

BEEF & PORK

BARBEQUE TRI-TIP ROAST

Mark Rich*

Pierce tri-tip roast with a meat-fork and marinate 1–2 days in “Kraft Just 2 Good” Italian salad dressing. Sprinkle generously with Tonie’s “Porterhouse Rub”. Grill, turning occasionally until desired internal temperature is reached.

CHICKEN-FRIED CUBED STEAKS & GRAVY

Grandma Deon

flour seasoned with salt & pepper
cubed steaks, cut in half

oil & butter
milk

Dredge steaks in flour until well coated. Fry until golden brown. Add enough leftover seasoned flour to oil & drippings to make a roux. Add enough milk and simmer to bring to a gravy consistency. Serve with salad, corn, and steamed or mashed potatoes. (Try adding some garlic powder and/or ranch seasoning mix to flour for dredging. — Sherrie)

CORNISH PASTIES

Cornwall Traditional

(Passed down through over 6 generations of Sharon Rich’s “Harris” Ancestors from Cornwall, England.)

8 pie crusts
2 lb. boneless round steak, london broil, chuck roast, or tri-tip (trimmed of fat and cut into strips about 1/2" x 1/2" x 2".)
8 med. potatoes, peeled and angle-cut into salted water
2 onions, each half quartered and sliced thin
butter
salt and pepper

MARINADE (opt. — Sherrie):
2 Tbsp. “BTB” beef soup base dissolved in 1 c. water
1 onion, each half quartered and sliced thin
4 cloves garlic, crushed

[Makes 8 pasties; serve with cream style corn and salad.]

Marinate beef in soup base, water, onions, and garlic overnight (opt.). Divide all ingredients into eight equal portions. On cookie sheets, assemble pasties in this order; pie crust, potatoes, salt & pepper, onions, meat, salt & pepper, butter. Moisten 1" edge of dough, then pinch & twist crust closed over the top, sealing well. Bake at 350° for 1 hour, or until pastry is perfectly golden brown.

FINGER STEAK

Sherrie Apperson

Serves 6 with steamed or mashed potatoes, corn & salad.

FINGER STEAK:

1 1/2 lb. boneless chuck, tri-tip, rib-eye, <u>or</u> round steak (trimmed of fat and cut into strips about 1/2" x 1/2" x 4".)	1 + 1/2 tsp. onion powder 1 tsp. garlic powder 1 tsp. seasoned salt 2 Tbsp. oil + 2 Tbsp. butter
3/4 c. flour	

Shake flour & spices together in medium zip-loc bag. Add steak strips, and as you close the bag, press out most of the air. Dredge the steak strips in the flour mixture until well coated. Shake off excess flour. Lay 1/2 of the steak strips in the medium-hot oil and let cook until meat juices collect on top of meat (about 3–4 minutes). Turn over to opposite side with tongs and cook an additional 2–3 minutes. Check that steak strips are nicely browned on both sides, and cut one to make sure they are fully cooked inside. Add 1–2 Tbsp. oil or butter and cook remaining steak strips. Set aside in warm oven.

GRAVY: remaining flour mixture + 1/2 c. flour ~ 1 + 1/2 c. water ~ 2 c. milk

In a 4 c. measuring c. or bowl, whisk remaining flour mixture, flour and water together until smooth, then whisk in milk to make gravy mixture. Scrape up pan drippings to keep them from burning. Stir constantly while pouring in gravy mixture. Bring to a simmer and salt to taste.

FRENCH CLAY-POT ROAST

Karen Kerrigan

<u>MARINADE:</u> 2 c. beef broth 1 onion, thin wedges 4 cloves garlic, sliced 1/2 tsp. nutmeg	<u>BOUQUET GARNI:</u> (tied up in cheesecloth) 2 bay leaves, crumpled 2 Tbsp. whole allspice 2 tsp. peppercorns	4-5 lb. boneless london broil <u>or</u> chuck roast 6 medium potatoes 3 carrots 1 onion
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Simmer bouquet garni in beef broth for 2 minutes, cool. Stir in onion, garlic, and nutmeg. Pour over roast in ziploc bag and marinate in refrigerator overnight. Soak clay pot in cool water for 30 minutes. Put roast in clay pot with 1 c. marinade and top with as much onion and garlic you can remove from the bag; throw away bouquet garni; keep the rest of the marinade in the refrigerator and use in gravy (boiled well). Place the covered pot in a cold oven, then set temp. to 400° & cook 3 hours. Carefully remove lid to avoid steam; add cubed vegetables, cover again, and cook for about 1 hour longer. Pour off drippings for gravy. (Could also be cooked in a pressure cooker, baking bag, dutch oven, or regular roasting pan.)

GREEN PEPPER STEAK

Sharon Rich

1 + 1/2 lbs. round steak	flour <u>or</u> cornstarch
1/2 c. flour	2 Tbsp. sugar
salt and pepper to taste	2 Tbsp. soy sauce
1 quart water	1 green pepper
1 pkg. dry onion soup mix	2 tomatoes, peeled

Cut steak into thin strips about 1 1/2" long. Dredge in flour mixed with salt and pepper. Brown in oil. Cover with water, stir in onion soup mix, and simmer till tender. Cut green pepper into thin slices about 1 1/2" long and tomatoes into wedges and add to meat for about 10 minutes. Add sugar and soy sauce, then thicken with flour or cornstarch. Serve hot over rice.

HAMBURGER GRAVY ON POTATOES

Sharon Rich

GRAVY:

1 lb. ground beef
or 1 lb. ground turkey + 1 Tbsp. "BTB" beef soup base
salt to taste

— Brown in frying pan until completely cooked, salt to taste and drain off fat. (If using ground turkey, add beef soup base just before completely cooked, stirring in well.)

4 c. milk
1 c. flour mixed with 2 c. water until smooth
salt & pepper to taste
— Add milk, then flour mixture to hot meat. Simmer and stir until thickened.
Serve over steamed potatoes with green beans & salad

HAMBURGER STROGANOFF

Sherrie Apperson

16 oz. wide curly egg noodles	2 cans mushroom soup
1 lb. ground beef or turkey	1 c. sour cream
1 Tbsp. " <u>BTB</u> " beef soup base	1/2 c. milk
1 lb. mushrooms, sliced	1 tsp. onion powder
1 large onion, dice long & thin	salt to taste

Cook noodles & drain. Brown meat, "BTB", mushrooms and onions; drain. Stir in all remaining ingredients and heat through. Serve over noodles with peas or green beans and salad.

HONEY-GLAZED HAM

Todd Wilbur; TopSecretRecipes.com

1 fully cooked shank half	1/4 tsp. ground cinnamon	1/4 tsp. paprika
ham, bone in (pre-sliced)	1/4 tsp. ground nutmeg	dash ground ginger
1 c. sugar	1/4 tsp. ground clove	dash ground allspice

TSR has discovered that the tender hams are delivered to each of the 300 Honey-Baked outlets already smoked, but without the glaze. It is only when the ham gets to your local Honey-Baked store that a special machine thin-slices the tender meat in a spiral fashion around the bone. One at a time, each ham is then coated with the glaze - a blend that is similar to what might be used to make pumpkin pie. This sweet coating is then caramelized with a blowtorch by hand until the glaze bubbles and melts, turning golden brown. If needed, more of the coating is added, and the blowtorch is fired up until the glaze is just right. It's this careful process that turns the same size ham that costs 20 dollars in a supermarket into one that customers gladly shell out 3 to 4 times as much to share during the holiday season.

For this clone recipe, we will re-create the glaze that you can apply to a smoked/cooked bone-in ham of your choice. Look for a ham that is pre-sliced. Otherwise you'll have to slice it yourself with a sharp knife, then the glaze will be applied. To get the coating just right you must use a blowtorch. Get the kind that are used for crême brulee from almost any kitchen supply store. They're usually pretty cheap. And don't worry - I didn't leave out an ingredient. No honey is necessary to re-create this favorite holiday glaze. Happy Holidays!!

If you couldn't find a pre-sliced ham, the first thing you must do is slice it. Use a very sharp knife to cut the ham into very thin slices around the bone. Do not cut all the way down to the bone or the meat may not hold together properly as it is being glazed. You want the slices to be quite thin, but not so thin that they fall apart or off the bone. You may wish to turn the ham onto its flat end and cut around it starting at the bottom. You can then spin the ham as you slice around and work your way up.

Mix the remaining ingredients together in a small bowl. Lay down a couple sheets of wax paper onto a flat surface such as your kitchen counter. Pour the sugar mixture onto wax paper and spread it around evenly. Pick up the ham and roll it over the sugar mixture so that it is well coated. Do not coat the flat end of the ham, just the outer, pre-sliced surface.

Turn the ham onto its flat end on the plate. Use a blowtorch with a medium-size flame to caramelize the sugar. Wave the torch over the sugar with rapid movement, so that the sugar bubbles and browns, but does not burn. Spin the plate so you can torch the entire surface of the ham. Repeat the coating and caramelizing process until the ham has been well glazed (don't expect to use all of the sugar mixture). Serve the ham cold or reheated

MEATLOAF

(one of everything!)

Sherrie Apperson

Serves 6 with garlic mashed potatoes, corn, and salad.

1 lb. lean ground beef <u>or</u> turkey	1 slice bread (opt.)
1 onion	(<u>or</u> 1/2 c. cracker crumbs)
1 Tbsp. minced garlic (about 4 cloves)	1 egg
1 large carrot	1 can tomato sauce
1-2 large stalks celery	1 tsp. salt, onion powder, garlic powder
1 green and/or red bell pepper	ketchup

Put meat into large mixing bowl. Cut vegetables into approximately 1" pieces; place onion, garlic and carrot in a food processor and chop until they are in medium size pieces; add celery and bell pepper and chop all until fine; scrape into mixing bowl. Put slice of bread into food processor and chop until fine; add to meat and vegetables. Add egg, tomato sauce, salt, and mix all together thoroughly (with hands is best!). Scoop into 9x9 baking pan or cast iron skillet, smooth top, and drizzle with ketchup. Bake at 350° for 1 hour.

OVER MEDICATED TRI-TIP ROAST RUB

Ron Jones*

pour lemon pepper to cover tri-tip
pour granulated garlic to cover lemon pepper
pour onion powder to cover granulated garlic
sprinkle Lawry's seasoned salt generously over onion powder

Trim all visible fat from tri-tip roast. Massage seasonings into tri-tip with fingertips. Turn tri-tip over and repeat. Bbq on medium to low for 20-30 minutes on each side (until burnt). Slice and eat.

PORK CHOPS & SAUERKRAUT

Sherrie Apperson

6 boneless, center cut pork chops, about 1" thick, cut in half	1/2 tsp. seasoned salt
1/2 c. flour	oil
1 tsp. onion powder	2 (16 oz.) cans sauerkraut
1/2 tsp. garlic powder	1 onion, quartered and sliced very thin (opt.)

Mix flour and seasonings in medium ziploc bag; dredge pork chops in flour mixture, pressing firmly. Brown 6 chops at a time in skillet until golden to dark brown. In an oven baking bag, shake 1-2 Tbsp. leftover flour mixture and place in 9x13 baking pan. Place 1 + 1/2 cans sauerkraut and onion in bottom of bag, arrange pork chops on top, and arrange last 1/2 can of sauerkraut on top. Close bag, make slits in bag with knife, and bake at 325° for 1 hour.

PRESSURE COOKER: Pour 1 c. of water in bottom of pan and insert raised cooking rack. Put one can of sauerkraut & half of onions on cooking rack, place pork chops on top of sauerkraut, then add second can of sauerkraut and rest of onion. Cook at pressure for 15-20 minutes. At same time, bake potatoes in microwave and have cream style corn ready to go into microwave while pressure is dropping. Serves 6-8 with baked potatoes, steamed broccoli, and salad.

POT ROAST — CROCK-POT

Deborah Otteson

Use a cross rib roast (this kind of roast is expensive so I tried the one the butcher recommended and it turned out just fine.)

Brown in oil on both sides.

Put meat in to the crock pot.

Mix in bowl:

1 onion chopped
1 can of cream of mushroom soup
1/2 c. water
1/4 c. sugar
1/4 c. vinegar (any clear vinegar would work)
2 tsp. salt
1 tsp. prepared mustard
1 tsp. Worcestershire sauce

Cook in crock pot on LOW for 12-16 hours or HIGH for 6-8 hours.

PDG's

Kathleen Harrell*

1 lb. ground beef
1 lb. bulk pork sausage
salt & pepper to taste

2 onions, sliced thin
cheese, shredded
bread dough for one loaf

Prepare your favorite bread or roll dough about 1 hour ahead of time, let rise. Brown ground beef and sausage together, seasoning with salt & pepper, drain. In a separate pan, sauté sliced onions in butter or olive oil until translucent and soft. Roll out 1/4 dough into rectangle. Generously layer cheese, onions, and meat mixture on center of dough. Wrap edges of dough together and seal, pressing firmly to eliminate air pockets. Bake at 350° for 30 minutes, or until dough is lightly golden brown. Cut in half on a diagonal to serve.

ROAST BEEF & GRAVY

Sherrie Apperson

4–5 lbs. boneless tri-tip, chuck, brisket, or rump roast
6–10 cloves garlic, quartered and slipped into roast
1 onion, each half quartered and sliced thin
2 Tbsp. “BTB” beef soup base dissolved in 1/2 c. tap-hot water
garlic powder to taste
1 Tbsp. flour

In an oven baking bag, shake flour, then place bag into a 9x13 baking pan. Put 3/4 onion and leftover garlic in bottom of bag, place roast (fatty side up), on onions. Spread remaining onions on top of roast. Mix desired amount of garlic powder into soup base and water, then pour over roast. Close bag, make slits with knife, and bake at 325° for 3–3 1/2 hours.

GRAVY: Remove roast from baking bag and pour juices with onions into saucepan. Remove as much fat as possible. Bring to a boil and add enough cornstarch dissolved in cold water to thicken. Add more soup base and water if needed.

STANDING RIB ROAST: Insert garlic, then rub roast with salt, garlic powder, and thyme leaves. Bake at 450° for 30 minutes, then reduce to 350° for about 15 minutes per pound. Take out when interior temperature is about 160° (medium-well). Serve with Yorkshire Pudding and Brussels Sprouts, steamed then sautéed in butter until lightly browned.

ROAST PORK & GRAVY

Karen Kerrigan

4–5 lbs. boneless pork loin roast
1 onion

1–2 Tbsp. Schilling Salad Herbs
1/2 c. water

In an oven baking bag, shake flour, then place into 9x13 baking pan. Put 3/4 onion in bottom of bag, place roast, fatty side up, on onions. Sprinkle salad herbs and spread remaining onions on top of roast, and pour water in bottom of bag. Close bag, make slits with knife, and bake at 325° for 3–4 hours.

GRAVY:

Remove roast from baking bag and pour juices with onions into saucepan. Remove as much fat as possible, add water if needed. Add salad herbs and salt to taste. Bring to a boil and add enough cornstarch dissolved in cold water to thicken.

SHREDDED BEEF or PORK – Pressure Cooker Method

(Use in tacos, taquitos, enchiladas, bbq,)

BEEF: Put 3 c. of water in pressure cooker; add 1 + 1/2 Tbsp. “BTB” beef soup base, 1 onion, thinly sliced and cut into 1/2" lengths, and 1 Tbsp. crushed garlic; bring to a simmer. Add 3-5 lbs. beef, trimmed of fat and cut into strips about 1/2" to 3/4" square across the grain, and any length. Lock lid onto pressure cooker and bring pressure up until gauge is gently rocking. Cook for 15 minutes. Let pressure drop, remove beef from broth, let cool until just warm, then break apart into shreds with a fork or place in a zippered bag and gently knead until broken apart.

PORK: Same as beef, but use pork or chicken flavored “Better Than Bouillon”.

SLOPPY JOES

Sharon Rich

1–3 lb. ground beef or turkey	1/2 c. ketchup
1 small onion, diced	1 Tbsp. mustard
1/2 green pepper, diced	1 tsp. onion powder
1 stalk celery, diced	1/2 tsp. garlic powder
1 can tomato soup	dash of worcestershire sauce
1 can cream of mushroom soup	salt and pepper to taste

Brown meat, onion, green pepper and celery; drain fat. Add remaining ingredients to the meat, heat on medium-low temperature until hot, stirring occasionally. Serve on a bun, on toast, or over rice with shredded cheese, diced onions, and sliced pickles. (Less meat=sauicier=better over toast or rice; more meat=less sauce=better on a bun.)

“SHEET SAUCE” ON RICE: Skip the meat, onion, pepper and celery; just heat the sauce ingredients together (ketchup optional). Serve over rice with shredded cheese and diced onion. Best served with green beans and salad. (Named by Christi because it’s color matches an old set of sheets we had.)
—Sherrie

STROGANOFF

Good with broccoli & salad. Grandpa Freddie

1 lb. boneless round steak, trimmed of fat and cut into strips 1/4"x1/4"x1 1/2"	1 pkg. onion soup mix <u>or</u>
1/2 c. flour	3 Tbsp. “BTB” beef soup base
1 tsp. onion powder	2 lbs. mushrooms, sliced
1/2 tsp. garlic powder	2 Tbsp. butter
2 Tbsp. butter + 2 Tbsp. oil	1/4 c. cornstarch dissolved in 1 c. cold water
2 onions, each half quartered, sliced thin	2 pints low-fat sour cream
4–6 c. water	1–2 lbs. egg noodles, cooked

Mix flour, onion powder and garlic powder in ziploc bag; dredge meat pressing firmly. Melt butter in skillet; shake off excess flour and sauté meat strips in butter until browned (add oil if needed). Put meat and 1/2 of one onion into large pot with soup mix (or soup base) and just enough water to cover; bring to a boil, reduce heat, and simmer for 1 hour, adding water to keep covered if necessary (or use pressure cooker for 15 minutes). In skillet, sauté remaining onions in butter left from meat; set aside. Add remaining butter to skillet and sauté mushrooms until cooked. When meat is tender, add cornstarch and water and continue to simmer until thickened. Add onions and mushrooms to meat and simmer for 1 minute; remove from heat. Stir in sour cream, salt if necessary. Serve immediately over warm noodles. Serves 6–10.

STUFFED GREEN PEPPERS

Sharon Rich

4–6 square-bottomed green peppers
1 pound ground beef
1 onion, diced
1 c. cooked rice
1 can cream-style corn
2–3 tsp. chili powder

Cut tops off green peppers, trim & dice usable pepper off stem and add to ground beef. Brown ground beef, onion and pepper pieces, drain, then stir in rice, corn and chili powder and heat through. In the mean time, steam the green peppers for about 8 minutes and drain any excess liquid from inside. Stand them up in a glass serving dish and fill with ground beef mixture. Serve immediately or keep warm in the oven.

SWEDISH CABBAGE ROLLS

LaRaine Holman

1 egg	1 lb. ground beef
2 tsp. salt	3/4 c. cooked rice
1/4 tsp. pepper	6 large cabbage leaves
1 tsp. Worcestershire sauce	1 c. tomato soup
1/4 c. onion, diced fine	1 Tbsp. brown sugar
2/3 c. milk	

Combine first six ingredients, mix well. Add meat and rice and mix together. Steam cabbage leaves about 3 minutes, or until limp. Drain and slit heavy vein of leaf about 2 + 1/2 inches. Place 1/2 c. meat mixture on each leaf. Fold in sides and roll ends over meat. Place rolls in ungreased baking dish. Blend soup and brown sugar, pour over cabbage rolls. Bake at 350° for 1 hour.

SWEDISH MEATBALLS

Sherrie Apperson

1 lb. frozen cooked meatballs	1 Tbsp. parsley flakes
2 cans. mushroom soup	1 tsp. onion powder
1 c. light sour cream	1 tsp. seasoned salt
1/2 c. milk	rice <u>or</u> noodles

Heat meatballs in microwave or skillet with a little water. Stir in soup, sour cream, milk, and seasonings. Simmer until heated through. Serve over cooked rice or noodles.

SCANDINAVIAN MEATBALLS

Sherrie Apperson

2 env. Lipton onion-mushroom soup mix	1 c. water
1 + 1/2 lbs. ground beef	1/4 tsp. ground allspice
1 c. soft bread crumbs (2 slices)	1 c. sour cream
1/3 c. milk	1 Tbsp. flour
1 egg	rice <u>or</u> noodles

Combine 1 env. Soup mix, ground beef, bread crumbs, milk, and egg in a large bowl; mix well; shape into 24 meatballs. Brown meatballs in large skillet. Pour off fat. Blend remaining env. soup mix with water and allspice and add to browned meatballs. Simmer, covered, 20 minutes. Blend sour cream with flour; stir into skillet; heat through, but do not allow to boil. Serve over cooked rice or noodles.

SWISS STEAK

Sharon Rich

6 cube steaks	1/2 can cond. tomato soup
1/4 c. flour	1 can beef broth
1 Tbsp. paprika	1/2 pkg. dry onion soup mix
1 pint canned tomatoes	1 medium onion, sliced

Stir flour and paprika together, dredge steaks in it. Brown steaks in hot oil. Place steaks in baking dish. Mix all other ingredients together and pour over steaks. Cover and bake at 300° for 1 hour or until tender.

PRESSURE COOKER: Combine all ingredients in pressure cooker. Cook for 15–20 minutes or in oven baking bag according to directions.

CROCK POT: Combine all ingredients in crock pot. Cook on low for 7–9 hours.

TERIYAKI STEAK

Kevin Casey*

1 small jar Kikoman teriyaki sauce	6 cloves garlic, crushed
1/4 c. brown sugar	2 Tbsp. ginger root, minced fine
1/4 c. honey	

Marinate london broil or other steak, 3/4–1" thick, overnight. Grill over medium heat, brushing often with marinade until cooked as desired. Slice thinly on a slant across the grain.