

1ST
EDITION

ALL THE RECIPES YOU NEED

TODAY'S COOKING

Delicious Made Easy!

MEAT - BEEF & VEAL



Each Volume has
Hundreds of Recipes

Volume

- a. **Appetizers**
- b. **Soups**
- c. **Sauces, Dressings & Seasonings**
- d. **Dairy & Egg**
- e. **Salads**
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- i. **Sweets**
Cookies/Cakes
Desserts
- j. **Drinks**

Volume

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Chicken
Turkey & more
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Pork, Ham & Sausage
Lamb & more
- n. **Casseroles/Stews**
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- p. **Miscellaneous**

Cooking tips & tricks

Measures & equivalents



TODAY'S COOKING

Welcome!



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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastronomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

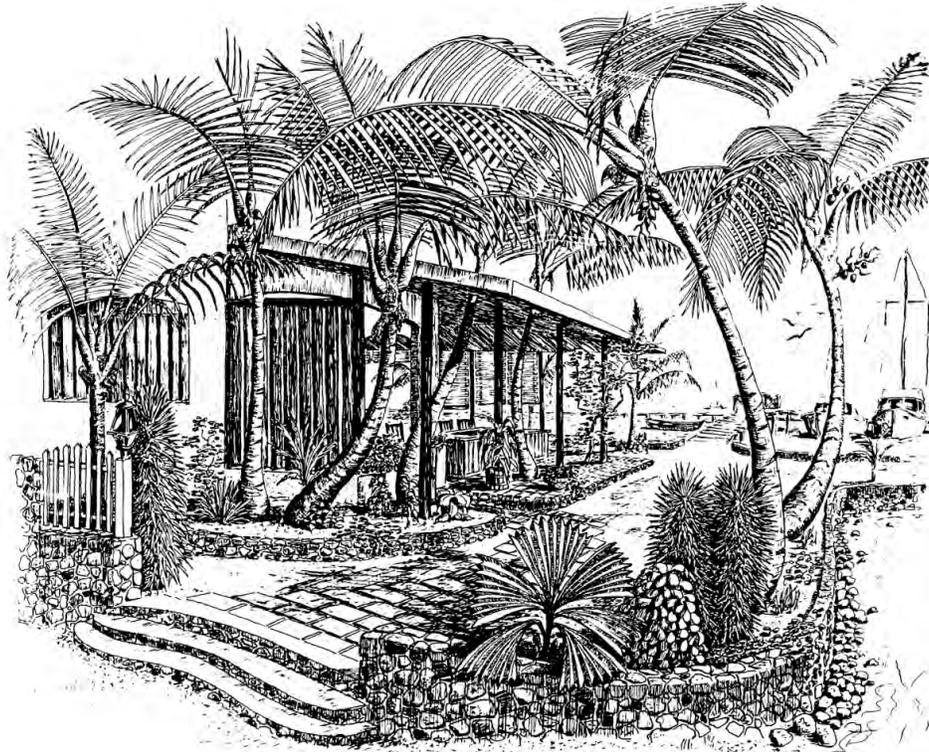
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD St Maarten
1979

TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Beef

Use an instant read thermometer. Remove meat when internal temperature reaches: rare = 120°F (48.9°C), medium-rare = 130°F (54.4°C), medium = 140°F (60°C). Let meat rest for at least 10 minutes before carving.

BEEF & VEGGIE STIR FRY - SERVES 2 TO 3

Ingredients

1. 1 tsp. sugar
2. 1 Tbs. cornstarch or arrow root
3. 2 Tbs. soy sauce
4. 1/2 cup beef, chicken or vegetable stock
- 5.
6. 1/8 cup olive oil
7. 1/8 tsp. salt
8. black pepper to taste
9. 1 clove garlic, crushed
10. 1 tsp. ginger powder or grated fresh ginger
11. 10 oz. flank steak or other cut
- 12.
13. 1/2 lb. mushrooms, sliced
14. 3 scallions, chopped
15. 1 can bamboo shoots or 1/2 can water chestnuts, sliced
16. Veggies (use what you have on hand) Example: 1 rib celery, chopped, 1 carrot julienne, florets of broccoli and cauliflower, green pepper, chopped, etc.
- 17.
18. 2 Tbs. Dry Sherry
19. 2 Tbs. parsley, chopped
- 20.
21. Cooked rice or noodles

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Preparation

1. Mix ingredients 1 through 4 and set aside.
2. Heat the olive oil in a skillet over medium heat; add salt and when hot stir in the garlic and ginger. Stir; add the steak and brown 2 to 3 minutes. Remove from pan and set aside.
3. In the same pan add items 11, 12 & 13. Cook 2 minutes and then add the veggies. Stir and cook 2 minutes; add the Sherry and parsley and cover the pan.
4. Slice the steak and add to pan. Stir the mixture from step one and also add to the pan. Cook until the sauce thickens and serve over cooked rice or noodles.

VEGETABLE & BEEF STIR FRY - SERVES 4

Ingredients

1. 1 lb. round steak
2. 2 Tbs. olive oil
3. 1 large onion, sliced
4. 2 cloves garlic, minced
- 5.
6. 3 each celery and carrots, thinly sliced
7. 2 Tbs. chives, chopped
8. 1-1/2 tsp. chili powder
9. 1/4 tsp. each allspice & black pepper
10. 1 tsp. sea salt
- 11.
12. 1 can (19oz) black beans
13. 1 lb. spinach, chopped

Preparations

1. Place the beef in the freezer for 20 minutes; remove and slice into very thin strips
2. Heat the oil over medium heat and add items 3 & 4; cook 5 minutes
3. Add items 5 through 9 and cook for an additional 5 minutes.
4. Add items 10 & 11; cover and reduce heat; cook 10 minutes; add beef and cook an additional 5 minutes.

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BEEF STIR FRY - SERVES 2

Ingredients

1. 1 tsp. sugar
2. 1 Tbs. cornstarch
3. 1 tsp. natural mushroom powder (instead of MSG - find in Asian stores)
4. 2 Tbs. soy sauce
5. Enough chicken stock mixed with the mushroom liquid* to make 1 cup
-
6. 1/8 cup vegetable oil #
7. 1/8 tsp. salt
8. 2 slices fresh ginger, shredded
9. 1 garlic clove, minced or pressed
-
10. 1-1/2 cups thinly sliced beef
-
11. 1/8 cup vegetable oil #
12. 1/2 lb. green beans, trimmed and sliced
13. 1 small onion, thinly sliced
14. 1 carrot, peeled and thinly sliced
15. 1 celery rib, thinly sliced
16. 1 cup broccoli stems, thinly sliced
17. 1 can (4 oz.) mushrooms, save the liquid*
18. 1 cup bamboo shoots, julienned
19. 4 scallions, sliced
-
20. 2 Tbs. dry sherry
-
21. Chopped parsley
22. Hot, cooked rice
23. Chow mein noodles

Preparations

1. Mix the first 5 items and stir to make a slurry. Set aside.
2. Heat a large skillet or wok so it's hot and dry. Add items 6 & 7. Reduce heat to medium; add items 8 & 9 and cook 1 minute. Add the meat and cook, stirring constantly, until browned. Remove the meat, garlic and ginger and set aside.

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3. Add oil to the skillet and when hot, add items 12 through 19 and cook 2 minutes, stirring. When the beans are a deep, bright green, add the sherry; cover and cook 1 minute.
4. Add the meat and slurry and cook, stirring, until the sauce thickens. Remove from the heat; stir in the parsley and serve over hot rice. Top with noodles.

FLANK STEAK STIR FRY - SERVES 4

Ingredients

1. 1 lb. flank steak, thinly sliced
-
2. 1/4 cup chicken stock
3. 1-1/2 Tbs. cornstarch
4. 3 Tbs. hot chili oil
5. 2 Tbs. hoisin sauce
6. 1 Tbs. oyster sauce
7. 1 Tbs. dry sherry
8. 2 tsp. sugar
9. 2 tsp. soy sauce
10. 2 tsp. crushed red pepper flakes
-
11. 2 Tbs. peanut oil
12. 2 Tbs. chopped garlic
13. 1 bunch Swiss chard - rinsed, stems removed and cut into 1/2 inch slices
14. 2 green onions, cut into thin slivers about 2 inches long
15. 1 tsp. salt
16. 1/4 tsp. black pepper

Preparations

1. Spread the flank steak out flat, cover with plastic wrap, and place in the freezer until partially frozen, 20 to 30 minutes. Remove from the freezer and slice the beef across the grain into very thin slices.
2. Whisk together items 2 & 3 in a freezer safe bowl until smooth; whisk in items 4 through 10. Place the beef into the sauce, stir to coat well. Cover and freeze until frozen, about 1 hour. Remove from the freezer and allow to defrost, about 30 minutes.
3. Heat a wok over high heat until very hot, and pour in the peanut oil. Immediately add garlic, cook and stir in the hot oil until fragrant, about 15 seconds. Mix in the Swiss chard and green

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onions; cook and stir the vegetables until they turn bright green, about 3 minutes, and then remove from the wok.

4. Pour the defrosted beef mixture into the hot wok; cook and stir until the meat browns and the sauce forms a glaze, 3 to 5 minutes. Return the cooked vegetables to the wok, sprinkle with salt and pepper, mix to combine well; serve hot.

EASY BEEF STIR FRY - SERVES 4

Ingredients

1. 2 Tbs. canola oil
2. 1 lb. beef sirloin or flank steak
-
3. 1-1/2 cups broccoli florets
4. 1 medium-sized onion, sliced
5. 1 red bell pepper, cut into strips
6. 1 carrot cut into thin strips
7. 1 celery rib, thinly sliced
8. 1/2 cup sliced scallions or green onions
-
9. 2 garlic cloves, minced or pressed
10. 2 Tbs. soy sauce
11. 1 Tbs. brown sugar
12. 1/2 Tbs. sesame oil
13. Salt & black pepper to taste
14. 1 tsp. hot sauce
15. 2 Tbs. toasted sesame seeds

Preparation

1. In a large skillet over medium-high, heat the oil and brown the beef (about 3 minutes. Remove the meat and drain the skillet.
2. Add items 3 through 8 to the skillet and cook, stirring, about 3 minutes; add the garlic and stir in items 10 through 14. Add the beef and cook until hot. Top with the sesame and serve over rice or noodles.

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BEEF & SPINACH LO MEIN - SERVES 4 TO 6

Ingredients

1. 1/4 cup hoisin sauce
2. 2 Tbs. soy sauce
3. 1 Tbs. water
4. 2 tsp. sesame oil
5. 2 garlic cloves, minced
6. 1/4 tsp. crushed red pepper flakes
-
7. 1 lb. beef top round steak, thinly sliced
8. 6 oz. uncooked thin pasta or noodles
9. 4 tsp. canola oil, divided
10. 1 can (8 oz.) sliced water chestnuts, drained
11. 2 green onions, sliced
12. 1 pkg. (10 oz.) fresh spinach, coarsely chopped
13. 1 red chili pepper, seeded and thinly sliced, optional

Preparations

1. In a small bowl, mix the first six items. Remove 1/4 cup mixture to a large bowl; add beef and toss to coat. Marinate at room temperature 10 minutes.
2. Cook pasta/noodles according to package directions. Meanwhile, in a large skillet, heat 1-1/2 tsp. canola oil. Add half of the beef mixture; stir-fry 1 to 2 minutes or until no longer pink. Remove from pan. Repeat with an additional 1-1/2 tsp. oil and remaining beef mixture.
3. Stir-fry water chestnuts and green onions in remaining canola oil for 30 seconds. Stir in spinach and remaining hoisin mixture; cook until spinach is wilted. Return beef to pan; heat through.
4. Drain pasta/noodles; add to beef mixture and toss to combine. Sprinkle with chili pepper

PEPPER STEAK W/ MUSHROOMS - SERVES 4

Ingredients

1. 6 Tbs. reduced-sodium soy sauce, divided
2. 1/8 tsp. pepper
3. 1 lb. beef top sirloin steak, cut into thin strips

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4. 1 Tbs. cornstarch
5. 1/2 cup beef broth
6. 1 garlic clove, minced
7. 1/2 tsp. minced fresh ginger root
8. 3 tsp. canola oil, divided
9. 1 cup julienned sweet red pepper
10. 1 cup julienned green pepper
11. 2 cups sliced fresh mushrooms
12. 2 medium-sized tomatoes, cut into wedges
13. 6 green onions, sliced
14. Hot cooked rice, optional

Preparations

1. In a shallow bowl, combine 3 Tbs. soy sauce and pepper; add beef. Turn to coat; cover and refrigerate 30 to 60 minutes. In a small bowl, combine the cornstarch, broth and remaining soy sauce until smooth; set aside.
2. Drain beef, discarding marinade. In a large nonstick skillet or wok, stir-fry the garlic and ginger in 2 tsp. oil for 1 minute. Add the beef and stir-fry 4 to 6 minutes or until no longer pink. Remove beef and keep warm.
3. Stir-fry the peppers in remaining oil for 1 minute. Add mushrooms and stir-fry 2 minutes longer until peppers are crisp-tender. Stir broth mixture and add to vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Return beef to pan; add tomatoes and onions. Cook for 2 minutes or until heated through. Serve over rice or noodles.

BEEF ORANGE STIR-FRY - SERVES 2

Ingredients

1. 1 Tbs. cornstarch
2. 1/4 cup cold water
3. 1/4 cup orange juice
4. 1 Tbs. reduced-sodium soy sauce
5. 1/2 tsp. sesame oil
6. Dash crushed red pepper flakes
-
7. 1/2 lb. boneless beef sirloin steak, cut into thin strips
8. 2 tsp. canola oil, divided

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9. 3 cups frozen sugar snap stir-fry vegetable blend, thawed
10. 1 garlic clove, minced
11. 1 cup hot cooked rice

Preparations

1. In a small bowl, combine the first 6 ingredients until smooth; set aside.
2. In a large skillet or wok, stir-fry beef in 1 teaspoon oil until no longer pink, 3-4 minutes. Remove with a slotted spoon and keep warm.
3. Stir-fry vegetable blend and garlic in remaining oil for 3 minutes. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir until thickened, about 2 minutes. Add beef; heat through. Serve with rice.

SWEET & SOUR BEEF - SERVES 4

Ingredients

1. 1 Tbs. cornstarch
2. 2 Tbs. cold water
-
3. 1 lb. beef top sirloin steak, cut into 1/2" cubes
4. 1 tsp. salt
5. 1/2 tsp. pepper
6. 2 tsp. canola oil*
-
7. 1 tsp. canola oil*
8. 1 large green bell pepper, cut into 1/2" pieces
9. 1 large red bell pepper, cut into 1/2" pieces
10. 2 medium tart apples, peeled, cored & chopped
11. 1/2 cup green onions, thinly sliced plus 2 Tbs. for garnish
-
12. 2/3 cup packed brown sugar
13. 1/2 cup cider vinegar
14. Hot cooked rice, optional

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Preparations

1. In a small bowl, mix cornstarch and water until smooth. Sprinkle beef with salt and pepper. In a large nonstick skillet or wok coated with cooking spray, heat 2 tsp. oil over medium-high heat. Add beef; stir-fry 2 to 3 minutes or until no longer pink. Remove from pan.
2. In same skillet, add the remaining oil and stir-fry peppers and apples for 2 minutes. Add 1/2 cup green onions; stir-fry 1 to 3 minutes longer or until peppers are crisp-tender. Remove from pan.
3. Add brown sugar and vinegar to skillet; bring to a boil, stirring to dissolve sugar. Stir cornstarch mixture and add to pan. Return to a boil; cook and stir 1-2 minutes or until thickened. Return beef and pepper mixture to pan; heat through. If desired, serve with rice. Sprinkle with remaining green onion.

BEEF & BROCCOLI STIR-FRY - SERVES 4

Ingredients

1. 1/2 tsp. garlic powder
2. 3 Tbs. cornstarch, divided
3. 2 Tbs. plus 1/2 cup water, divided
4. 1 lb. boneless beef top round steak, cut into thin 2-inch strips
-
5. 1/4 cup soy sauce
6. 2 Tbs. brown sugar
7. 1 tsp. ground ginger
-
8. 2 Tbs. canola oil, divided
9. 4 cups fresh broccoli florets
10. 1 small onion, cut into thin wedges
11. Hot cooked rice

Preparations

1. Mix garlic powder and 2 Tbs. each cornstarch and water; toss with beef. In a small bowl, mix items 5, 6 & 7 and the remaining cornstarch and water until smooth.
2. In a large skillet, heat 1 Tbs. oil over medium-high heat; stir-fry beef until browned, 2 to 3 minutes. Remove from pan.

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3. In same pan, stir-fry broccoli and onion in remaining oil over medium-high heat until crisp-tender, 4 to 5 minutes. Stir soy sauce mixture; add to pan. Cook and stir until thickened, 1 to 2 minutes. Return beef to pan; heat through. Serve with rice.

SESAME BEEF - SERVES 4

Ingredients

1. 4 Tbs. ea. soy sauce, white sugar and vegetable oil
2. 2 cloves garlic, minced
3. 2 green onions, chopped
-
4. 1 lb. round steak
-
5. 2 Tbs. sesame seeds

Preparations

1. Mix items 1, 2 & 3 in a large bowl. Set aside.
2. Cut steak into strips and add to bowl. Cover and refrigerate overnight, or at least 1 hour.
3. Cook in wok or skillet until brown, about 5 minutes. Add sesame seeds and cook for additional 2 minutes.

REDONDO FLANK STEAK - SERVES 6

Ingredients

1. 2 Tbs. minced garlic
2. 1 Tbs. minced ginger
3. 1 Tbs. white vinegar
4. 1 Tbs. sugar
5. 2 Tbs. sesame oil
6. 1/3 cup vegetable oil
7. 4 Tbs. minced scallions
8. Sesame seeds

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9. 6 (8 oz. ea.) flank steaks
-
10. 1/2 Tbs. soy sauce

Preparations

1. Mix items 1 through 8 in a large bowl. Add the steaks; cover and refrigerate overnight, or at least 4 hours.
2. Add the soy sauce and broil 3 minutes per side. Slice very thin on the diagonal to serve.

STEAK DIANE - SERVES 2

Ingredients

1. 1/2 cup olive oil
2. 2 (5 to 6 oz. ea.) beef tenderloin steaks 1-1/2" thick
-
3. 2 Tbs. butter
4. 4 oz. sliced mushrooms
5. 1 Tbs. minced shallots
-
6. 1/4 cup brandy
-
7. 3/4 cup beef stock
8. 1/2 tsp. ea. lemon juice and soy sauce
9. 1 Tbs. heavy cream or half'n' half
10. Salt & pepper to taste
11. 1 Tbs. minced parsley

Preparations

1. In a cast-iron skillet, heat the oil over medium-high until the oil shimmers.
2. Cook the steaks 4 to 5 minutes per side for medium-rare. Remove to a plater and tent with foil.
3. Reduce heat to medium and melt the butter. Add items 3, 4 & 5 and cook about 3 minutes. Remove from heat; add the brandy and scrape the pan bottom; return to medium-high heat and cook 2 minutes.
4. Stir in items 7, 8 & 9 and cook 3 to 4 minutes. Add the last 2 items plus any steak juices. Simmer 1 minute; add the steaks and simmer 1 minute more and serve.

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HERB MARINATED HANGER STEAK - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 4 sprigs each of Rosemary, Thyme and Sage
3. 4 cloves garlic, minced
4. Salt & pepper to taste
5. 4 (6 to 8 oz. each) hanger steaks

Preparations

1. Combine items 1 through 4.
2. Marinate the steaks in the oil mixture for 2 hours and then cook on hot grill.

CRUSTY GRILLED STEAK - SERVES 4

Ingredients

1. 1 tsp. salt
2. 1 tsp. cornstarch
3. 4 strip or rib-eye steaks, 1-1/2" thick
4. Pepper to taste

Preparations

1. Combine items 1 & 2
2. Pat the steaks dry and rub each side with the salt/cornstarch.
3. Put the steaks on a rack set in a rimmed baking sheet and place in the freezer for at least 30 minutes.
4. Cook over a hot grill 4 minutes a side for rare. Let rest 5 minutes on a tented plate. Serve with a steak sauce (see [Todays Dressings_Sauces_Seasonings pg. 60](#)) if desired.

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SEARED STEAK - SERVES 4

Ingredients

1. 1 tsp. salt
2. 1 tsp. cornstarch
3. 4 strip, hanger or rib-eye steaks, 1-1/2" thick (6 to 8 oz. each)
4. Pepper to taste
5. 1 tsp. canola or grape seed oil

Preparations

1. Combine items 1 & 2.
2. Pat the steaks dry and rub each side with the salt/cornstarch.
3. Put the steaks on a rack set in a rimmed baking sheet and place in the freezer for at least 30 minutes.
4. Preheat oven @ 425° F (220° C). with rack in center position. Season the steaks with pepper.
5. Heat a large, oven safe skillet over medium-high for 5 minutes. Add the oil and when hot, cook the steaks 5 minutes. Turn the steaks over and place skillet into the oven and roast 5 minutes for rare (7 minutes for medium-rare and 9 minutes for medium). Let rest 5 minutes on a tented plate. Serve with Red Wine sauce (see [Todays Dressings_Sauces_Seasonings](#) pg. 63).

SEARED RIBEYE STEAK ON THE GRILL - SERVES 4

Ingredients

1. 4 rib-eye bone-in steaks, 1-1/2" thick
2. 2 tsp. kosher salt
3. 1-1/2 Tbs. olive oil
4. 1-1/2 tsp. coarse grind pepper or to taste

Preparations

1. Trim the fat on the steaks to 1/4". Salt the steaks and place on a wire rack set in a rimmed baking sheet and refrigerate at least 4 hours.
2. Pat the steaks dry; rub each side with the oil and then the pepper. Bring to room temperature.

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3. Set the grill for indirect low heat, 300° F (150° C) and grill the steaks 15 to 20 minutes or until internal temp reads 100° F (38° C). Remove from heat and let sit 20 minutes.
4. Set the grill for high heat 450° F (230° C) to 500° F (260° C). Grill the steaks, covered, turning often, for a total of 4 minutes. Internal temperature should read 128° F (53.3° C).
5. Let the steaks sit 5 minutes.

PEPPER STEAK W/ SQUASH - SERVES 6

Ingredients

1. 1 container (14-1/2 oz.) beef broth
2. 2 Tbs. reduced-sodium soy sauce
3. 3 Tbs. cornstarch
-
4. 1 Tbs. canola oil*
5. 1 lb. flank steak cut into thin strips
-
6. 1 Tbs. canola oil*
7. 1 medium-sized green bell pepper, cut into thin strips
8. 1 medium-sized red bell pepper, cut into thin strips
-
9. 2 medium-sized zucchini, cut into thin strips
10. 1 small onion, cut into thin strips
11. 3 garlic cloves, minced or pressed
-
12. 1 cup sliced fresh mushrooms
13. 1 cup snow peas
14. 1 can (8 oz.) sliced water chestnuts
15. Hot cooked rice

Preparations

1. Whisk the first 3 items together and set aside.
2. In a large skillet over medium-high, heat the oil; add the beef and stir-fry until it is no longer pink, 2 to 3 minutes. Remove from the skillet.
3. Add the remaining oil to the skillet and stir-fry the peppers for 2 minutes. Add the next 3 items and cook, stirring, 2 minutes. Add the next 3 items and cook, stirring, 2 minutes.
4. Stir cornstarch mixture and add to the stir-fry. Bring to a boil; cook, stirring constantly until sauce is thickened. Add the beef and heat. Serve over rice.

TODAY'S COOKING

APPLE CIDER BEEF STEW - SERVES 4 TO 6

Ingredients

1. 1 lb. beef stew meat, cut into bite-size pieces
2. 2 tsp. all-purpose flour
3. 1/2 tsp. salt
4. 1/4 tsp. black pepper
5. 1/8 tsp. dried thyme
-
6. 2 tsp. vegetable oil
7. 2-1/2 cups apple cider
-
8. 3 carrots, sliced
9. 4 potatoes, coarsely chopped
10. 2 small Fuji or Honeycrisp apples - peeled, cored, and chopped
11. 1 large onion, chopped
12. 1 cup beef consommé or water
13. 2 stalks celery, chopped
14. 2 cloves roasted garlic
15. 1 tsp. salt
16. 1/4 teaspoon dried thyme
17. 2 bay leaves
18. 2 fresh Sage leaves, chopped or 1/2 tsp. rubbed sage (optional)
-
19. 1/4 cup chopped parsley

Preparations

1. Combine items 1 through 5 in a bowl; toss to coat evenly.
2. Heat oil in a large pot; cook the stew meat in the hot oil until completely browned, 5 to 7 minutes. Pour the apple cider over the beef, reduce heat to medium low, and simmer the mixture until the beef is tender, about 1 hour.
3. Add items 8 through 18 and continue cooking at a simmer until the vegetables are tender, about 30 minutes more. Remove bay and stir in the parsley. Serve in bowls with a good French bread.

TODAY'S COOKING

APPLE CIDER BEEF STEW #2 - SERVES 8

Ingredients

1. 2 Tbs. canola oil
2. 2 lb. beef stew meat, cut into 1-inch cubes
-
3. 3 cups apple cider or juice
4. 1 can (14-1/2 oz.) reduced-sodium beef broth
5. 2 Tbs. cider vinegar
6. 1-1/2 tsp. salt
7. 1/4 to 1/2 tsp. dried thyme
8. 1/4 tsp. pepper
-
9. 3 medium potatoes, peeled and cubed
10. 4 medium carrots, cut into 3/4-inch pieces
11. 3 celery ribs, cut into 3/4-inch pieces
12. 2 medium onions, cut into wedges
-
13. 1/4 cup all-purpose flour
14. 1/4 cup water

Preparation

1. In a Dutch oven, brown beef on all sides in oil over medium-high heat; drain. Add items 3 through 8 and bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours.
2. Add items 9 through 12 and return to a boil. Reduce heat; cover and simmer for 30-35 minutes or until beef and vegetables are tender.
3. Combine flour and water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened.

BEEF MARTINI - SERVES 4

Ingredients

1. 1/2 onion, chopped
2. 2 cloves garlic, crushed
3. 1 cup barbecue sauce

TODAY'S COOKING

4. 1/4 cup gin
5. 1 Tbs. dry vermouth
6. 1 Tbs. green olive brine
7. 1 tsp. dried basil
8. 4 (6 to 8 oz. ea.) beef sirloin steaks
9. Salt and pepper to taste

Preparations

1. In a medium bowl, combine items 1 through 7.
2. Sprinkle each steak with salt and pepper, and place in resealable sandwich bags. Divide marinade between each bag, and seal. Ensure that marinade is evenly distributed around steaks. Refrigerate for 2 to 24 hours.
3. Preheat grill for medium-high heat, and lightly oil grate.
4. Remove steaks from bags, and discard marinade. Grill steaks for 3 to 4 minutes per side for rare, or to desired doneness.

SLOW ROASTED BEEF FILET - SERVES 6 TO 8

Ingredients

1. 1 beef tenderloin (4-1/2 lbs.) trimmed and tied
2. 3 Tbs. olive oil
3. 4 tsp. sea salt
4. 2 tsp. fresh ground pepper
5. 12 sprigs fresh tarragon

Preparations

1. Pre-heat oven @ 275F (140C).
2. Pat the filet dry and place on a rimmed baking sheet. Put 1/2 Tbs. of the oil in a large flat dish and use the rest to coat the filet completely. Season the filet all over with the salt and pepper.
3. Place the tarragon in the oil on the plate and coat. Place the tarragon evenly around the filet and tie in place.
4. Roast the beef for 1-1/4 to 1-1/2 hours or until a thermometer placed horizontally through the end to the center reads 125° F (51.6° C) for rare and 130° F (54.4° C) for medium-rare. Cover with foil and let rest 10 to 15 minutes. Carve into thick slices to serve.

TODAY'S COOKING

PASSOVER BRISKET - SERVES 6 TO 8

Ingredients

1. 1 trimmed brisket (3-1/2 to 4 lbs.)
2. Salt & pepper
3. 2 Tbs. olive oil
-
4. 2 cups dry red wine
-
5. 1 large onion, sliced
6. 2 carrots, peeled, cut into 1" pieces
7. 2 celery ribs, cut into 1" pieces
8. 2 whole cloves
9. 1 cinnamon stick
-
10. 2 apples, peeled, cored, sliced 1/4" thick
11. 1/2 Tbs. butter
12. 1 cup walnuts

Preparations

1. Pre-heat oven @ 325° F (160° C). Season the brisket generously with salt and pepper.
2. In a Dutch oven, heat the oil over medium-high heat and sear the meat until all sides are well browned. Remove the meat; drain off fat and return the pot to the stove. Add the wine and deglaze.
3. Reduce the wine by 1/4; add ingredients 5 through 9 and the meat; cover and bring to a boil. Place in the oven and cook about 3 hours.
4. Melt the butter over medium heat in a large skillet. Add the apple and cook, turning occasionally, until just tender and starting to brown.
5. Remove the meat and let rest. On a baking sheet, spread out the walnuts and toast in the oven 8 to 12 minutes. Slice the brisket against the grain; place the meat slices down the center of a serving plater; top with apple slices and walnuts; add the vegetables on either side of the meat.

TODAY'S COOKING

STANDING RIB ROAST - SERVES 8

Ingredients

1. 1/2 tsp. black pepper
2. 3 garlic cloves, minced or pressed
3. 2 Tbs. each dried thyme, sage, basil and rosemary, crushed
4. Olive oil
5. 1 (8 to 8-1/2 lbs.) bone-in standing rib roast
6. Salt

Preparations

1. Preheat the oven to 450° F (230° C)
2. In a small bowl combine items 1 through 4. Add oil to form a loose paste and coat the entire roast.
3. Season the roast with salt and place on a rack over a roasting pan. Cook the roast for 25 to 30 minutes; reduce the heat to 350° F (180° C) and cook for another 1-3/4 hours. Insert an instant-read thermometer into the center of the meat and continue cooking if needed. 120° F (49° C) for rare-130° F (54° C) for medium rare. Before carving, let the roast rest for 10 to 15 minutes.

SIRLOIN TIP ROAST - SERVES 4 TO 6

Ingredients

1. 2-1/2 lbs. sirloin tip roast
2. 1/4 cup balsamic vinegar
-
3. 1/4 tsp. coarse black pepper
4. 1/2 tsp. dry mustard
5. 1/2 tsp. dried rosemary, crushed
6. 3/4 tsp. dried oregano
7. 3/4 tsp. dried thyme
-
8. Blue cheese sauce (see page 65 Today's Dressings_Sauces_Seasonings)

TODAY'S COOKING

Preparations

1. Preheat the oven @325° F (170° C)
2. Brush the roast with the vinegar
3. Combine items 3 through 7; mix well and rub into the roast. Roast, uncovered, for 40 minutes and check with an instant read thermometer. Remove roast when temperature reaches: very rare = 120° F (49° C), medium-rare = 125° F (51.6° C), medium = 130° F (54° C). Let meat rest for at least 10 minutes before carving.

ROAST WITH MUSHROOM GRAVY - SERVES 8

Ingredients

1. 1 boneless beef chuck roast (2-1/2 to 3 lbs.)
2. 3 garlic cloves, halved
3. 1 Tbs. brown sugar
4. 1-1/2 tsp. kosher salt
5. 1/2 tsp. pepper
-
6. 2 Tbs. olive oil
7. 1 large sweet onion, quartered
8. 1 can (10-1/2 oz.) condensed beef consommé, undiluted
9. 2 Tbs. Worcestershire sauce
10. 1 Tbs. stone-ground mustard
11. 1 bay leaf
12. 3 to 4 drops browning sauce, optional
-
13. 1/2 lb. sliced fresh mushrooms
14. 1 bottle (12 oz.) light beer or nonalcoholic beer
15. 1 tsp. dried thyme
16. 3 Tbs. cornstarch
17. 3 Tbs. cold water

Preparation

1. With a sharp knife, cut six 1-in.-long slits in meat; insert a garlic clove half into each slit. Combine the brown sugar, salt and pepper; rub over roast.

TODAY'S COOKING

2. In an ovenproof Dutch oven over medium heat, brown roast in oil on all sides. Add items 7 through 12.
3. Cover and bake at 325° F (170° C) for 1 hour (check with an instant read thermometer). Cook until meat is tender. Remove roast to a serving platter; keep warm.
4. Discard bay leaf. Add items 13, 14 & 15 to the pan. Bring to a boil over medium-high heat. Cook until liquid is reduced by half. Combine cornstarch and water until smooth; gradually stir into pan. Bring to a boil; cook and stir for 2 minutes until thickened.

BEEF RIBEYE ROAST - SERVES 10

Ingredients

1. 4 to 5 lbs. ribeye roast
2. 3 garlic cloves, thinly sliced
-
3. 1/2 tsp. coarse black pepper
4. 1/2 tsp. dried basil
5. 1/2 tsp. dried parsley
6. 1/2 tsp. dried marjoram
7. 1 tsp. salt

Preparations

1. Preheat the oven @ 325° F (170° C)
2. Cut about 20 slits in the roast and insert the sliced garlic.
3. Combine items 3 through 7; mix well and rub into the roast. On a rack in a roasting pan, place the meat fat side up and cook, uncovered for 75 minutes and check with an instant read thermometer. Remove roast when temperature reaches: very rare = 120° F, medium-rare = 125° F, medium = 130° F. Let meat rest for at least 10 minutes before carving.

BEEF SHEPARD'S PIE - SERVES 4 TO 6

Ingredients

1. 1-1/2 lbs. lean ground beef or lamb
2. 2 Tbs. & 2 tsp. water

TODAY'S COOKING

3. 1/2 tsp. salt & 1/4 tsp. pepper
4. 1/2 tsp. baking soda
-
5. 2-1/2 lbs. russet potatoes, peeled & cut into 1" chunks
-
6. 4 Tbs. butter, melted
7. 1/2 cup milk
8. 1 large egg yolk
9. 1/2 cup finely chopped chives
-
10. 2 tsp. canola or grape seed oil
11. 1 medium onion, chopped
12. 4 oz. white mushrooms, chopped
13. 1 Tbs. butter
-
14. 1 Tbs. tomato paste
15. 2 cloves garlic, minced
-
16. 2 Tbs. dry red wine
17. 2 Tbs. flour
-
18. 2-1/4 cups beef stock
19. 1/2 cup apple cider
20. 2 tsp. Worcestershire sauce
21. 2 sprigs fresh thyme
22. 1 bay leaf
23. 2 medium carrots, peeled & chopped
24. 1 large rib celery, chopped
-
25. 1/2 cup ea. frozen baby peas and corn kernels
26. 2 tsp. cornstarch mixed with 2 tsp. water

Preparations

1. Mix thoroughly items 1 through 4 and set aside.
2. Place potatoes in pot with just enough water to cover. Add 1 Tbs. salt; bring to boil; reduce heat to medium-low and simmer, about 10 minutes. Drain; return to pot over low heat (shake pot occasionally) to let moisture evaporate, about 1 minute. Remove from heat and mash. Whisk items 6 through 9 and stir into potatoes. Season with salt & pepper to taste and set aside.

TODAY'S COOKING

3. Heat oil over medium heat in a large skillet. Add items 10 through 13 and cook 6 minutes, stirring. Preheat oven to 350F (180C).
4. Add 1/2 tsp. salt and 1/4 tsp. black pepper and items 14 & 15. Cook 2 minutes; add items 16 & 17 and cook 2 minutes.
5. Add items 18 through 24 and bring to a boil, scraping bottom of the skillet. Reduce heat to medium-low and add the beef in spoonfuls. Add the peas; cover and simmer 10 to 12 minutes, stirring and breaking up the beef chunks. Stir cornstarch mixture into filling and simmer until thickened, about 30 seconds. Remove from heat and let cool slightly. Discard herbs.
6. Transfer the filling in a large lightly greased casserole dish. Top with the potatoes, smoothing with a spoon to completely cover the filling. Use tines of a fork on the potatoes to make a pattern. Sprinkle with paprika.
7. Place the casserole in the oven in the highest rack position possible. Bake 10 minutes and then turn on the broiler to brown the potatoes. Let cool 8 to 10 minutes before serving.

BEEF SHEPARD'S PIE #2 - SERVES 4 TO 6

Ingredients

1. 2-1/2 lbs. (3 large) russet potatoes, peeled & cut into 1" chunks
-
2. 2 Tbs. olive oil
3. 3 Tbs. unsalted butter
4. 1 large onion, sliced
5. 3 medium carrots, peeled and sliced on the bias
6. 1 large celery stalk, trimmed and sliced on the bias
7. 1/2 lbs. mushrooms, thickly sliced
8. 2 garlic cloves, minced or pressed
9. 1/2 Tbs. sea salt
10. 1/2 tsp. ea. pepper & oregano
-
11. 3 Tbs. tomato paste
-
12. 1 to 1-1/2 lbs. ground beef or lamb
13. 1/2 to 3/4 cup beef stock
14. 1/2 tsp. Worcestershire sauce
15. 3 tsp. cornstarch mixed with 2 Tbs. red wine or water
-
16. 6 Tbs. unsalted butter

TODAY'S COOKING

17. 3/4 cup milk
18. 1 large egg yolk
19. 1/2 cup chives, finely chopped

Preparations

1. Preheat oven to 375° F (190° C).
2. Place potatoes in pot with just enough water to cover. Add 1 Tbs. salt; bring to boil; reduce heat to medium-low and simmer, about 10 minutes.
3. Heat the oil and butter over medium in a large skillet. Add items 4 through 10 and cook 10 minutes, stirring.
4. Stir in the tomato paste and cook 8 minutes; add items 12 through 15 and cook until the meat is no longer pink. Break up any large pieces of meat and cook until the liquid has thickened.
5. Drain the potatoes; return them to the pot over low heat (shake pot occasionally) to let moisture evaporate, about 1 minute. Remove from heat and mash. Whisk items 16 through 19 and stir into potatoes. Season with salt & pepper to taste and set aside
6. Place the filling into a large lightly greased casserole dish. Top with the potatoes, smoothing with a spoon to completely cover the filling. Use tines of a fork on the potatoes to make a pattern. Sprinkle with paprika.
7. Place the casserole in the oven in the highest rack position possible. Bake 10 minutes and then turn on the broiler to brown the potatoes. Let cool 8 to 10 minutes before serving.

SKILLET SHEPHERD'S PIE - SERVES 6

Ingredients

1. 1 lb. ground beef
2. 1 cup chopped onion
-
3. 2 cups frozen corn, thawed
4. 2 cups frozen peas, thawed
5. 2 Tbs. ketchup
6. 1 Tbs. Worcestershire sauce
7. 2 tsp. minced garlic
-
8. 1 Tbs. cornstarch
9. 2 tsp. beef base
10. 1/2 cup cold water

TODAY'S COOKING

11. 1/2 cup sour cream
12. 3-1/2 cups mashed potatoes (prepared with milk and butter)
13. 3/4 cup shredded cheddar cheese

Preparation

1. In a large skillet, cook the first 2 items until meat is no longer pink; drain. Stir in items 3 through 7. Reduce heat to medium-low; cover and cook for 5 minutes.
2. Combine the cornstarch, bouillon and water until well blended; stir into beef mixture. Bring to a boil over medium heat; cook and stir until thickened, 2 minutes. Stir in sour cream and heat through (do not boil).
3. Spread mashed potatoes over the top; sprinkle with cheese. Cover and cook until potatoes are heated through and cheese is melted.

CARBONADA - SERVES 6

Ingredients

1. 2 lbs. tender beef, cubed
2. 1/4 cup olive oil
3. 2 large onions, chopped
-
4. 1 large tomato, peeled, seeded & chopped
5. 3 potatoes, peeled & cubed
6. 2 pears, peeled & sliced
7. 2 peaches, peeled & sliced
8. 4 plums, peeled & sliced
9. 1 cup dry Madeira or dry white wine or sherry
10. Salt & pepper to taste

Preparations

1. Brown the beef slightly in the oil. Add the onion and cook until softened.
2. Add ingredients 4 through 9; cover and simmer 1 hour. Adjust seasonings and serve.

TODAY'S COOKING

BERNESE BEEF STEW - SERVES 6

Ingredients

1. 1-1/2 lbs. beef chuck or round, cut into 1" pieces
2. 1/2 lb. bacon, cut into 1/2" pieces
3. 1 large onion, thinly sliced
-
4. 3 Tbs. flour
5. 4 cups hot beef consommé
-
6. 1 large carrot, chopped
7. 1 medium rib celery, chopped
8. 1 Tbs. tomato paste
9. 2 bay leaves
10. Salt & pepper to taste
-
11. 2 lbs. potatoes, peeled, cut into 1" cubes
12. 1/2 cup chopped parsley

Preparations

1. Combine the first three items in a heavy skillet over high heat. Cook, stirring constantly, until well brown. Use a slotted spoon to transfer them to a large casserole.
2. Add the flour to the skillet and cook, stirring constantly, until medium brown. Slowly add the hot consommé and cook until the sauce is smooth. Pour the sauce over the meat mixture. Add items 6 through 10; cover and simmer for 1 hour. Add the potatoes and continue to simmer until the potatoes are soft.
3. If the stew is too thin, continue to simmer uncovered until the right consistency. If the stew is too thick, add a little more consommé. Sprinkle with parsley before serving.

TODAY'S COOKING

BEST BEEF STEW - SERVES 6

Ingredients

1. 4 Tbs. flour
2. 1/4 tsp. salt*
3. 1/2 tsp. smoked paprika
4. 1-1/2 lbs. beef chuck or round, cut into 1" pieces
5. 2 Tbs. canola oil
-
6. 3 to 4 Tbs. tomato paste
7. 2 tsp. herbes de Provence
8. 2 garlic cloves, minced or pressed
-
9. 2 cups dry red wine
10. 2 cups beef stock
11. 1-1/2 tsp. minced fresh rosemary or 1/2 tsp. dried
12. 2 bay leaves
-
13. 1 large onion, thinly sliced
14. 1 large carrot, chopped on the bias
15. 1 medium rib celery, chopped on the bias
16. 4 medium potatoes, peeled and cut into 1" pieces
17. 1/4 tsp. salt & pepper to taste
-
18. 2 Tbs. each cold water, balsamic vinegar and cornstarch
19. 1/2 cup chopped parsley

Preparations

1. Combine items 1,2 & 3 and mix well in a medium sized bowl. Add the meat a few pieces at a time and coat well. Heat the oil in a large pot over medium and brown the meat. Stir in items 6, 7 & 8 and cook about 5 minutes. Add the wine; bring to a boil; reduce heat to a simmer and reduce by half (about 8 minutes).
2. Add items 10, 11 & 12. Bring to a boil; cover; reduce to a simmer and cook about 1 hour.
3. Add items 13 through 17 and continue to cook, covered, for 35 to 40 minutes. Combine items 18 and stir into the stew. Cook until the sauce has thickened. Add the parsley just before serving.

TODAY'S COOKING

ASIAN BEEF STEW - SERVES 4

Ingredients

1. 1 large onion, sliced
2. 3 cloves garlic, minced
3. 1 Tbs. each olive oil and butter
-
4. 1 cup dry red wine*
5. 1 can (14-1/2 oz.) diced tomatoes with liquid
6. 1/2 cup Hoisin sauce.
7. 1 bay leaf
-
8. 1 large carrot, chopped
9. 1 medium rib celery, chopped
10. 1 cup dry red wine*
11. 1 lb. beef chuck or round, cut into 1" pieces
12. 1 Tbs. cornstarch mixed with 1 Tbs. water
13. Salt & pepper to taste
14. 1/2 cup chopped parsley

Preparations

1. Sauté the onion in oil & butter 10 minutes until browned. Add the garlic and sauté another 5 minutes.
2. Add items 4 through 7. Cover and simmer 40 minutes over low heat.
3. Add items 8, 9 & 10 and continue to simmer, covered, for another 30 minutes.
4. Bring to a boil. Add items 11 through 14. Reduce heat and simmer until meat is cooked to desired doneness.

HEARTY BEEF STEW - SERVES 4

Ingredients

1. 1 lb. beef chuck or round, cut into 1" pieces
2. Salt & pepper
3. 3 Tbs. flour

TODAY'S COOKING

4. 2 Tbs. olive oil
-
5. 2 medium onions, sliced
6. 1 Tbs. butter
7. 1 tsp. sugar
8. 1/2 Tbs. cider vinegar
-
9. 1 cup beef stock
10. 1 Tbs. tomato paste
11. 2 cloves garlic, minced or pressed
12. 1 can (14-1/2 oz.) diced tomatoes with liquid
13. 1/2 tsp. each dried thyme and crushed rosemary
14. 1/4 tsp. black pepper
15. 1/2 Tbs. Old Bay seasoning
-
16. 3/4 cup dry red wine
17. 2 cups baby carrots
18. 1 medium rib celery, chopped
19. 2 medium red potatoes, cut into 2" pieces
-
20. 1 large red bell pepper cut into 1/2" strips
21. 1 cup green beans, cut into 1/2' pieces
22. 1/2 lb. mushrooms, sliced
23. 1 Tbs. cornstarch mixed with 1 Tbs. water
24. Salt & pepper to taste
25. 1/2 cup chopped parsley

Preparations

1. Season the beef with salt & pepper and coat with flour.
2. In a stock pot, heat the oil over medium-high heat. When the oil shimmers, add the meat and cook, stirring, until browned.
3. In a small pan sauté the onions in the butter for 5 minutes; add the sugar and continue to cook until caramelized. Add the vinegar and set aside.
4. Add items 9 through 15 to the stockpot; bring to a boil; reduce heat and simmer, covered, for 1 hour.
5. Add items 16 through 19 and cook 15 minutes. Add items 20, 21 & 22 and cook another 15 minutes.
6. Add the onions and the cornstarch mix to the stew; increase the heat to medium and cook, stirring until thickened. Add the parsley and serve.

TODAY'S COOKING

BEEF STROGANOFF - SERVES 4

Ingredients

1. 1 Tbs. olive oil and 2 Tbs. butter
2. 1 beef tenderloin or sirloin steak (1 lb.) cut into 1-1/2" pieces
-
3. 1 medium onion, chopped
-
4. 1 lb. mushrooms, sliced
5. 1/4 cup dry red or white wine
6. 2 tsp. flour
-
7. 1 Tbs. Dijon mustard
8. 1/4 cup heavy cream
9. 1/2 cup sour cream
10. 1 Tbs. Worcestershire sauce
-
11. Salt & pepper to taste
12. 2 Tbs. minced parsley
13. 8 oz. egg noodles, cooked and hot

Preparations

1. Use a non-stick skillet and over high heat, sear the meat on all sides, about 1 minute. Remove meat and set aside.
2. Add the onions and reduce heat to medium-low. Cook 5 minutes and add the mushrooms; cook 15 to 20 minutes. Deglaze the pan with the wine. Stir the flour in and cook, stirring for 2 minutes.
3. Combine items 7 through 10 and blend completely. Whisk this and any meat juices into the skillet. Add the meat and simmer 5 minutes. Adjust seasonings; stir in the parsley and serve over the noodles.

TODAY'S COOKING

BEEF STROGANOFF #2 - SERVES 4

Ingredients

1. 2 Tbs. olive oil and 2 Tbs. butter
2. 1 lb. boneless beef cut into 1" cubes
3. 1/2 cup chopped onion or shallots
-
4. 2 cups beef stock
5. 1 Tbs. Worcestershire sauce
6. 1 lb. mushrooms, sliced
-
7. 1/4 cup flour
8. 1 cup sour cream
-
9. 6 oz. egg noodles, cooked and hot
-
10. Salt & pepper to taste
11. 2 Tbs. minced parsley and paprika

Preparations

1. Use a large skillet and heat the oil over medium-high. Sauté the next 2 items until browned. Add items 4 & 5; reduce the heat; cover and simmer about 1 hour. Add the mushrooms and cook 5 minutes.
2. Combine items 7 & 8 and stir into the skillet. Cook, stirring, for 5 minutes. Adjust seasonings; serve over the noodles and top each serving with parsley and/or paprika.

BEEF & MUSHROOM STEW - SERVES 6

Ingredients

1. 1 boneless beef chuck roast (2 to 3 lbs.), cut in to 1" cubes
2. 1/4 tsp. salt
3. 1/8 tsp. black pepper
4. 3 Tbs. olive oil
-

TODAY'S COOKING

5. 1 lb. sliced fresh mushrooms
6. 2 medium-sized onions, sliced
7. 2 garlic cloves, minced or pressed
8. 4 cups beef stock
9. 1 cup dry red wine or additional stock
10. 1/2 cup brandy
11. 1 Tbs. tomato paste
12. 1/4 tsp. ea. dried parsley flakes, rosemary, sage, tarragon and thyme
-
13. 3 Tbs. AP flour
14. 3 Tbs. water
15. Hot mashed potatoes

Preparations

1. Preheat oven @ 325° F (170° C).
2. Sprinkle beef with salt and pepper. In an ovenproof Dutch oven, heat oil over medium heat; brown beef in batches. Remove from pan and set aside.
3. In the same pan, add items 5 & 6; cook, stirring until tender. Add garlic; cook 1 minute. Stir in items 8 through 12. Return beef to the pan. Bring just to a boil and place in the oven.
4. Bake, covered, 1 hour.
5. In a small bowl, mix flour and water until smooth; gradually stir it into the stew. Bake, covered, another 30 minutes or until sauce is thickened and beef is tender. Skim off the fat. Serve with mashed potatoes.

MARINATED FLANK STEAK - SERVES 4 TO 6

Ingredients

1. 1 flank steak (2-1/2 lbs.)
2. 3 Tbs. olive oil
3. 1/3 cup dry white wine
4. 1/3 cup Dijon mustard
5. 1 tsp. sea salt & 1/2 tsp. pepper
6. 2 shallots, chopped
7. 3 cloves of garlic, minced or pressed
8. 2 Tbs. fresh tarragon leaves, chopped

TODAY'S COOKING

Preparations

1. With a sharp knife lightly score the flank steak in a 1" diamond pattern. Place the steak in a glass or pyrex dish.
2. Whisk ingredients 2 through 5 together. Add ingredients 6 & 7 and mix well. Pour the marinade over the steak and make sure the meat is completely coated. Sprinkle the tarragon on top and wrap the dish with plastic. Refrigerate overnight or at the very least 2 hours. Grill the steak for about 4 minutes a side for rare. Place on a cutting board; cover tightly with foil and let rest 10 minutes. Carve across the grain on a diagonal into thin slices to serve.

PAN SEARED STEAK - SERVES 4

Ingredients

1. 4 (6 oz. ea.) rib-eye or top loin steaks, 1 or 1-1/4" thick
2. Salt & pepper to taste

Preparations

1. Dry the steaks and season. Pre-heat large, heavy skillet over high heat.
2. Place steaks in pan; reduce to medium-high heat and cook 4 minutes. Flip and cook another 4 minutes for rare (5 minutes for medium-rare and 6 minutes for medium). Top with Red Wine Steak Sauce (see [Todays Dressings_Sauces_Seasonings pg. 63](#)).

FRENCH SKIRT STEAK - SERVES 4

Ingredients

1. 1 tsp. paprika
2. 1/2 tsp. onion powder
3. 1/2 tsp. garlic powder
4. Salt and freshly ground black pepper
-
5. 2 Tbs. vegetable oil, divided
6. 4 Tbs. butter, divided
7. 2 medium sweet onions, sliced
-

TODAY'S COOKING

8. 1 (1 lb.) skirt steak, cut in half
9. 1/3 cup white wine
10. 2 Tbs. red wine vinegar
11. 1/3 cup beef stock
12. Salt & pepper to taste

Preparations

1. In a small bowl, combine spices and salt and pepper. Liberally season the steak with the rub and let rest 15 minutes at room temperature.
2. In a skillet over low heat, add 1 Tbs. each of the oil and butter. Cook the onion for about 20 minutes or until they are soft and caramelized. Remove onions and set aside.
3. Increase the heat to high and to the skillet add the remaining oil and 1 Tbs. of butter. Sear the steaks for about 3 minutes a side for medium-rare. Remove steaks; keep warm and let rest 10 minutes.
4. Deglaze the skillet with the wine and vinegar; reduce to half; add the onions and stock and reduce by half. Remove from the heat and whisk in the remaining butter. Slice the steaks and serve topped with the sauce.

STEAK & PEPPERS - SERVES 6

Ingredients - sauce

1. 2 Tbs. cornstarch
2. 2 Tbs. brown sugar
3. 2 Tbs. minced fresh ginger
4. 3/4 tsp. garlic powder
5. 1 can (14-1/2 oz.) beef broth
6. 3 Tbs. reduced-sodium soy sauce
7. 1 Tbs. molasses

Ingredients - steak & veggies

8. 1-1/2 lbs. beef top sirloin steak, cut into 1/4-inch strips
9. 1 Tbs. canola oil
10. 2 large green peppers, cut into 1/2-inch strips
11. 1-1/2 cups sliced celery
12. 3 green onions, chopped

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TODAY'S COOKING

13. 4 tsp. lemon juice

Preparations

1. In a bowl, combine the first 4 items. Add the broth, stirring until smooth. Stir in the soy sauce and molasses and set aside.
2. In a nonstick skillet or wok, stir-fry the steak in oil for 3 minutes. Remove and keep warm.
3. Stir-fry items 10, 11 & 12 until crisp-tender, about 5 minutes. Stir the sauce and add to the vegetables. Return meat to the pan. Bring to a boil; cook and stir until thickened, about 2 minutes. Stir in the lemon juice. Serve over rice or noodles.

PORTUGUESE PAN SEARED STEAK - SERVES 4

Ingredients

1. 1 Tbs. red wine vinegar
2. 1 clove garlic, minced or pressed
-
3. 4 (8 oz.) tenderloin steaks, 1 or 1-1/4" thick
4. Salt & pepper to taste
-
5. 1 Tbs. each butter and olive oil
-
6. 1/2 cup dry red wine
7. 1-1/2 tsp. tomato paste
8. 2 Tbs. butter
9. 2 Tbs. prosciutto, chopped
10. 2 Tbs. parsley, chopped

Preparations

1. In a non-aluminum bowl combine first two ingredients and let stand 10 minutes.
2. Season the steaks with salt & pepper to taste. Rub both sides with the vinegar mixture. Let stand 10 minutes; wrap in plastic and refrigerate one hour.
3. Cook the steaks 4 minutes per side for rare in the butter and olive oil over medium heat. Remove steaks and cover with foil.
4. Pour off fat from pan and stir in the wine. Boil 3 minutes and whisk in tomato paste. Remove from heat and whisk in the butter. Stir in the last two ingredients. Pour over steaks and serve.

TODAY'S COOKING

MARINATED BEEF TENDERLOIN - SERVES 4

Ingredients

1. 1 cup soy sauce
2. 1/2 cup canola or grape seed oil
3. 1 cup dry sherry
4. 1 Tbs. hot sauce
5. Pepper to taste
6. 7 to 8 lb. beef tenderloin

Preparations

1. Combine all ingredients and mix well. Marinate the beef in the refrigerator for 30 minutes.
2. Roast 25 minutes per pound @ 450° F (230° C).

BEEF TENDERLOIN W/ HORSERADISH SAUCE - SERVES 4

Ingredients

1. 4 beef tenderloin steaks (4oz.each)
2. 1/4 tsp. ea. salt and pepper
3. 1 tsp. olive oil
-
4. 1 pkg. (8 oz.) cream cheese, softened
5. 2 Tbs. grated parmesan cheese
6. 2 Tbs. prepared horseradish
7. 2 Tbs. minced fresh parsley

Preparations

1. Sprinkle steaks with salt and pepper. In a large skillet, heat oil over medium heat. Add steaks and cook 4-6 minutes on each side or until meat reaches desired doneness.
2. Meanwhile, in a small bowl, mix cream cheese, Parmesan cheese and horseradish until blended.
3. Serve with steaks. Sprinkle with parsley.

TODAY'S COOKING

GRILLED MARINATED PORTERHOUSE - SERVES 4

Ingredients

1. 1 lemon
2. 3 garlic cloves, minced or pressed
3. 1 tsp. coarse kosher salt
4. 1/2 tsp. cracked black pepper
5. 2 large sprigs of rosemary
-
6. 1 Tbs. olive oil
7. 1/2 tsp. sea salt flakes
8. 40 oz. porterhouse 2 to 2-1/2" thick

Preparations

1. Zest and juice the lemon. Set the zest aside. Combine the juice and ingredients 2, 3 & 4 and rub over the steak. Place half the rosemary on a large piece of plastic wrap. Set the steak over the rosemary and top with the remaining rosemary. Wrap the steak tightly; pressing all the air out and refrigerate overnight.
2. Pre-heat the grill (one side only) to 250° F (120° C). Wrap the steak in foil and place on the grill away from the heat and slowly cook 30 minutes; turn and grill another 30 minutes or until internal temperature is at 100° F (37.8° C). Remove the steak and increase the grill to 450° F (230° C).
3. Let the steak rest 15 minutes. Combine the zest and sea salt. Remove the foil; pat the meat dry and brush with the olive oil. Sear the steak 2 minutes per side for rare. Add another minute per side for medium-rare.
4. Cut along the bone to remove the strip and tenderloin. Cut the meat into 1/4" to 1/2" thick slices. Place on a serving platter and sprinkle with the salt/zest mix.

BIFTEC CAPITAN - SERVES 4

Ingredients

1. 4 (8 oz. ea.) strip steaks, 1" or 1-1/4" thick
2. 3 Tbs. flour
3. 1 tsp. salt

TODAY'S COOKING

4. 1/2 tsp. instant coffee crystals
5. 1/2 tsp. dillweed
6. Pepper to taste
-
7. 3 Tbs. canola or grape seed oil
8. 1 clove garlic, minced or pressed
9. 1/4 cup grated onion
10. 1 cup dry red wine
-
11. 1/2 cup each mayonnaise and horseradish

Preparations

1. Mix ingredients 2 through 6 well and pound into the steaks.
2. Brown steaks in the oil over medium-high heat. Remove steaks and add ingredients 8, 9 & 10. Bring to boil; reduce heat; add steaks and simmer 5 minutes. Remove steaks.
3. Combine last ingredients and spread on one side of the steaks. Broil about 1 minute.

KOREAN BEEF BBQ - SERVES 4

Ingredients

1. 5 scallions, chopped fine
2. 5 garlic cloves, minced or pressed
3. 2 tsp. toasted sesame seeds
-
4. 3 Tbs. soy sauce
5. 2 Tbs. sugar
6. 1 Tbs. water
7. 2 tsp. toasted sesame oil
8. 1 tsp. rice wine vinegar
9. 1 lb. beef tenderloin sliced into 1/4" thick medallions

Preparations

1. Use a food processor to finely chop ingredients 1, 2 & 3. Place in a mixing bowl.
2. Add ingredients 4 through 8 and stir well. Add the beef; cover and chill 1 hour.
3. Discard marinade and grill the beef, turning once, over direct high heat for 2 to 3 minutes.

TODAY'S COOKING

DEVEILED BEEF SHORT RIBS STEW - SERVES 6

Ingredients

1. 4 lbs. beef short ribs, trimmed
-
2. 2 lbs. small red potatoes
3. 8 carrots, peeled and cut into 1/2" pieces
4. 2 onions cut into wedges
-
5. 1 bottle (12 oz.) beer
6. 6 Tbs. spicy brown mustard
7. 2 Tbs. Worcestershire sauce
-
8. 2 Tbs. spicy brown mustard
9. 1 Tbs. Worcestershire sauce
10. 2 Tbs. cornstarch

Preparations

1. On a rack on a broiler pan 6" from the heat, broil the ribs 5 minutes; turn and broil 5 minutes.
2. Place items 2, 3 & 4 in the bottom of a slow cooker and add the ribs.
3. Combine items 5, 6 & 7 and pour into the slow cooker. Cover the cooker and cook on high for 5 hours (10 hours on low).
4. Remove the meat and vegetables and keep warm. Make gravy: strain the fat from the juices from the cooker and pour into a sauce pan. Mix the cornstarch with 2 Tbs. water and add to the sauce pan along with items 8 & 9 and bring to a boil. Reduce heat and cook, stirring, until thickened. Serve!

BBQ BEEF SHORT RIBS - SERVES 8

Ingredients

1. 8 lbs. beef short ribs, trimmed
2. 2 garlic cloves
3. 1 bay leaf
-

TODAY'S COOKING

4. 1/3 cup brown sugar
5. 1/2 cup red wine vinegar
6. 3/4 cup brown mustard
7. 2 Tbs. tomato paste
8. 3 Tbs. melted butter
9. 3 Tbs. Worcestershire sauce
10. 1 Tbs. molasses
11. 1 Tbs. each granulated onion and garlic powder
12. 3 Tbs. fig spread
13. 1 tsp. cayenne (optional)
14. Salt & pepper to taste

Preparations

1. In a large stockpot, cover the ribs with water; add items 2 & 3 and bring to a boil. Reduce heat; cover and parboil 45 minutes.
2. In a medium saucepan, combine the remaining items and cook over medium heat for 15 minutes, stirring occasionally.
3. Coat the ribs with half of the sauce and grill meat side down for 8 to 10 minutes. Turn and grill another 8 to 10 minutes. Serve with the remaining sauce. (To cook in the oven, place a rack on a baking pan and grill under the broiler for about the same amount of time.)

BRAISED BEEF SHORT RIBS - SERVES 4

Ingredients

1. 1/8 cup olive oil
2. 1 Tbs. sea salt
3. 1 tsp. freshly ground black pepper
4. 3-1/2 lbs. beef short ribs, trimmed
-
5. 1/4 cup olive oil
6. 2 cups each chopped leeks and chopped celery
7. 1/3 cup each sliced onion and thick sliced carrots
8. 3 garlic cloves, minced or pressed
-
9. 2-1/4 cups dry red wine
-

TODAY'S COOKING

10. 2-2/3 cups beef stock
11. 2/3 cup crushed tomatoes
12. 1 cup Guinness stout
13. 4 fresh thyme sprigs or 1 tsp. dried
14. Salt & pepper to taste
15. Cooked creamy polenta or creamy grits or mashed potatoes

Preparations

1. Combine the first 3 items in a large bowl; add the ribs; mix well and put the ribs on a baking sheet and place in a 425°F (220°C) preheated oven and bake for 20 minutes. Remove and set aside. Lower oven temperature to 325°F (170°C).
2. Over medium heat in a Dutch oven, add the oil and items 6, 7 & 8 and cook for 15 minutes, stirring occasionally; add the garlic and cook 5 minutes.
3. Add the wine and simmer until reduced by half. Add items 10 through 14 plus the ribs and any juices. Bring to a boil; cover and bake for 1 hour. Uncover and cook an additional hour. Remove the fresh thyme if using; strain the sauce into a sauce pan and simmer to reduce to the desired consistency. Return the sauce to the Dutch oven and heat 5 to 10 minutes. Server over the polenta, grits or potato.

BEEF SHORT RIBS W/ MUSTARD & ONION - SERVES 4

Ingredients

1. 4 lbs. beef short ribs, trimmed
-
2. 1/3 cup yellow mustard
3. 2 Tbs. lemon juice
4. 2 garlic cloves, minced or pressed
5. 1Tbs. sugar
6. 1 tsp. salt
7. 1/8 tsp. pepper
-
8. 4 medium-sized onions, 2 diced & 2 sliced

Preparations

1. Place the short ribs in a baking dish.

TODAY'S COOKING

2. Combine items 2 through 7 and spread on the meat. Top with the onions; cover tightly and refrigerate 24 hours.
3. Preheat the oven @ 350° F (180° C).
4. Bring to room temperature and bake, covered, for 2 hours. Carefully drain off most of the liquid and serve.

Also see [Todays Slow Cooker Beef Short Ribs pg. 45](#)

FLANK STEAK W/ COLA BBQ SAUCE - SERVES 4

Ingredients

1. 1-1/2 lbs. flank steak
2. Flank steak rub ([see Todays Dressings_Sauces_Seasonings pg.124](#))
3. Flank Steak Marinade ([see Todays Dressings_Sauces_Seasonings pg. 62](#))

Preparations

1. Rub both sides of the steaks with the seasoned rub; cover and let stand at room temperature for 1 hour.
2. Mix the marinade in a sealable bag and add the steak. Marinade for minimum 1 hour and up to 2 hours. Remove the steak and set aside, covered. Using the marinade, make the BBQ sauce as per the directions. Brush the steak with the sauce and broil or grill 3 minutes per side for rare. Let the meat rest, covered, for 5 to 10 minutes.

SLOPPY JOES - SERVES 8

Ingredients

1. 12 oz. lean ground beef (ground turkey is also good)
2. 1 finely chopped onion
3. 2 cups cremini mushrooms, finely chopped
-
4. 5 plum tomatoes, diced
5. 2 Tbs. flour

TODAY'S COOKING

-
- 6. 1/2 cup water
- 7. 1/4 cup each cider vinegar, ketchup and chili sauce
-
- 8. 8 hamburger buns

Preparations

1. In a large non-stick skillet over medium heat, crumble the beef and cook a minute. Add the onion and mushrooms and cook another 8 to 10 minutes while stirring and breaking up the meat.
2. Stir in the tomatoes and flour until well combined. Add the remaining ingredients; bring to a simmer, stirring often.
3. Reduce heat to low and simmer another 10 minutes or until the sauce has thickened to your liking. Serve warm on the buns.

Also see [pork recipes](#) for an alternative Sloppy Joe pg. 55.

SUMMER SQUASH WITH BEEF - SERVES 4

Ingredients

1. 6 oz. cubed beef stew meat
2. 1/2 large onion, chopped
3. 3 cloves garlic, minced
4. 1 large zucchini, chopped
5. 1 medium yellow squash, chopped
6. 3 tomatoes, chopped
-
7. 1 tsp. chili powder
8. 1 tsp. cumin
9. 1 tsp. dried oregano
10. 1 tsp. Italian seasoning
11. 1/2 tsp. red pepper flakes
12. 1 cooked chicken breast, cubed
13. 3 cups chicken broth
14. 2 Tbs. cream or milk

TODAY'S COOKING

-
- 15. 1/2 (10 oz.) package frozen corn

Preparation

1. Cook beef in a large pot over medium heat until browned on all sides. Stir in items 2 through 6. Cook, stirring, for 3 to 5 minutes.
2. Stir in items 7 through 14. Cover, reduce heat to low, and simmer 2 hours.
3. Stir in corn. Cover, and increase heat to medium low. Simmer for 45 minutes. If the stew becomes too thick, stir in a little water to reach the desired consistency.

BEEF AND BUTTERNUT SQUASH STEW - SERVES 4

Ingredients

1. 3 Tbs. olive oil
2. 1 onion, peeled and chopped
3. 2 cloves garlic, chopped
4. 1 Tbs. minced fresh rosemary
5. 1 Tbs. chopped fresh thyme
-
6. 2 lbs. stew beef, cut into 2-inch cubes
7. 1/2 tsp. salt, plus more to taste
8. 1/2 tsp. freshly ground black pepper, plus more to taste
9. 2 Tbs. all-purpose flour
-
10. 1 cup Marsala wine
11. 1 lb. butternut squash, trimmed and cut into 2-inch cubes
12. 1/4 cup chopped sun-dried tomatoes
13. 3 to 4 cups beef broth
-
14. 2 Tbs. fresh chopped flat-leaf parsley
15. Crusty bread, for serving

TODAY'S COOKING

Preparations

1. In a large soup pot heat 3 tablespoons of olive oil over medium heat. Add item 2 through 5 and sauté until the onions are tender, about 2 minutes.
2. Toss the beef cubes in salt and pepper and flour. Turn up the heat to med-high and add the beef to the pot. Cook until the beef is browned and golden around the edges, about 5 minutes.
3. Add the Marsala wine. Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan. Add items 11, 12 & 13 and stir to combine (add enough beef broth to just cover the beef and squash).
4. Bring the stew to a boil over high heat, then reduce the heat to low and simmer, covered, for 1 hour. Season the stew with additional salt and pepper to taste. Sprinkle with the chopped parsley. Serve with crusty bread alongside.

BEEF AND BUTTERNUT SQUASH STEW #2 - SERVES 4

Ingredients

1. 3 Tbs. olive oil
2. 3 slices bacon
-
3. 1-1/2 lbs. beef chuck
-
4. 1 onion, peeled and chopped
5. 2 ribs celery, chopped
6. 2 medium carrots, chopped
7. 1 tsp. dried marjoram
8. 1/2 tsp. dried thyme*
9. 1 large bay leaf
-
10. 1 Tbs. tomato paste
-
11. 1/2 cup sweet vermouth
12. 2 wide strips of orange peel
-
13. 2 cups beef stock
14. 1 tsp. Dijon mustard
15. 1 tsp. honey or maple syrup
16. 1/2 tsp. freshly ground black pepper, plus more to taste

TODAY'S COOKING

17. 12 baby red and white potatoes
-
18. 1 Tbs. oil
19. 1/8 tsp. of nutmeg
20. 1/2 tsp. dried thyme*
21. Salt & pepper to taste
22. 1 small butternut squash, trimmed, peeled and cut into 2-inch cubes

Preparations

1. Preheat oven to 325° F (160° C)
2. In a large Dutch oven heat the oil over medium-high heat. Add the bacon and cook until crisp. Remove.
3. Add the meat and cook until caramelized on all sides. Remove.
4. Add items 4 through 9; partially cover and cook about 7 minutes.
5. Add the tomato paste and cook 1 minute. Add the vermouth and orange peel. Deglaze and reduce to half.
6. Add items 13 through 17; cover and place into the oven for 2-1/2 hours. Remove and set the oven to 425° F (220° C).
7. In a bowl combine items 18 through 21. Add the squash and coat completely. Spread out on a baking sheet and roast 30 to 35 minutes. Add to the stew; heat and serve.

PAN SEARED FILET MIGNON - SERVES 4

Ingredients

1. 4 thick center-cut filets
2. 1 tsp. olive oil
3. Salt & pepper

Preparations

1. Set oven rack to lower-middle position. Place rimmed baking sheet on the rack and preheat the oven to 450° F (230° C).
2. Heat a large, heavy skillet over high heat on the stove until very hot (about 3 to 4 minutes).
3. Rub each side of the steaks with oil and season with the salt and pepper. Place steaks into skillet and sear 3 minutes; turn and sear another 3 minutes. Place steaks on hot baking sheet and roast 2 to 3 minutes for very rare, 4 to 6 for rare and 6 to 8 for medium-rare. Any longer - why bother?

TODAY'S COOKING

POT ROAST - SERVES 4

Ingredients

1. 1 boneless beef chuck roast (1-1/4 lbs.)
2. 1/2 tsp. salt
3. 1/4 tsp. pepper
4. 1/2 Tbs. ea. olive oil & butter
-
5. 2 cups sliced sweet onion
-
6. 1/2 can (6 oz.) tomato paste
7. 2 garlic cloves, minced
8. 1/2 tsp. dried thyme
9. 1/4 tsp. celery seed
-
10. 1/3 cup dry red wine
11. 2 cups beef broth
12. 3 medium carrots, cut into 1-1/2" pieces
13. 1/4 lb. medium fresh mushrooms, quartered

Preparation

1. Preheat oven to 325° F (170° C). Sprinkle roast with salt and pepper.
2. In a Dutch oven, heat oil and butter over medium-high heat; brown roast on all sides. Remove from pot. Add onion to the same pot; cook and stir over medium heat until tender, 8-10 minutes. Add items 6 through 9 and cook, stirring 1 minute longer.
3. Add wine, stirring to loosen browned bits from pot; stir in broth. Return roast to pot. Arrange carrots and mushrooms around roast; bring to a boil. Bake, covered, until meat is fork-tender, 2-1/2 to 3 hours. If desired, skim fat and thicken cooking juices for gravy.

TODAY'S COOKING

GROUND BEEF OVER RICE - SERVES 2

Ingredients

1. 1 cup chicken stock or water
2. 1/4 tsp. salt
3. 1/2 tsp. olive oil
4. 1/4 tsp. turmeric
5. 1/2 cup rice
-
6. 2 Tbs. butter
7. 1 small onion, minced
8. 1 garlic clove, minced
-
9. 1/2 lb. ground beef
-
10. 1 beef bouillon cube mixed with 1/4 cup hot water
11. 1/4 tsp. paprika
12. 3 oz. tomato paste
13. 1/2 tsp. allspice
14. 3 Tbs. dry sherry
15. Salt & pepper to taste

Preparations

1. In a sauce pan, combine items 1 through 4. Bring to boil and add rice. Reduce heat to low; cover and cook 20 minutes.
2. In a medium skillet, melt the butter and sauté the onion and garlic about 5 minutes. Push to the side of the pan. Add the beef and brown. Push to the side and add ingredients 10 through 15.
3. Cook 2 to 3 minutes and serve over the rice.

TODAY'S COOKING

KOREAN BEEF & RICE - SERVES 4

Ingredients

1. 1 lb. lean ground beef (90% lean)
2. 1 Tbs. butter or oil
3. 1/2 an onion, sliced
-
4. 1 celery rib, sliced on the bias
5. 1 medium-sized carrot, sliced on the bias
6. 3 garlic cloves, minced
-
7. 1/4 cup packed brown sugar
8. 1/4 cup soy sauce
9. 2 tsp. sesame oil
10. 1/4 tsp. ea. ground ginger, crushed red pepper flakes & black pepper
-
11. 2-2/3 cups hot cooked brown or white rice
12. 3 green onions, thinly sliced

Preparations

1. In a large skillet, cook beef over medium heat 6 to 8 minutes, breaking up the beef as it cooks. Remove from the pan and set aside. Add the oil to the pan and sauté the onion about 8 minutes. Add items 4, 5 & 6 and sauté another 8 minutes. Add in the beef and reduce heat to a simmer.
2. In a small bowl, mix items 7 through 10 and stir into the beef; heat through. Serve with rice. Sprinkle with green onions.

GROUND BEEF & PASTA - SERVES 4

Ingredients

1. 1 lb. ground beef
-
2. 1 onion, sliced
3. 2 garlic cloves, minced or pressed
4. 1/2 tsp. each dried basil, oregano and thyme

TODAY'S COOKING

5. 1 can (14-1/2 oz.) diced tomatoes with juices
6. 1 cup chopped bell pepper
7. 1 cup beef or chicken stock
-
8. 2 Tbs. tomato paste
9. 2 cups broccoli florets
10. Salt & pepper to taste
-
11. 2 cups cooked, hot rotini
12. Grated favorite cheese

Preparations

1. In a large skillet, brown the beef; drain and set aside in a bowl.
2. Add the onions to the skillet and cook over medium-low for 12 minutes. Add the garlic and cook an additional 2 minutes.
3. Stir in items 4, 5 & 6 and *half* of 7. Cook, covered for 1 hour on lowest heat setting.
4. Add items 8, 9 & 10; cover and cook for 10 minutes on low. Add the meat and continue to cook until thickened and the broccoli is tender.
5. Stir in the rotini. If too thick, use the remaining stock to thin. Sprinkle with the cheese and serve.

BEEF & GARDEN PASTA - SERVES 4

Ingredients

1. 1 lb. lean ground beef (90% lean)
2. 1 small onion, finely chopped
3. 1 medium-sized sweet red pepper, finely chopped
-
4. 1 medium-sized zucchini, finely chopped
5. 1/2 lb. sliced fresh mushrooms
6. 1 can (8 oz.) tomato sauce
7. 2 tsp. Italian seasoning
8. 1/2 tsp. salt
9. 1/4 tsp. pepper
10. 8 oz. uncooked spaghetti or favorite pasta
11. Grated Parmesan cheese

TODAY'S COOKING

Preparation

1. In a large pot coated with cooking spray, cook the first 3 items over medium-high heat until beef is no longer pink, 4 to 6 minutes; drain and crumble beef.
2. Add items 4 & 5 and cook 3 to 5 minutes longer. Stir in items 6 through 9; bring to a boil. Reduce heat; simmer, covered, 15 minutes to allow flavors to blend.
3. Cook spaghetti according to package directions.
Serve spaghetti with sauce and cheese.

BEEF & SPINACH LASAGNA - SERVES 8

Ingredients

1. 1 lb. ground beef
2. 1 medium-sized onion, chopped
3. 2 garlic cloves, minced
4. 1 jar (24 oz.) spaghetti sauce
-
5. 1 carton (15 oz.) ricotta cheese
6. 1/2 cup grated Parmesan cheese
7. 2 Tbs. minced fresh parsley
8. 1/2 tsp. pepper
-
9. 1 package (8 oz.) no-cook lasagna noodles
10. 8 cups shredded part-skim mozzarella cheese
11. 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
12. 1 jar (15 oz.) Alfredo sauce or home-made sauce ([see Today's Cooking Dressings Sauces Seasonings pg. 31 & 32](#))

Preparation

1. In a large skillet, cook beef, onion and garlic over medium heat 6 to 8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in spaghetti sauce.
2. In a small bowl, mix ricotta cheese, Parmesan cheese, parsley and pepper. Spread 1 cup meat mixture onto the bottom of an ungreased 5- or 6-qt. slow cooker. Arrange 4 noodles over sauce, breaking noodles to fit if necessary; layer with half of the ricotta mixture, 2 cups mozzarella cheese and 1 cup meat mixture.
3. Top with 4 noodles, spinach, Alfredo sauce and 2 cups mozzarella cheese. Continue layering with 4 noodles, remaining ricotta mixture, 2 cups mozzarella cheese and 1 cup meat mixture. Add any

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remaining noodles; top with remaining meat mixture and mozzarella cheese.
Cook, covered, on low 4 to 5 hours or until noodles are tender.

CUBAN PICADILLO - SERVES 4

Ingredients

1. 1 lb. lean ground beef (90% lean)
2. 1 small green pepper, chopped
3. 1/4 cup chopped onion
-
4. 1 can (8 oz.) tomato sauce
5. 1/2 cup sliced pimiento-stuffed olives
6. 1/4 cup raisins
7. 1 Tbs. cider vinegar
-
8. 2 cups hot cooked rice
9. Fresh cilantro leaves, optional

Preparation

1. Place the first 3 items in a large skillet and cook over medium-high heat until the meat is no longer pink, 5 to 7 minutes; crumble beef.
2. Stir in the next 4 items and bring to a boil. Reduce heat; simmer, uncovered, until raisins are softened, 5 to 6 minutes.
Serve over rice and top with fresh cilantro.

TACO MEAT - MAKES 6 CUPS

Ingredients

1. 3 lbs. ground beef
-
2. 1 Tbs. olive oil
3. 2 large onions, chopped
4. 3 garlic cloves, minced or pressed

TODAY'S COOKING

-
- 5. 2 cups water
- 6. 4 Tbs. chili powder
- 7. 1/2 tsp. each dried basil & oregano
- 8. 2 tsp. salt
- 9. 1 tsp. cumin
- 10. Red pepper flakes to taste

Preparations

1. In a large skillet, brown the beef; drain and set aside in a bowl.
2. Add the next 2 items and sauté about 5 minutes. Add the water; bring to a boil; reduce heat to a simmer and add the beef and remaining items. Simmer, uncovered, for about 15 minutes or until the consistency is right.

QUICK BOLOGNESE - SERVES 4

Ingredients

1. 3 Tbs. olive oil
2. 1 medium-sized onion, chopped
3. 2 garlic cloves, minced or pressed
4. 1 lb. lean ground beef
5. 1/2 tsp. ea. sea salt & pepper
6. 1/2 cup dry red wine
7. 2 cups tomato purée
8. 1/4 cup milk
9. 8 oz. cooked fettuccine
10. 1/2 cup grated Parmesan

Preparations

1. In a large saucepan over medium heat add the oil and sauté the onion for 5 minutes. Add the garlic and cook 1 minute.
2. Increase the heat to medium-high; add items 4 & 5; stir occasionally and brown the meat, about 10 minutes. Drain off the fat; add the wine and cook until nearly evaporated. Stir in the puree; reduce heat and simmer until the sauce thickens, about 5 minutes. Stir in the milk and cook another 5 minutes. Serve over hot pasta with the cheese.

TODAY'S COOKING

DOCKSIDE BEEF BURGER - SERVES 4 OR 8

Ingredients

1. 2 lbs. ground beef
2. 3 carrots, finely grated
3. 2 medium onions, finely chopped
4. 2 green bell peppers, finely chopped
5. 1/4 cup finely chopped parsley
6. 1 garlic clove, minced or pressed
7. 2 Tbs. Worcestershire sauce
8. 1/4 tsp. hot sauce
9. 2 eggs
10. 1 tsp. dry mustard
11. 2 Tbs. oil
12. Salt & pepper to taste

Preparations

1. Combine all the items and form patties: makes 8 quarter pounders or 4 half pounders.
2. Broil, grill or pan fry to your liking.

SOUTHWESTERN BURGER - SERVES 4

Ingredients

1. 1 lb. ground beef or chicken or turkey
2. 1/2 green bell pepper, finely chopped
3. 1/4 cup crushed plain or nacho flavored tortilla chips
4. 1 egg, lightly beaten
5. 1 Tbs. chili powder
6. 1/4 tsp. salt
-
7. Salsa
8. Monterey Jack cheese

TODAY'S COOKING

Preparations

1. Combine items 1 through 6 and form 4 patties.
2. Broil, grill or pan fry on the first side. Turn the patties and place 1 Tbs. salsa on each. Top with the cheese and cook to your liking.

HAWAIIAN BURGER - SERVES 4

Ingredients

1. 1 lb. ground beef or chicken or turkey
2. 3 Tbs. finely chopped water chestnuts
3. 1/4 cup seasoned fine bread crumbs
4. 1 egg, lightly beaten
5. 1 tsp. ground ginger
6. 1/4 tsp. salt & pepper
-
7. Sweet & sour sauce
8. Pineapple rings

Preparations

1. Combine items 1 through 6 and form 4 patties.
2. Brush with the sauce and broil, grill or pan fry on the first side. Turn the patties; brush with more sauce and place a pineapple ring on each. Cook to your liking.

STUFFED PEPPERS - SERVES 8

Ingredients

1. 2 lbs. ground beef
2. 1 medium onion, chopped
3. 1 small green pepper, chopped
4. 2 garlic cloves, minced
5. 1-1/2 tsp. salt
6. 1/2 tsp. pepper
-

TODAY'S COOKING

7. 3-3/4 cups water
8. 1 can (14-1/2 oz.) diced tomatoes, undrained
9. 1 can (10 oz.) diced tomatoes and green chilies, undrained*
10. 1 can (15 oz.) tomato sauce
11. 1 Tbs. ground cumin
-
12. 3 cups uncooked instant rice
13. 4 medium green peppers
-
14. 1-1/2 lbs. mild cheddar cheese, cubed
15. 1 can (10 oz.) diced tomatoes and green chilies, undrained*

Preparations

1. In a Dutch oven, cook the first 6 items over medium heat until beef is no longer pink; drain. Add items 7 through 11. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
2. Stir in rice; simmer, uncovered, for 5 minutes. Remove from the heat; cover and let stand for 5 minutes.
3. Remove tops and seeds from the peppers; cut in half widthwise. Place in a large pan of boiling water; boil for 4 minutes.
4. Drain peppers and stuff with meat mixture. Place remaining meat mixture in an un-greased 13" x 9" baking dish; top with stuffed peppers, pressing down gently. Cover and bake at 350°F (180°C) for 1 hour. In a saucepan, heat the last 2 items until cheese is melted. Serve over peppers.

STUFFED PEPPERS #2 - SERVES 4 TO 6

Ingredients

1. 6 bell peppers, any color
2. 4 tablespoons olive oil, plus more for drizzling
3. 1 lb. ground beef
4. 1 onion, finely diced
5. 2 cloves garlic, minced or pressed
6. 1 medium zucchini, finely diced
7. 1 can (14-1/2 oz.) diced petite tomatoes with liquid or 4 Roma tomatoes, seeded and finely diced.
8. 1 Tbs. Italian seasoning
9. Red pepper flakes to taste
10. Kosher salt and freshly ground black pepper to taste

TODAY'S COOKING

11. 1 cup cooked long-grain and wild rice
12. 1-1/2 cups grated pepper Jack cheese, divided

Preparations

1. Preheat the oven to 350°F (180°C).
2. Cut the tops off the peppers. Remove the stems and finely chop the tops; set aside. Scoop out the seeds and membrane. Place the peppers cut-side up in a baking dish just large enough to hold them upright.
3. In a large skillet over medium-high, add half of the oil and cook the beef until the meat is just beginning to brown, 8 to 10 minutes. Drain & remove meat to a paper towel-lined plate.
4. Add the remaining oil to the skillet; cook the chopped peppers and item 4 for 5 minutes. Add items 5 & 6 and cook for another 1 or 2 minutes. Add items 7 through 10. When heated through, stir in the beef and items 11 & half of 12.
5. Fill the peppers with the rice mixture and top each with the remaining cheese. Pour 1 to 2 cups of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, about 15 to 20 minutes.

VEGETABLE & BEEF STUFFED RED PEPPERS - SERVES 6

Ingredients

1. 6 medium-sized red bell peppers
-
2. 1 lb. lean ground beef
-
3. 1 Tbs. olive oil
4. 1 medium zucchini, chopped
5. 1 medium yellow summer squash, chopped
6. 1 medium onion, finely chopped
7. 1/3 cup finely chopped green pepper
-
8. 2 cups coarsely chopped fresh spinach
9. 4 garlic cloves, minced
10. 1 cup cooked long grain and wild rice
11. 1 can (8 oz.) tomato sauce
12. 1/2 cup shredded part-skim mozzarella cheese

TODAY'S COOKING

13. 1/4 tsp. salt
14. 3 slices provolone cheese, halved

Preparations

1. Preheat oven @ 350° F (180° C).
2. Cut and discard tops from red peppers and remove seeds. In a 6-qt. stockpot, cook peppers in boiling water until crisp-tender, 3-5 minutes; drain and rinse in cold water.
3. In a large skillet, cook beef over medium heat until no longer pink, breaking into crumbles, 6 to 8 minutes. Remove with a slotted spoon and drain.
4. In same pan, heat oil over medium and sauté items 4 through 7 until tender, 4 to 5 minutes. Add items 8 & 9 and cook, stirring, until spinach is wilted, about 1 minute. Stir in cooked beef, rice, tomato sauce, mozzarella cheese and salt.
5. Place the peppers in a greased 8-in. square baking dish. Fill with meat mixture and cover with foil. Bake until peppers are tender, 35 to 40 minutes. Top with provolone cheese; bake, uncovered, until cheese is melted, about 5 minutes.

BAVARIAN CABBAGE ROLLS - SERVES 4 TO 6

Ingredients

1. 12 large cabbage leaves
2. 1-1/2 lbs. ground beef
3. 1/2 cup chopped onion
4. 1 small green pepper, chopped
5. 2 garlic cloves, minced or chopped
6. 1 tsp. salt
7. 1/4 tsp. thyme
8. 1/8 tsp. pepper
9. 1/2 cup sour cream
10. 1/3 cup milk
11. 3/4 cup uncooked oats
12. 4 medium green peppers
-
13. 2 cans (8 oz. ea.) tomato sauce
14. 1 can (6 oz.) tomato paste
15. 1 cup water

TODAY'S COOKING

Preparations

1. Drop the cabbage leaves into boiling water for 3 minutes and drain.
2. Combine items 2 through 12 thoroughly and divide into 12 equal portions. Place each portion on a cabbage leaf; wrap tightly and fasten with toothpicks. Place in a large skillet with a cover.
3. Combine the sauce items; pour over the cabbage; bring to a boil; reduce heat to low; cover and cook 45 minutes. Remove the rolls to a serving dish; stir the sauce until well blended and pour over the rolls. Serve over buttered noodles.

CABBAGE ROLLS IN A BOWL - SERVES 4

Ingredients

1. 1/2 cup chopped onion
-
2. 1 lb. ground beef or turkey
3. 1 garlic clove, minced or pressed
-
4. 1 small head of cabbage, chopped
5. 2-1/2 cups beef or chicken stock
6. 2/3 cup uncooked long grain rice
7. 1 Tbs. Worcestershire sauce
8. 1 tsp. dried basil
9. 1 tsp. onion powder
10. 1/4 tsp. ea. cayenne & black pepper
11. 1 can (28 oz.) crushed tomatoes
-
12. 1/2 tsp. salt
13. Grated Parmesan

Preparations

1. In a large skillet over medium-low heat, cook the onions, covered, until caramelized, about 20 minutes. Add items 2 & 3 and cook until the meat is no longer pink. Drain and add items 4 through 11. Bring to a boil; reduce heat and simmer, covered, 25 to 30 minutes.
2. Stir in the last 2 items and heat through. Sprinkle with cheese.

TODAY'S COOKING

SLOW COOKER BEEF CABBAGE ROLLS - SERVES 6

Ingredients

1. 12 cabbage leaves
2. 1 cup cooked brown rice
3. 1/4 cup finely chopped onion
4. 1 egg, lightly beaten
5. 1/4 cup fat-free milk
6. 1/2 tsp. salt
7. 1/4 tsp. black pepper
8. 1 lb. lean ground beef

Sauce

1. 1 can (8oz.) tomato sauce
2. 1 Tbs. brown sugar
3. 1 Tbs. lemon juice
4. 1 tsp. Worcestershire sauce

Preparations

1. In batches, cook cabbage in boiling water 3-5 minutes or until crisp-tender. Drain; cool slightly.
2. Trim the thick vein from the bottom of each leaf, making a V shaped cut.
3. In a large bowl, combine items 2 through 7. Add beef; mix lightly but thoroughly.
4. Place about 1/4 cup beef mixture on each cabbage leaf. Pull together cut edges of leaf to overlap; fold over filling. Fold in sides and roll up.
5. Place six rolls in a 4 or 5 qt. slow cooker; seam side down. In a bowl, mix sauce ingredients; pour half of the sauce over cabbage rolls. Top with remaining rolls and sauce. Cook, covered, on low 6-8 hours or until a thermometer inserted in beef reads 160° F (71° C) and the cabbage is tender.

GROUND BEEF & VEGGIE STIR FRY - SERVES 4

Ingredients

1. 1 Tbs. canola or vegetable oil
2. to 1-1/2 lbs ground beef

TODAY'S COOKING

3. Salt & pepper to taste
-
4. 1 medium-sized onion, sliced
5. 1 large celery rib, thinly sliced
6. 1 green bell pepper, diced
7. 4 to 6 oz. fresh or canned mushrooms, sliced
8. 1 garlic clove, minced or pressed
-
9. 1-1/2 medium-sized zucchini, thinly sliced
10. 1 can (14 oz.) diced tomatoes with liquid
11. 1 Tbs. lime juice
12. 1/4 tsp. ea. cumin and dried basil
13. 1/2 tsp. dried oregano
14. Salt & pepper to taste
-
15. 1-1/2 tsp. cornstarch
16. 1/8 cup cold water

Preparations

1. In a large skillet over medium heat, add the oil and cook the meat just until no longer pink. Set the meat aside.
2. To the skillet add items 4 through 8 and cook 5 minutes. Add items 9 through 14 plus the meat. Bring to a boil; reduce heat; cover and simmer 5 minutes. Combine the last 2 items; mix well and add to the skillet. Cook until thickened and serve over noodles, pasta, rice or a baked potato.

BEEF LO MEIN - SERVES 4

Ingredients

1. 4 oz. stir-fry egg noodles (can also use angel hair pasta)
-
2. 2 tsp. cornstarch
3. 1/4 cup soy sauce
4. 2 Tbs. rice wine vinegar (can also use white vinegar)
5. 2 Tbs. hoisin sauce
6. 1 Tbs. minced fresh ginger or 1 tsp. ground ginger
7. 1 tsp. minced or pressed garlic

TODAY'S COOKING

-
- 8. 2 Tbs. canola or vegetable oil, divided
- 9. 1 lb. boneless beef, cut into strips
- 10. 2 cups broccoli florets
- 11. 1 cup julienned carrots
- 12. 1 large rib of celery, sliced
-
- 13. 1/4 cup finely chopped salted peanuts
- 14. 1/4 cup chopped scallions or chives

Preparation

1. In bowl, combine items 2 through 7. Stir until the cornstarch is fully incorporated and the mixture is smooth. Set aside.
2. Cook the noodles or pasta according to package directions.
3. Heat a wok or large skillet over high heat. Add 1 Tbs. of the oil and stir-fry the beef 5 minutes. Remove with a slotted spoon. Add the remaining oil and stir-fry items 10, 11 & 12 for 5 minutes or until crisp-tender. Drain the noodles. Stir and add the cornstarch mixture to the skillet; bring to a boil and cook, stirring, 2 minutes or until thickened. Stir in the beef and noodles; cook, stirring, until heated. Sprinkle on the last 2 items and serve.

BEEF & ZUCCHINI PIE - SERVES 8

Ingredients

1. 1/2 lb. ground beef or turkey
2. 1/4 cup finely chopped onion
3. 1/2 tsp. ea. salt & garlic salt
-
4. 1/2 cup diced green pepper
5. 1 tsp. ea. dried oregano & parsley flakes
6. 1/2 cup dry bread crumbs
7. 1/4 cup grated Parmesan cheese
8. 1 large egg, lightly beaten
-
9. Pastry for double-crust deep-dish pie (see [Today's Bread_Dough](#) pg. 85)
10. 4 cups sliced zucchini, divided
11. 2 medium tomatoes, peeled and thinly sliced

TODAY'S COOKING

Preparations

1. In a skillet over medium heat, cook the first 3 items until the meat is no longer pink; drain. Add items 4 through 8 and mix well. Set aside.
2. Place the bottom pastry in a pie plate; add 2 cups of the zucchini over the crust. Cover with the meat mixture. Top with tomato slices and remaining zucchini. Place top pastry over zucchini. Cut a few slits in top.
3. Bake @ 350° F (180° C) for 1 hour until the crust is lightly browned.

ZUCCHINI BOATS - SERVES 8

Ingredients

1. 4 zucchini, trimmed and split lengthwise
2. 4 Tbs. olive oil
3. 2 garlic cloves, minced or pressed
4. 1/2 onion, chopped
5. 1 lb. ground meat (pork, beef, veal or poultry)
-
6. 1 cup fresh bread crumbs
7. Salt & pepper to taste
8. 2 egg yolks, lightly beaten
9. 4 Tbs. chopped parsley
10. 6 Tbs. chopped dill
-
11. Tomato sauce ([see Dressings_Sauces_Seasonings pg. 89 & 90](#))
12. 4 Tbs. dry bread crumbs
13. 4 Tbs. grated Parmesan cheese

Preparation

1. Cut the zucchini in half lengthwise. Scoop out the zucchini (about 2 cups chopped), leaving the “boats” intact.
2. In a large skillet, heat the oil and cook the garlic and onion over medium-low for 5 minutes. Add the meat and cook until no longer pink. Add the chopped zucchini and cook 3 minutes more.
3. Stir in items 6 through 10 and cook until thickened.

TODAY'S COOKING

4. Preheat the oven @ 425°F (220°C). Sprinkle the insides of the boats with salt & pepper and fill with the meat mixture. Top with tomato sauce; blend the dry crumbs and cheese and sprinkle on top. Bake for 30 minutes.

TODAY'S COOKING

Meatloaf

Meatloaf Basics: a mix of beef and pork is juicier - do not overwork the mix or it can get tough - lightly oil your hands so the mixture doesn't stick - brush on the glaze after 10 minutes of baking - using a loaf pan means less glaze and crust. Making a free-form loaf on parchment paper results in an all-around crust and more glaze.

MEATLOAF GLAZE - SERVES 4 TO 6

Ingredients

1. 1/3 cup catsup or chili sauce
2. 2 Tbs. brown sugar
3. 1 Tbs. brown mustard

Preparations

1. Combine well.

MEATLOAF GRAVY - SERVES 4 TO 6

Ingredients

1. 1 Tbs. olive oil
2. 1/2 Tbs. unsalted butter
3. 1/4 cup diced onions
4. 1 garlic clove, minced or pressed
5. 1/2 tsp. oregano
-
6. 1-1/2 Tbs. tomato paste
7. 1 Bay leaf
8. 1 cup chicken or vegetable stock
9. 1 cup crushed tomatoes
10. 1/2 tsp. red wine vinegar
-

TODAY'S COOKING

11. 2 Tbs. grated Parmesan
12. Salt & pepper to taste

Preparations

1. Sauté items 1 through 5 for 8 to 10 minutes. Stir in the paste and cook until the paste is bright red. Add items 7 through 10 and bring to a boil over high heat. Reduce the heat and simmer until sauce thickens. Whisk in the last 2 items; remove the bay and serve.

BASIC MEATLOAF - SERVES 6

Ingredients

1. 1 Tbs. olive oil
2. 1/2 cup chopped onions
3. 1/2 cup chopped carrots
4. 1/2 cup chopped green peppers
-
5. 1/3 cup chicken stock
6. 1 Tbs. Worcestershire sauce
7. 1 Tbs. tomato paste
-
8. 2 eggs slightly beaten
9. 2 lbs. ground beef or a mix of 1 lb. ground beef and 1 lb. ground pork
10. 3/4 cup dry bread crumbs or panko
11. 1/2 tsp. garlic powder
12. 1 tsp. dry mustard
13. 1 tsp. salt
14. 1/2 tsp. pepper or to taste
-
15. 1/2 cup ketchup
16. 1 to 2 Tbs. brown mustard
17. 2 Tbs. brown sugar

Preparations

1. Line a baking sheet with parchment or foil. Preheat oven to 375° F (190° C).
2. Heat the oil in a skillet over medium-low and sauté items 2, 3 & 4 for 8 to 10 minutes. Remove from heat and stir in items 5, 6 & 7.

TODAY'S COOKING

3. Combine and lightly mix items 8 through 14. Mix in the sautéed vegetables; place on the parchment and form into the loaf..
4. Combine items 15, 16 & 17. Bake the loaf 10 minutes and then brush half the glaze onto the loaf. After 50 minutes, brush on the remaining glaze. Bake 1 to 1-1/2 hours or until the center reaches 160° F (73° C). Let rest 10 minutes.

BASIC MEATLOAF - SAME RECIPE AS ABOVE BUT SERVES 3 TO 4

Ingredients

1. 1/2 Tbs. olive oil
2. 1/4 cup chopped onions
3. 1/4 cup chopped carrots
4. 1/4 cup chopped green peppers
-
5. 2-1/2 Tbs. + 1/2 tsp. chicken stock
6. 1/2 Tbs. Worcestershire sauce
7. 1/2 Tbs. tomato paste
-
8. 1 egg slightly beaten
9. 1 lb. ground beef or 1 lb. ground turkey
10. 6 Tbs. dry bread crumbs or panko
11. 1/4 tsp. garlic powder
12. 1/2 tsp. dry mustard
13. 1/2 tsp. salt
14. 1/4 tsp. pepper or to taste
-
15. 1/4 cup ketchup
16. 1/2 to 3/4 Tbs. brown mustard
17. 1 Tbs. brown sugar

Preparations

1. Line a baking sheet with parchment or foil. Preheat oven to 375° F (190° C).
2. Heat the oil in a skillet over medium-low and sauté items 2, 3 & 4 for 8 to 10 minutes. Remove from heat and stir in items 5, 6 & 7.
3. Combine and lightly mix items 8 through 14. Mix in the sautéed vegetables; place on the parchment and form into the loaf..

TODAY'S COOKING

4. Combine items 15, 16 & 17. Bake the loaf 10 minutes and then brush half the glaze onto the loaf. After 50 minutes, brush on the remaining glaze. Bake 1 to 1-1/2 hours or until the center reaches 160° F (73° C). Let rest 10 minutes.

CHEESY MEATLOAF - SERVES 6

Ingredients

1. 1-1/2 lbs. ground beef
2. 10 bacon strips, cooked and crumbled
3. 1 cup diced Cheddar cheese
4. 1/2 cup chopped onions
5. 1/2 cup chopped dill pickles
6. 1/2 cup dill pickle juice
7. 3/4 cup quick-cooking oats
8. 1/4 cup mayonnaise
9. 2 eggs slightly beaten
10. 1 Tbs. Worcestershire sauce
11. 1/4 tsp. hot sauce
12. 1 tsp. dry mustard
13. Salt & pepper to taste
-
14. 1/2 cup ketchup
15. 1/4 cup Dijon or yellow mustard
16. 2 Tbs. brown sugar

Preparations

1. Lightly coat a loaf pan with cooking spray and line with enough plastic wrap so that it overlaps the edges on all sides. Line a baking sheet with parchment or foil. Preheat oven to 375° F (190° C).
2. Combine and mix the first 13 ingredients. Press into the loaf pan: Carefully place the pan upside down on the baking sheet. Remove the wrap.
3. Combine items 14, 15 & 16 and brush onto the loaf. Bake 1 hour or until the center reaches 160° F (73° C). Let rest 10 minutes.

TODAY'S COOKING

SUMMER MEATLOAF - SERVES 2

Ingredients

1. 1 lb. ground beef
2. 1/4 cup each minced onions, zucchini, red bell pepper
3. 1/4 cup fresh bread crumbs
4. 2 Tbs. chopped parsley
5. 2 tsp. Dijon mustard
6. 1 tsp. minced or pressed garlic
7. 1 egg white
8. 1/4 tsp. salt
9. 1/2 tsp. pepper or to taste
-
10. 3 Tbs. peach preserve (also try other preserves)
11. 1 tsp. Dijon mustard

Preparations

1. Line a baking sheet with parchment or foil. Preheat oven to 400° F (200° C).
2. Combine and lightly mix items 1 through 9; place on the parchment and form into two loaves.
3. Combine items 10 & 11 and brush onto the loaf. Bake 1 to 1-1/2 hours or until the center reaches 160° F (73° C). Let rest 10 minutes.

BBQ MEATLOAF - SERVES 8

Ingredients

1. 1-1/2 lbs. ground beef
2. 1/2 lb. ground pork
-
3. 1/2 cup minced onions
4. 1/4 cup minced green pepper and shredded carrot
-
5. 1/2 cup ea. milk, water & BBQ sauce
6. 2 cups crushed corn flakes or Wheaties®
7. 2 beaten eggs

TODAY'S COOKING

8. 1-1/2 tsp. salt
9. 1/2 tsp. pepper and rubbed sage
10. 1/4 tsp. ea. celery seed and oregano
-
11. 2 slices bacon
12. 1/2 cup BBQ sauce (see [Todays Dressings_Sauces_Seasonings pg. 70](#))
13. 2 bay leaves

Preparations

1. Preheat oven to 350° F (180° C).
2. In a large skillet, sauté the meats just until no longer pink. Drain and set aside.
3. Add items 3 & 4 to the skillet and sauté 3 to 4 minutes.
4. In a large bowl, combine the meats, the vegetable sauté and items 5 through 10; lightly mix and pack into two greased loaf pans.
5. Top with items 11, 12 & 13. Bake 1-1/4 hours or until the center reaches 160° F (73° C). Let rest 10 minutes.

SWEET & SOUR MEATBALLS - SERVES 4 TO 6

Ingredients

1. 1/2 cup packed brown sugar
2. 1/2 cup rice vinegar or white vinegar
3. 1/4 cup ketchup
4. 1 Tbs. low-sodium soy sauce
5. 2 cups pineapple juice*
-
6. 1 Tbs. cornstarch
7. 1/4 cup pineapple juice*
-
8. Home made or commercial frozen meatballs
9. 1 Tbs. sriracha or other hot sauce, or to taste
10. 1 red bell pepper, chopped
-
11. 1 cup drained canned or fresh pineapple chunks
12. 4 Tbs. sliced green onions, divided

TODAY'S COOKING

Preparations

1. In a large skillet (with a lid), combine items 1 through 5. Stir the mixture and bring to a gentle boil over medium-high heat. To thicken the sauce, make a slurry by mixing the cornstarch with 1/4 cup of pineapple juice in a small bowl until smooth. Add it to the sauce, whisking to combine.
2. Add the frozen meatballs, sriracha and bell pepper and toss to combine. Cover the skillet and cook until the sauce has thickened and the meatballs are heated through, 8 to 10 minutes.
3. Stir in the pineapple, then sprinkle in 2 tablespoons of the green onions. Serve the meatballs and sauce over rice and sprinkle on the rest of the green onions at the end.

TODAY'S COOKING

Veal

VEAL MARSALA - SERVES 4

Ingredients

1. 1 cup flour
2. Salt & pepper to taste
3. 1 lb. veal medallions
4. 2 Tbs. olive oil, divided
-
5. 1 large shallot, minced
6. 1 garlic clove, minced or pressed
-
7. 1 lb. mushrooms, sliced
-
8. 1 cup dry Marsala
-
9. 2 cups chicken stock
10. 1 cup beef stock
-
11. 2 Tbs. unsalted butter
12. 1/4 cup chopped parsley

Preparations

1. Preheat oven to 250° F (120° C). Heat a plate.
2. Combine items 1 & 2 in a plastic bag; add the veal and shake to thoroughly coat the meat.
3. In a large skillet over medium-high heat add 1 Tbs. of the oil. When the oil shimmers, add the veal and cook 5 minutes, turning once after 2-1/2 minutes.
4. Remove the veal to a warmed plate; cover with foil and keep warm.
5. In the skillet over medium-low heat, add the remaining oil and cook the shallot and garlic, about 5 minutes. Add the mushrooms and cook 5 minutes. Increase the heat to medium-high and add the Marsala. Cook until reduced and thickened.

TODAY'S COOKING

6. Add items 9 & 10 and cook until reduced to desired consistency, between 1/2 and 1/4 cup. Remove from heat and whisk in the butter. Serve the sauce over the veal and garnish with the parsley.

KAREN'S OSSO BUCO - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 1/4 cup dry white wine
3. 3 cloves garlic, peeled & minced or pressed
4. 1 large onion, chopped
5. 10 to 12 oz. fresh mushrooms, sliced
-
6. 1-1/2 lbs. cubed veal, beef or chicken - your choice
7. 2 cans (15 oz. ea.) diced tomatoes with garlic & olive oil
8. 4 large carrots, peeled and sliced
9. 1 tsp. celery salt and black pepper or to taste
10. 2 tsp. cumin (or more to taste)
11. 1/4 cup olive oil
12. 1 can (4 oz.) V8 juice or tomato juice
13. Chopped parsley

Preparation

1. Sauté the onion, garlic and mushrooms in the oil and wine. Cover to cook the mushrooms for several minutes and then remove lid to allow the wine to reduce. Transfer to a dish and set aside.
2. Brown meat for several minutes (for a thicker sauce, dust the meat with flour prior to browning). Add the remaining items and simmer until the carrots are just about done. Stir in the onion/mushrooms. Serve as is over cooked egg noodles, pasta or rice. For a creamier dish add sour cream just prior to serving.

TODAY'S COOKING

VEAL RAGOUT - SERVES 6 TO 8

Ingredients

1. 1 Tbs. butter
2. 1 lb. mushrooms, sliced
-
3. 1-1/2 lbs. boneless veal steak cut into 3/4" pieces
4. 1-1/2 cups finely diced carrot
5. 1/2 cup ea. finely diced onion and bell pepper
6. 1/4 tsp. rubbed sage
7. 1/8 tsp. ea. marjoram and thyme
8. 1/4 cup dry sherry
9. Salt & pepper to taste
-
10. 4 egg yolks, lightly beaten
11. 4 Tbs. sour cream
-
12. 1 pkg. (6 oz.) cooked egg noodles
13. 1/4 cup chopped parsley

Preparations

1. Preheat oven to 325° F (170° C).
2. In a heavy skillet, melt the butter and simmer the mushrooms, covered, stirring occasionally, until the moisture is released (about 8 to 10 minutes).
3. To a casserole dish add the mushrooms with liquid and items 3 through 9. Cover and bake for 1-1/4 hours.
4. Thoroughly combine items 10 & 11. Drain the juices from the casserole into a saucepan and bring to a boil. Reduce heat and stir some of the juices into the egg/sour cream mixture and then stir the mixture back into the juices. Pour the sauce over the veal and serve over noodles. Garnish with the parsley.

TODAY'S COOKING

VEAL STEW W/ DUMPLINGS - SERVES 4

Ingredients

1. 1 Tbs. butter
2. 1 lb. boneless veal cut into 3/4" pieces (can also use pork or lamb).
3. 1 garlic clove, minced or pressed
4. 1/4 tsp. fresh grind pepper
-
5. 3 Tbs. flour
6. 3 cups chicken stock
7. 1/4 tsp. ea. nutmeg and salt
8. 2 tsp. thyme
9. 2 bay leaves
10. 1 tsp. lemon zest
11. 1 cup dry white wine
12. 2 ribs celery, sliced on a slant into 1/2" pieces
13. 2 medium sized carrots, sliced on a slant into 1/2" pieces
14. 2 cups sliced mushrooms
15. 12 frozen small, whole onions (or 1 large onion, sliced)
-
16. 3/4 cup flour
17. 1 tsp. baking powder
18. Salt & pepper to taste
19. 1 Tbs. finely chopped chives or parsley
20. 1/3 cup milk
21. 1 Tbs. vegetable oil

Preparations

1. In a large pot, melt the butter and add the next 3 items. Cook over medium heat for 10 minutes. Stir in the flour and then add items 6 through 15. Bring to a boil; reduce heat and simmer, covered, for 40 minutes.
2. Combine items 16 through 19, mixing well. Whisk together the last 2 items and add to the dry ingredients, mixing in with a fork to form a batter.
3. Drop the batter into the stew to make 4 dumplings and simmer, covered, for 10 minutes minimum. After the 10 minutes you can test the dumplings (done when a toothpick inserted into the center comes out clean). Remove the bay leaves before serving.

TODAY'S COOKING

VEAL CREOLE - SERVES 4

Ingredients

1. 1 lb. boneless, 3/4" thick veal round steak (can also use pork tenderloin medallions).
2. 1 Tbs. canola or vegetable oil
-
3. 1 can (15 oz.) stewed tomatoes including the liquid
4. 1 medium sized onion, sliced
5. 1 green and 1 yellow, small bell peppers, cut into strips
6. 1 can (4 oz.) diced chilies, chose mild or hot
7. 2 garlic cloves, minced or pressed
8. 1/8 tsp. cayenne pepper
9. 1/4 tsp. salt*
-
10. 3 cups chicken stock
11. 1/4 tsp. salt*
12. 3/4 cup quick cook hominy grits (or use cooked white rice)
13. 1/4 cup finely chopped scallions (both green & white parts)
-
14. 1/4 cup chopped parsley

Preparations

1. Cut the veal into 8 pieces. Use the fine teeth side of a meat mallet to pound the veal, starting in the center and working outwards, to a 1/4" thickness.
2. In a heavy skillet, over medium-high heat add the oil and brown the veal on both sides in batches (about 1 to 2 minutes per side). Remove from skillet and set aside.
3. To the skillet, add items 3 through 9. Mix well and bring to a boil. Reduce heat; cover and simmer 15 minutes. Return the veal to the skillet and cover
4. As the veal cooks, bring the stock and salt to a boil. Slowly add the grits and remaining salt, stirring constantly. Stir in the scallions; reduce heat and simmer, uncovered, 6 to 8 minutes or until thickened, stirring often.
5. Serve with the veal on top of the grits and the sauce over both. Garnish with the parsley.

TODAY'S COOKING

VEAL BURGERS - SERVES 4

Ingredients

1. 1 lb. ground veal
2. 1 egg, beaten*
3. 1/8 tsp. garlic powder
4. Salt & pepper to taste
5. 2 Tbs. dry white wine
6. 2 Tbs. chopped scallions (both white and green parts)
7. 1/2 cup ea. dry bread crumbs and grated Parmesan, divided
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8. 1/3 cup flour
9. 1 egg, beaten*
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10. 2 Tbs. canola or vegetable oil

Preparations

1. Combine items 1 through 6 and half of 7. Mix well and divide into 4 equal portions.
2. Place the remaining item 7 in a small dish.
3. In 2 other dishes place the flour in one and the beaten egg in another.
4. Flour each burger first with flour, shaking off the excess; dip into the egg and then in the crumbs/cheese.
5. Add the oil to a large skillet and heat to medium. Add the burgers and cook 4 minutes; turn and cook to your liking.

VEAL SCALLOPS - SERVES 4

Ingredients

1. Veal scallops pounded thin (8 large or 12 medium sized)
2. 1/2 to 3/4 cups flour
3. 6 Tbs. unsalted butter
4. 3 Tbs. olive oil
5. Salt & pepper to taste
6. 1/4 cup lemon juice
7. 2 Tbs. chopped parsley

TODAY'S COOKING

Preparations

1. Flour the veal, shaking off the excess.
2. In a large skillet, heat the butter and oil. When it stops foaming, sauté the scallops in batches a minute per side. Season; add the last 2 items and serve with the pan juices.

Variations:

Sherry - Deglaze the pan with dry sherry, scraping the bottom of the skillet and pour over the veal.

Cognac - Deglaze the pan with Cognac, scraping the bottom of the skillet and pour over the veal.

Marsala - Deglaze the pan with Marsala, scraping the bottom of the skillet and pour over the veal.

Port - Deglaze the pan with Port, scraping the bottom of the skillet and pour over the veal.

White wine - Deglaze the pan with white wine, scraping the bottom of the skillet and add 1 Tbs. fresh chopped tarragon. Pour over the veal.

Cream - Remove the veal from the skillet and add 2/3 cup heavy cream. Cook down for 2 to 3 minutes and pour over the veal.

VITELLO TONNATO - SERVES 8 TO 10

Ingredients

1. 5 lbs. rolled, boned leg of veal
2. 2 cans (7 oz. ea.) tuna in oil
3. 2 cans (2 oz. ea.) anchovy fillets
4. 1/2 cup olive oil
5. 1 tsp pepper
6. 2 medium onions, chopped
7. 4 celery ribs, chopped
8. 2 garlic cloves minced or pressed
9. 5 sprigs parsley
10. 2 sprigs fresh thyme or 1/8 tsp. dried
11. 2 bay leaves
12. 2 cups dry white wine

TODAY'S COOKING

13. 1 cup dry vermouth
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14. 1 cup mayonnaise
15. 2 Tbs. lemon juice
16. 4 Tbs. capers, drained

Preparations

1. Combine items 1 through 13 in a large, heavy pot. Bring to a boil, reduce heat and simmer, covered, 2 hours or until the meat is tender. Let cool. Remove the bay leaves; puree the broth and refrigerate it and the meat. When ready to serve, stir items 14 & 15 into the broth and add the capers. Thinly slice the meat and serve with the sauce.

VEAL STEAK PROVENÇAL - SERVES 2

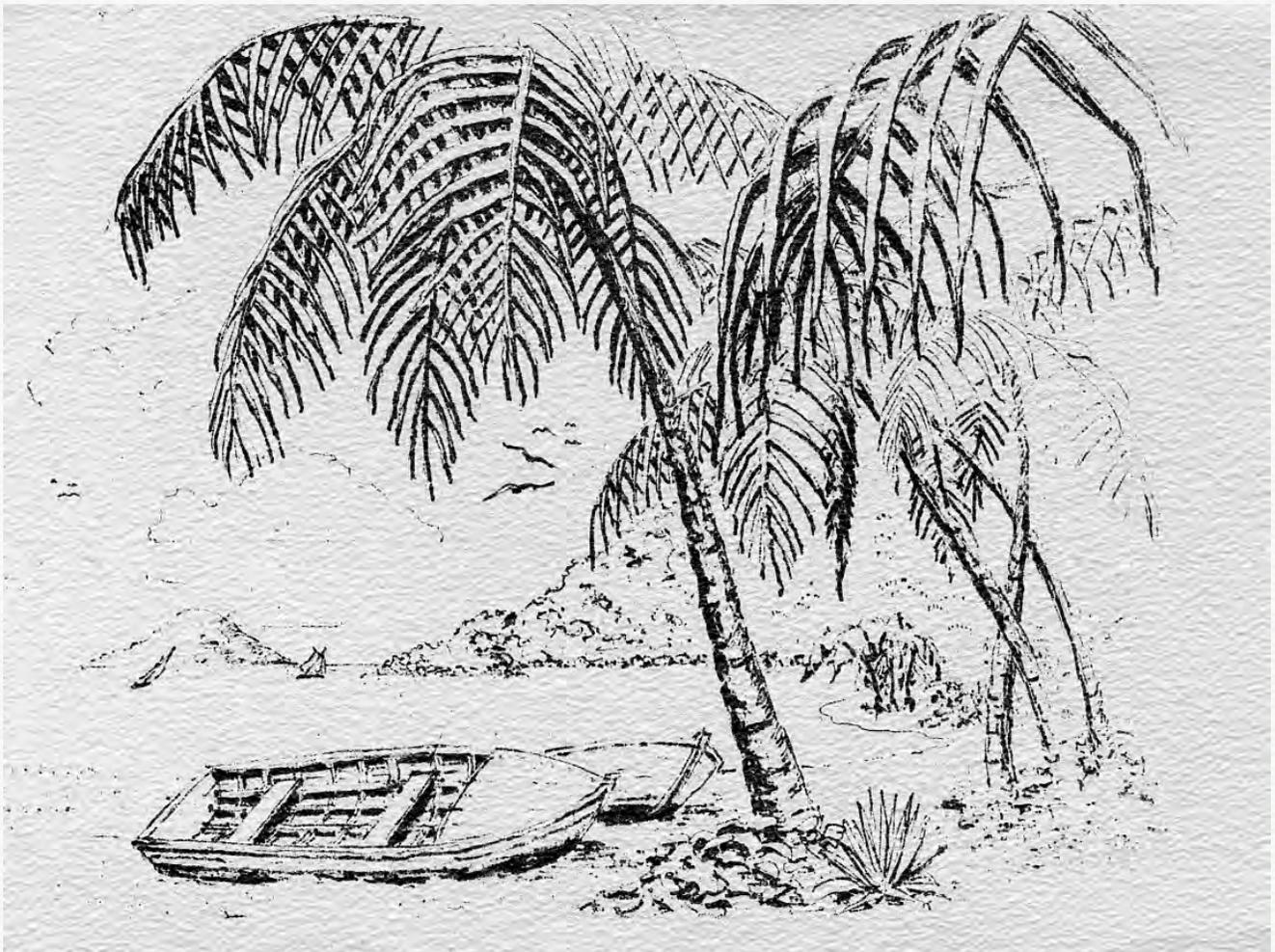
Ingredients

1. 2 veal steaks, 6 oz. ea.
2. Flour
3. 4 oz. olive oil or butter or a combination
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4. 4 large mushrooms, sliced
5. 1 garlic clove, minced or pressed
6. 3/4 cup dry white wine
7. 2 tomatoes, peeled & crushed
8. Salt & pepper to taste

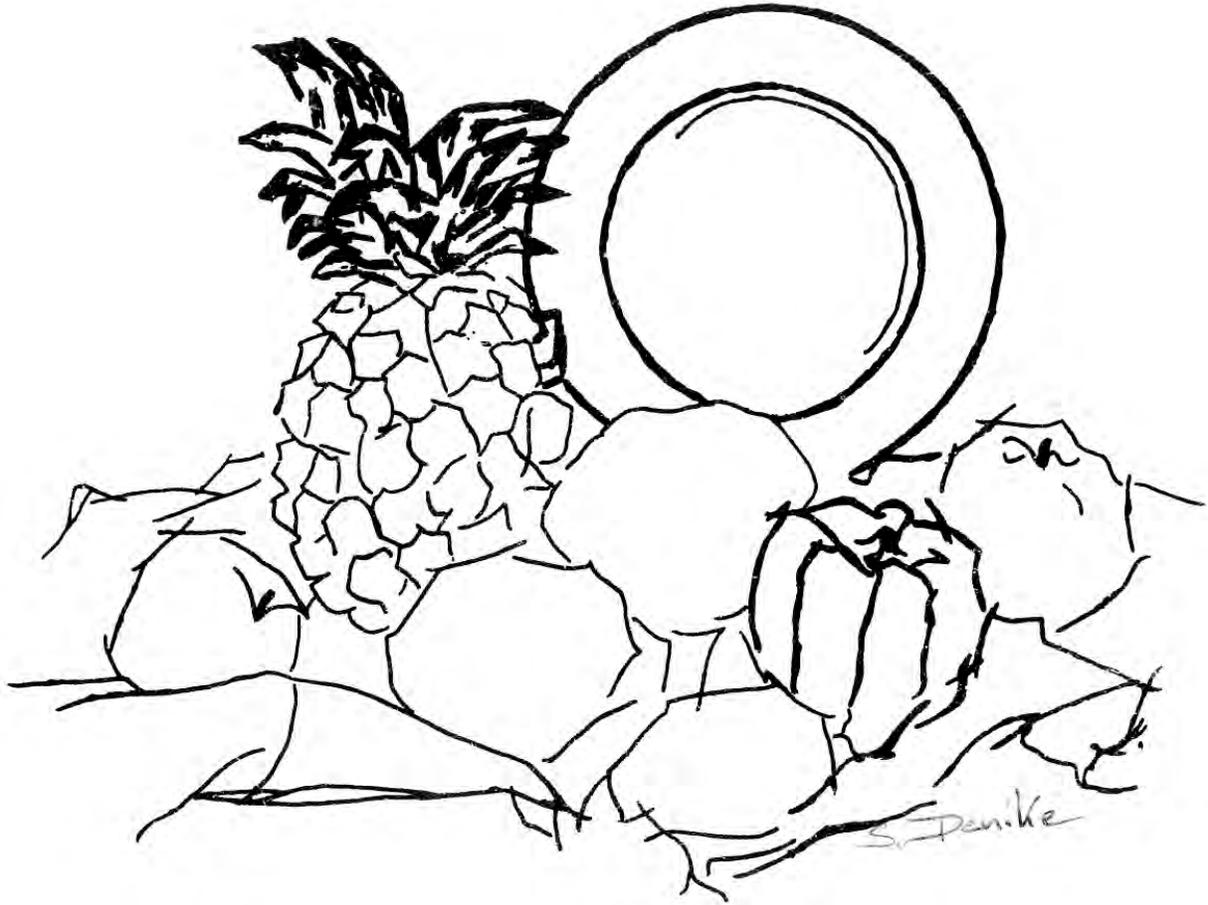
Preparations

1. Dredge the steaks in the flour and brown in the oil/butter on both sides. Remove from the pan.
2. Add items 4 & 5 to the pan and cook 3 minutes. Add the wine and simmer until absorbed.
3. Stir in the last 2 items and add the veal. Simmer 10 minutes and serve.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELIJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JAPANESE

SMAKLIG MÅLTID!
SWEDISH

CHIÁH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAÑD LIJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍĪ
NAVAJO

GIN HÁI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÅLTID!
SWEDISH

POFTĂ BUNĂ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC