 tablespoons butter
- 1/2 cup finely chopped scallions
- 1/2 cup dry white wine
- 1/2 cup minced parsley
- salt and pepper to taste
- 2 pounds puff pastry
- 1 egg beaten
- 1 tablespoon water

Prebaking Meat. Preheat oven to 425 degrees. Tie heavy string at several points around tenderloin to maintain its shape while baking. Place on rack, fat side down, in a shallow roasting pan. Mix 2 tablespoons soft butter with brandy and spread over top and sides.

Sprinkle with salt and pepper. Bake 20 minutes.

When done, remove meat to another rack to cool. Let stand until barely warm to the touch, about 30 minutes. Remove string and pat dry with a paper towel. Trim away any thick fat.

Mushroom Filling (Duxelles). Finely chop mushrooms and sprinkle immediately with lemon juice to maintain their light color. In a small skillet, melt the remaining 4 tablespoons butter and add mushrooms, scallions, wine, and parsley. Cook, stirring with a wooden spoon, until the onion is tender and all liquid is absorbed. Salt and pepper to taste. Cool.

Assembling Wellington. On a pastry cloth or lightly floured board, roll out pastry into a rectangle about 3/8 inch thick. It should be large enough to encase the meat, at least 12 x 18 inches. Spread the mushroom mixture over the pastry, pressing in firmly. Leave an inch margin on all sides. Place meat, top side down, in middle of pastry. Wrap pastry around meat and seal seams and ends securely, moistening edges with water if necessary. Place on an ungreased baking sheet, seam side down.

Roll out left-over pastry and cut out small designs to suit the occasion. Use them to decorate the top of the Wellington. Wrap the Wellington in plastic wrap and refrigerate until 1 hour before baking.

Final Baking. Let Wellington stand at room temperature 1 hour before baking.

Preheat oven to 400 degrees. Mix beaten egg and water and brush over all of pastry to ensure a high gloss. Bake the Wellington for 30-35 minutes or until pastry is golden brown.

Let stand 15 minutes before placing on a warmed serving platter. Garnish attractively with parsley or watercress.

Carve the Wellington into 3/4 inch slices and accompany it with a gravy boat of Rossini Sauce.

Serves 8 to 10.

This is an absolutely elegant way to serve beef. It takes time, but it is well worth it. I usually buy the puff pastry at the Deli, but on a couple of occasions when I have had plenty of time I made the pastry as well.

I tried this recipe with a boned pork loin, and served Mustard Sauce Balcham with it and it worked very well. You could also serve Mustard Sauce, or Mustard Aspic.

*MEP*

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## Bob's Roast Beef Sandwich

- 1/4 cup sour cream
- 1 1/2 tablespoons prepared horseradish
- 1/2 teaspoon thyme
- dash salt
- dash pepper
- 2 kaiser rolls
- 8 ounces thinly sliced cooked roast beef
- 4 slices of sweet onion, such as Vidalia or 1040
- 2 leaves of lettuce (I like romaine)

Blend the first three ingredients together in a small bowl. Add the salt and pepper and let stand for a few minutes to let the flavors blend.

Spread the dressing on both halves of each roll. Assemble sandwiches with beef, onion, and lettuce.

Serves 2.

*RGP - Bob's Version of a Bon Appetit recipe*

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## Monday Macaroni

- 2 onions, minced
- 2 tablespoons butter
- 1 tablespoon vegetable oil
- 1 cup leftover roast beef or pork, finely chopped
- 1 six ounce can tomato puree
- 2 teaspoons parsley, minced
- bit of bay leaf
- 1 cup cooked vegetables, beans, corn, peas and carrots work well, use one or a combination; our favorite is beans
- 1 cup meat stock
- 8 ounces hot boiled macaroni
- grated Cheddar or Parmesan cheese

Sauté onions in butter and oil. Add meat and cook five minutes. Add tomato puree, parsley and bay leaf. Simmer for 15 minutes. Add vegetables and meat stock. Heat thoroughly.

Pour over macaroni on a hot platter. Sprinkle with grated Cheddar or Parmesan cheese.

Serve immediately.

Serves 4.

An excellent recipe for using leftover roast beef or roast pork.

*MEP*

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## Savory Chuck Roast

- 5 pound chuck roast about 2 inches thick
- meat tenderizer

### Sauce

- 1 onion
- 4 tablespoons cooking oil
- 1 clove garlic, finely chopped

- 1/2 cup celery, finely chopped
- 3/4 cup chile sauce
- 3/4 cup catsup
- 1/2 cup water
- 2 tablespoons Worcestershire sauce
- 2 tablespoons red wine vinegar
- 1 teaspoon horseradish
- 1 teaspoon prepared mustard
- 2 tablespoons lemon juice
- 1/2 teaspoon freshly ground pepper
- 1/2 cup dry red wine

Treat meat with tenderizer. Slice onion finely and break into rings. Put oil in skillet and heat.

Add onion and garlic and sauté until onions are golden brown.

Thoroughly mix all the remaining ingredients except the wine and add to the onion mixture.

Bring to a very slow simmer and simmer for 20 minutes. Add wine, increasing amount if necessary so that the mixture will have a moderately thick consistency and will be just right for apply with a basting brush. Simmer for an additional 10 minutes.

Baste the tenderized roast thoroughly with the sauce. Place roast on grill close to a hot fire and brown on both sides. Then raise grill so the roast will get only moderate heat. Cover the roast with the top of a roasting pan and turning only once cook until as done, basting frequently. Will take 2 hours or more depending on how done you like it and how hot your fire is. Cut into thin slices across the grain.

Serve 6 very hungry people.

Excellent way to feed a group, inexpensively. The sauce will keep for about 2 weeks in the refrigerator.

*MEP*

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## Tenderloin Deluxe

- 3 pounds whole beef tenderloin, trimmed of all fat and tied securely to hold together
- 2 tablespoons softened butter

- 1/4 cup chopped scallions or onions
- 2 tablespoons butter
- 2 tablespoons soy sauce
- 1 teaspoon Dijon wine mustard
- dash ground pepper
- 3/4 cup dry sherry

For best results, the meat should sit at room temperature for 2 - 3 hours before roasting.

Preheat over 400 degrees. Spread the tenderloin with the softened butter. Place on a rack in a shallow roasting pan and bake, uncovered, for 20 minutes.

Meanwhile, sauté the scallions in the remaining butter until tender. Add the soy sauce, mustard, and pepper. Stir in the sherry and heat just until boiling.

When the meat has baked for 20 minutes, pour the sauce over it and bake another 20-25 minutes to serve medium rare. Baste frequently.

Remove from the oven and let sit for 10 minutes, then carve in 1 inch slices, overlapping them attractively on a warm platter lavished with parsley.

Serves 8.

Serve one of these three sauces with your Tenderloin Deluxe - Rossini Sauce, Mushrooms in Wine Sauce, or Sauce Béarnaise.

This is flavorful and very tender and makes an excellent entree.

I tried this recipe with a boned pork loin roast and it worked well, however, if I did it again I would marinate the pork in the sauce for two or three hours before roasting. Be sure to increase your baking time so the pork is done. It took about 2 1/2 hours for a 3 plus pound boned pork roast to bring the temperature to 165 degrees on the meat thermometer. Serve with a mustard type sauce or aspic, such as Mustard Sauce, Mustard Sauce Balchan, or

Mustard Aspic.

*MEP*

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## Other Beef Entrees

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### Boeuf Bourguignon

- 6 ounces lean bacon
- 3 pounds lean stew meat cut into 2 to 3 inch chunks
- 3 cups Burgundy wine
- 2 cups beef bouillon
- 3 cloves of garlic, minced
- 1/2 teaspoon thyme
- 1 tablespoon tomato paste
- 1 bay leaf
- salt
- 1 pound fresh mushrooms
- 1/2 tablespoon cooking oil
- 1 1/2 tablespoons butter
- 1/4 teaspoon salt
- 18-24 small boiling onions
- 1 tablespoon butter
- 1/2 teaspoon salt
- 3 tablespoons softened butter
- 3 tablespoons flour

Cut bacon into 1/4 inch strips. Brown the bacon strips lightly in a frying pan with a little oil, to render out the fat. Remove bacon and place the fat in a large heavy skillet, adding oil if necessary to film pan with a 1/16th inch of fat. Set over moderately high heat. When almost smoking brown the beef on all sides. Do only a few pieces at a time, so as not to crowd.

Placed browned pieces of meat in a Dutch oven.

Pour browning fat out of skillet, and add wine. Simmer gently while scraping the bottom to get all the flavorful bits into the wine. Pour wine over beef. Add the browned bacon bits and enough beef bouillon to cover the meat. Stir in the garlic, thyme and tomato paste. Add the bay leaf and salt to taste. Simmer slowly for 2 1/2 to 3 hours, or until beef is tender when pierced with a fork.

While meat is cooking, trim mushrooms, and brush to clean. Cut into quarters. Heat 1/2 tablespoon of oil and 1 1/2 tablespoons butter in a skillet until butter foams. Add the mushrooms

tossing over high heat for 3 to 4 minutes to brown the mushrooms lightly. Add 1/4 teaspoon salt and toss. Set aside.

Drop the onions into boiling water, bring rapidly back to a boil for several seconds to loosen skins. Drain. Peel carefully so as not to disturb onion layers. Cut a cross in the root ends about 1/4 inch deep. Place in one layer in a heavy saucepan, add 1 tablespoon butter and 1/2 teaspoon salt and enough water to cover halfway. Cover and simmer very slowly for 20-30 minutes or until onions are tender. Remove onions with a slotted spoon and save cooking liquid.

When beef is done, drain the cooking liquid into a saucepan. There should be about 2 1/2 cups, if less add beef bouillon to make 2 1/2 cups. Skim off any fat, bring liquid to a simmer and taste carefully for seasoning. Add salt and pepper if necessary. Make a smooth paste out of the 3 tablespoons of butter and 3 tablespoons of flour. Add several spoonfuls of the cooking liquid and blend with a wire whisk. Slowly add the butter mixture to the cooking liquid, stirring continually.

Pour in the onion liquid. Bring to a simmer, stirring constantly. Add sauce to Dutch oven, where beef has been left. Add the mushrooms and the onions. Cover and simmer slowly for 5 minutes to blend the flavors or until meat and vegetables are heated through. Stir occasionally with a wooden spoon to coat the meat and vegetables with the sauce.

Serves 6 to 8.

For a complete meal all you need is a green salad and some French bread and a good bottle of red wine.

Although this seems complicated it is not and is really an elegant way of making stew that can be used for a dinner party.

*MEP*

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## Bonner's Spaghetti

- 1 package beef franks, cut into bite-sized slices
- 1/2 onion, chopped
- 1/2 head (not clove!) garlic, minced
- 3 tablespoons olive oil
- oregano, sage, thyme, parsley, cayenne, and other spices
- 1 12 ounce can of tomato paste
- 12 ounces inexpensive red wine
- 1 bay leaf
- 2 tablespoons olive oil
- 16 ounces spaghetti

Put the franks, onion, garlic, and olive oil, plus the spices, into a large skillet and cook on medium high until the onion and garlic are translucent and the franks are lightly browned.

Transfer to a large saucepan. Add the tomato paste, wine, and bay leaf and simmer over medium low heat until the alcohol is gone from the sauce. Adjust the seasoning.

We like it painfully spicy, as the amount of garlic and onion attest.

Meanwhile, heat a large pot of water to boiling (the less crowded the spaghetti, the better). Add the oil and spaghetti. Cook the spaghetti according to package instructions. Drain the spaghetti. Remove the bay leaf from the sauce, and combine the sauce and the spaghetti in the large pot.

Serve with garlic bread.

We like to use bagels, grilled with herbed garlic butter. This recipe makes a lot, so invite all of your friends over. Otherwise, you may not see them for awhile...

*RGP*

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## Carbonnade Flamande

- 2 cups water
- 2 ounces bacon or salt pork, cut into 1/4 inch cubes
- 2 garlic cloves, halved

- 4 pounds lean beef stew meat, cut into 1 1/2 inch cubes
- 1 tablespoon all purpose flour
- 1/4 teaspoon freshly ground pepper
- 2 12 ounce bottles dark beer
- 1/4 cup red wine vinegar
- 3 tablespoons Dijon mustard
- 3 bay leaves
- 1/2 teaspoon dried thyme, crumbled
- 2 tablespoons unsalted butter
- 4 large onions, sliced into 1/4 inch thick rings
- 8 medium carrots, cut into 1/2 inch cubes

#### Potatoes Mont-Dore

- 1/2 cup unsalted butter, melted

Bring water to boil with bacon in medium saucepan over medium-high heat. Reduce heat and simmer 5 minutes. Drain and rinse bacon under cold water and pat dry. Transfer bacon to deep, heavy Dutch oven.

Heat oil in heavy large skillet over medium heat. Add garlic and cook until golden brown, stirring occasionally. Discard garlic. Pat beef dry. Add beef to skillet in batches and brown well on all sides. Remove from skillet using slotted spoon and add to bacon. Return beef with bacon to skillet. Sprinkle with flour and stir to blend. Season with pepper. Cook 3 minutes, stirring occasionally. Return mixture to Dutch oven using slotted spoon.

Degrease skillet. Place over medium-high heat, add beer and stir to scrap up any browned bits. Blend in vinegar, mustard, bay leaves, and thyme. Pour beer over meat mixture. Melt butter in same skillet over medium-high heat. Add onions and sauté until gold brown, about

7 minutes. Mix onions into meat. Bring stew to simmer. Reduce heat to low, cover and cook until meat is tender, about 1 1/4 to 1 1/2 hours. During last 30 minutes add carrots.

The liquid should come just below the meat and vegetables. If stew has too little liquid, add more water or beef stock. If stew has too much liquid, remove beef and vegetables using a slotted

spoon. Cook liquid uncovered until reduced to desired quantity.

Just before serving, preheat broiler. Transfer stew to broiler proof serving dish. Taste and adjust seasoning. Spoon hot Potatoes Mont-Dore into a large pastry bag fitted with a large star tip. Pipe potatoes around rim of stew and drizzle with melted butter. If you don't have a pastry bag, you can use waxed paper to create a funnel. Broil until lightly browned and serve.

Serves 8.

This is a classic Belgian stew that used dark beer to braise the meat. The whipped potatoes give a dramatic flair to this dish. The last time I made this was for some friends who are interested in microbrews. I served the Oregon microbeer, Oregon Gold, with this dish.

*MEP*

## **Veal Entrees**

### **Breaded Veal with Lemon and Caper Garnish**

#### Escalopes de Veau Viennoise

- 4 veal scallopini, about 1/4th pound each
- salt and freshly ground pepper
- 2 eggs, lightly beaten
- 3 tablespoons water
- flour for dredging
- 1 cup fresh bread crumbs
- 1 hard boiled egg
- 1/4 cup finely chopped parsley
- 4 thin slices lemon, seeded
- 4 flat fillets of anchovies
- 1/4 cup drained capers
- 1/4-1/2 cup cooking oil
- 6 tablespoons butter

Place the scallopini, one at a time, between sheets of plastic wrap and pound then with a flat mallet until quite thin. Sprinkle the meat on all sides with salt and pepper.

Beat the eggs with the water and season with salt and pepper. Put the egg mixture on a large

flat plate. Put the flour on another plate and the bread crumbs on another.

Coat the scallopini on both sides with the flour. Dip the slices, one at a time, in the egg until well coated, and then in the bread crumbs until uniformly coated. As the slices are prepared set them aside. Tap each slice lightly with a flat spatula to help the crumbs adhere.

Before cooking the meat, prepare the garnishes. Slice the egg in half. Chop the white and put the yolk through a fine sieve. Set aside in separate batches. Have the chopped parsley ready. Arrange the lemon slices on a plate. Shape each anchovy fillet into a round band and arrange one band on each lemon slice. Fill each anchovy band with capers.

Heat the oil in a large skillet that will hold the scallopini in one layer. Cook the meat until nicely browned on one side. Turn and cook on the other side until browned.

Arrange the slices on each of four hot plates. Heat the butter in a skillet, swirling it around until it foams up and becomes hazelnut brown. Do not burn the butter. When the foam subsides, pour equal portions over each meat slice.

Garnish each slice with a slice of lemon topped with anchovy and capers. Garnish the ends of each slice with neat spoonfuls of chopped egg white, chopped egg yolk, more capers and chopped parsley.

Serves 4.

This is a marvelous dish, although it takes a little time.

*MEP -60 Minute Gourmet*

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### **Schweizerschnitzel**

- 4 thin slices boiled ham
- 4 slices Swiss cheese
- 4 veal cutlets
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon allspice

- 1 egg beaten with 1 tablespoon flour
- 1/2 cup dry bread crumbs
- 2 tablespoons shortening
- 1/2 cup dry white wine

Place 1 slice of boiled ham and 1 slice of Swiss cheese on each cutlet. Roll up carefully, beginning at the narrow end and tucking in the sides, like a jelly roll. Secure rolls with wooden picks.

Mix flour, salt, pepper, and allspice. Dust cutlets with seasoned flour. Dip floured cutlet rolls into beaten egg and then coat with bread crumbs. Place in refrigerator until cold.

Brown veal rolls in hot shortening. Pour white wine over rolls, cover and simmer for 55 minutes. Uncover and simmer 5 more minutes to allow coating to crisp up.

Serve on a hot plate. Pour liquid and melted cheese from skillet over meat.

Serves 2 to 4.

*MEP*

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### **Veal Chops Orloff**

#### *Cotes de Veau Orloff*

- 4 veal chops
- salt and freshly ground pepper
- 1/2 pound fresh mushrooms, finely chopped
- 6 tablespoons butter
- 1/4 cup finely chopped onion
- juice of half a lemon
- 3 tablespoons flour
- 1 cup milk
- 1/2 cup heavy (whipping) cream
- 2 tablespoons grated Gruyere or Swiss cheese
- 1/3 cup dry white wine
- 1/3 cup water
- 1 egg yolk, lightly beaten

Preheat the oven to 400 degrees. Sprinkle the chops with salt and pepper to taste and set aside.

Melt 2 tablespoons of the butter in a small skillet. Add the onion and cook, stirring, until

wilted. Add the mushrooms and sprinkle with lemon juice. Cook, stirring, until the mushrooms become fairly dry. Add salt and pepper to taste. Stir and set aside.

Melt 2 tablespoons of butter in a saucepan and add the flour. Cook, stirring briefly, without browning. Add the milk, stirring rapidly with a whisk. When blended and smooth, add the cream, stirring. Add salt and pepper to taste. Remove from the heat and add the cheese.

Stir to blend and set aside.

Melt the remaining 2 tablespoons of butter in a large, heavy skillet. Add the chops and cook

6 minutes on one side or until nicely browned. Turn and cook about 6 minutes on the other side until well browned.

Page 1 of 2 Pages

Veal Chops Orloff (Continued)

Cotes de Veau Orloff

Transfer the chops to a baking dish. Spoon equal portions of the mushroom mixture over each chop. Smooth it over. Pour off the fat from the skillet in which the chops cooked. Add the wine and water, stirring to dissolve the brown particles that cling to the bottom and sides of the skillet. Pour the pan sauce into a small saucepan and set aside.

Add the beaten egg yolk to the cheese sauce and stir to blend. Spoon equal portions of the sauce over each chop.

Place the chops in the oven and bake 15 minutes. Run the dish briefly under the broiler until it is nicely browned. Reheat the pan sauce and serve it spooned around each serving.

Serves 4.

Orloff means a dish served with three sauces, one cheese, one mushroom and one onion.

This takes some doing, but it is well worth the effort. The taste is excellent.

*MEP - 60 Minute Gourmet*

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## Veal Chops with Mushrooms in Cream Sauce

*Cotes de Veau Belle des Bois*

- 2 cups mushrooms, cut in fourths
- 4 veal chops
- salt and freshly ground pepper
- 1/4 cup flour
- 4 tablespoons butter
- 2 tablespoons finely chopped shallots
- 1/2 cup dry white wine
- 1/2 cup heavy cream (whipping)
- 1/2 cup dry Madeira

Sprinkle the chops on both sides with salt and pepper to taste. Dredge the chops on both sides in flour and shake off any excess.

Melt 3 tablespoons butter in a heavy skillet and add the chops. Cook about 4 or 5 minutes or until chops are nicely browned on one side. Turn and cook on the second side 8 to 10 minutes. Transfer chops to a warm platter.

Melt the remaining tablespoon of butter in a saucepan and add the shallots and cook briefly.

Add the mushrooms and the dry white wine. Cook down by half and add the cream. Cook about 1 minute. Add salt and pepper to taste.

Meanwhile pour off the fat from the skillet in which the chops were cooked. Add the Madeira and cook down until almost totally reduced. Add the mushrooms in cream sauce and blend.

Serve the sauce spooned over the chops.

Serves 4.

The original recipe called for morels which are a wild mushroom, but I have never been able to find any so I have settled for the hot house variety.

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## Veal Chops with Parmesan Cheese in White Wine

*Cotes de Veau Foyot*

- 4 veal chops

- salt and freshly ground pepper to taste
- 6 tablespoons butter at room temperature
- 1/2 cup fresh bread crumbs
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons finely chopped shallots
- 1/4 cup dry white wine

Preheat oven to 400 degrees. Sprinkle chops on both sides with salt and pepper.

Heat 2 tablespoons of butter in a heavy skillet and add the chops. Cook over high heat until golden brown on one side, about 2 minutes. Turn the chops and cook 2 minutes longer or until golden brown on the other side. Transfer the chops to a platter and keep warm.

Meanwhile, blend the bread crumbs, cheese and remaining 4 tablespoons of butter with your hands, until thoroughly worked together and blended. Divide the mixture into four portions of equal size.

Sprinkle the shallots over the bottom of the skillet in which the chops cooked. Return the chops to the skillet.

Work the bread crumb mixture into flat sheets to fit the top of each chop. Place the tops on the chops. Pour the wine around the chops. Place, uncovered, in the oven and bake about 10 minutes until tops are appetizingly brown. Place a layer of foil on top, letting it rest loosely over the veal. Return to the oven and continue baking about 20 minutes.

When ready to serve, do not spoon the sauce over the veal, but spoon it around the veal.

Serves 4.

I have used veal cutlets rather than the chops with equally good results but reduced the final baking time.

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### **Veal Cutlets with Cheese and Ham**

- 4 boneless veal cutlets
- 1 egg
- salt and freshly ground pepper

- 1 teaspoon cooking oil
- 1 cup fine fresh bread crumbs
- 1/4 cup flour
- 3 tablespoons butter
- 4 thin slices of boiled ham, preferably prosciutto
- 4 thin slices of Fontina cheese, can use Swiss or Gruyere

Preheat oven to 400 degrees. Place each veal cutlet between sheets of plastic wrap and pound lightly with a flat mallet.

Combine the egg, salt, pepper to taste and oil in a flat dish. Beat well to blend.

Put bread cubes in food processor and run until very fine. Put bread crumbs in a flat dish.

Put flour in another flat dish.

Dip each veal cutlet first in flour, then in egg, and finally in the bread crumbs. Pat lightly with flat side of a heavy kitchen knife to make the crumbs adhere.

Melt the butter in a heavy skillet and just as it starts to turn brown add the veal cutlets. Cook about 4 minutes or until the pieces are nicely browned on one side. Turn and cook about 4 or 5 minutes until golden brown on the other side.

Arrange the veal cutlets in a baking dish. Cover each piece with a slice of ham. Top the ham with a slice of cheese. Bake at 400 degrees for 10 minutes.

Serves 2 to 4.

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### **Veal Elizabetta**

- 4 tablespoons butter
- 4 tablespoons olive oil
- flour
- 12 thin slices veal scallopini
- 2 cloves garlic, minced
- 4 anchovy fillets
- 2 dozen pitted Italian olives
- 4 whole, peeled, canned tomatoes

- 4 leaves fresh basil or 1 teaspoon dried basil
- 1 sprig parsley, chopped  
salt and pepper to taste
- 2 tablespoons capers
- 1/2 cup Cabernet Sauvignon

Heat butter and oil in large, heavy skillet. Pass veal through flour and shake off excess.

Sauté meat for 1 minutes on each side. Set aside.

Sauté garlic, anchovies and olives for 1-2 minutes, mashing anchovies with fork. Add tomatoes, basil and parsley and heat to boiling, breaking up tomatoes with a fork. Reduce heat. Add salt, pepper, capers, wine and meat and simmer on heat for 5 minutes.

Serves 4.

This is a quick and simple veal recipe that came from Sebastiani Vineyards.

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### **Veal Scaloppine with Tomatoes and Olives**

- 8 slices veal scaloppine, about 1 1/4 pounds  
salt and pepper
- 1 egg
- 1 tablespoon water
- 1/4 cup flour
- 2 tablespoons vegetable oil
- 7 tablespoons butter
- 1 cup sweet red or green peppers cut into thin julienne strips
- 24 small stuffed green olives
- 2 teaspoons finely minced garlic
- 1/2 cup chopped onion
- 1/2 cup drained canned tomatoes
- 1 teaspoon dried oregano
- 2 tablespoons red wine vinegar
- 3 tablespoons chopped fresh parsley

Pound each piece of meat lightly between 2 sheets of plastic wrap with a flat mallet.

Sprinkle the meat on both sides with salt and pepper.

Beat the egg with the water in a shallow dish. Coat the scaloppine on both sides with flour.

Then dip in the egg mixture until well coated on both sides.

Heat the oil and 1 tablespoon of the butter in a large skillet. Add the pieces of veal and cook over high heat about 1 minute. Turn and cook on the other side for 1 minute. As the pieces are cooked, transfer them to a warm platter and keep hot.

Wipe out the skillet. Add the remaining butter to the clean skillet. When the butter has melted add the pepper strips, olive, garlic, and onion. Add salt and pepper to taste. Cook, tossing and stirring, until the peppers are crisp tender. Add the tomatoes and cook about 1 minute. Add the oregano and vinegar and stir well. Cook over high heat about 30 seconds.

Pour tomato pepper mixture over veal and sprinkle with parsley.

Serves 4.

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### **Veal with Mushrooms in Cream**

#### *Escalopes de Veau a la Creme*

- 1 1/2 pounds veal cut into eight thin slices
- 3 tablespoons butter
- 1 tablespoon finely chopped shallots
- 1/2 pound mushrooms, thinly sliced, about three cups  
salt and freshly ground pepper to taste
- 2 tablespoons dry white wine
- 1 cup heavy (whipping) cream
- 8 thin slices prosciutto or boiled ham
- 8 thin slices Fontina, Gruyere or Swiss cheese

Pound the veal lightly with a flat mallet to make it thinner. Set aside.

Melt 2 tablespoons of butter in a saucepan and add the shallots. Cook briefly and add the

mushrooms, salt and pepper to taste. Sprinkle with wine and cook about 10 seconds. Add the cream. Cook down over high heat until cream has a sauce-like consistency, about 3 minutes. Set aside.

Heat the remaining 1 tablespoon butter in a heavy skillet and add the veal. Cook to brown light on one side, about 2 minutes. Turn and cook to brown the other side, about 2 minutes.

Transfer the veal to a platter. Cover each slice of veal with slice of ham. It should be trimmed to fit the veal nicely or doubled over.

Spoon equal portions of creamed mushrooms on the ham. Arrange one piece of cheese on each serving. Run briefly under the broiler just until the cheese melts. Serve immediately.

Serves 6 – 8.

To reduce the calories, you can whip a tablespoon of flour into a generous half cup of milk instead of using the cream.

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