

Barbecued Beef Braising Ribs

3 ½ lb beef braising ribs
3 T oil
1 clove garlic, minced
¼ c white vinegar
1 c tomato paste
1 c water

1 T Worcestershire sauce
¼ c brown sugar
½ c minced onion
½ t salt
¼ t pepper
1 T butter

Brown ribs in oil with garlic. Transfer ribs and drippings to roasting pan.

Combine remaining ingredients in a saucepan and simmer for 15 minutes. Pour over ribs and bake, covered, at 350F for 1½ to 2 hours, Stirring after 1 hour.

Serves 6

Barbecued Leg of Lamb

1 whole leg of lamb, boned
1 t black pepper
1 t basil
1 t marjoram
1 t rosemary

1 t salt
6 T dry white wine
4 T Worcestershire Sauce
4 T or more melted butter

Open leg out flat and hammer meat surface with a meat cleaver. Sprinkle herbs and seasonings onto surface of meat, rub all over with wine and Worcestershire sauce and leave to stand in a shallow pan for 6 to 12 hours. I find it easier to put the lamb into a large, strong plastic bag before adding the marinade, then tie the meat up tightly inside, so the meat keeps moist all over. When ready to cook, brush with melted butter and cook over a barbecue or under a grill for 20 minutes per side, until outside is crusty brown and inside a tender pink. Don't put the meat too close to the flames. A six-inch distance is about right. When cooking under a grill, place meat in shallow pan, not on a rack. When meat is done, remove and slice thinly. If grilling, add marinade to the pan juices to make a

sauce, thickened with a little beurre manie (2 T each of flour and butter blended together).

Note: Do not over cook.

Source: More Chef on the Run

Braised Short Ribs of Beef

1 t freshly ground black pepper, plus additional to sprinkle over ribs before cooking

4 lbs beef short ribs, cut into 2-in lengths

5 T best-quality olive oil

8 garlic cloves, peeled and finely chopped

1½ c canned Italian plum tomatoes, with juice

2 c sliced carrots, 1/8 in thick each

3 c sliced onion

8 whole cloves

½ c chopped Italian parsley

¾ c red wine vinegar

3 T tomato paste

2 T brown sugar

2 t salt

¼ cayenne pepper

3 c beef stock

Sprinkle pepper over short ribs. Heat olive oil in a Dutch oven or casserole. Sear ribs, 3 or 4 at a time, browning well on all sides. As they are browned, drain them on paper towels

Preheat oven to 350deg F

Return half of the ribs to the casserole. Sprinkle with half of the garlic. Layer half of each vegetable over the meat. Add 4 cloves and sprinkle with half of the parsley. Repeat with remaining ingredients, ending with a layer of chopped parsley.

In a bowl mix together vinegar, tomato paste, brown sugar, salt, 1 t black pepper and cayenne. Pour over meat and vegetables and then add beef stock just to cover.

Cover casserole, set over medium heat, and bring to a boil. Bake in the oven for 1 1/2 hours. Uncover and bake for 1 1/2 hours longer, or until meat is very tender. Taste, correct seasoning, and serve immediately.

6 portions. From The Silver Palate Cookbook

Burgundy Beef Stew

3 lbs lean round or chuck steak cut
into 2 inch cubes

Flour

Salt and pepper

8 strips bacon

2 cloves of garlic, crushed

1 oz brandy

1 can condense beef bouillon or beef
stock

2 c dry red Burgundy wine

2 T tomato paste

6 peppercorns, ground in pepper mill

Pinch of ground cloves

½ bay leaf

¼ t ground thyme

16 white pearl onions, peeled or 2
medium onions, peeled and quartered
(sauté)

10 carrot, peeled and thickly sliced

16 medium mushrooms, cleaned, left
whole (sauté)

A day or two ahead of serving shake beef cubes a few at a time in a little flour seasoned with salt and pepper. Sauté the bacon in a frypan until it begins to brown but is not crisp. Remove with slotted spoon and transfer to a large Dutch oven. Drain fat from fry-pan and add beef cubes, a few at a time, to brown lightly.

Add more oil as needed. When all the meat has been browned, transfer it all back to frypan, pour over the warm brandy and ignite. When the flame dies out, remove meat to Dutch oven. Add bouillon, wine, tomato paste, seasonings and onions. Cover and bake at 325F for 1 hour. Add carrots and continue baking for another hour. Cool and refrigerate.

Before serving, heat oven to 350F. Add whole mushrooms to the stew, stir gently and bake for ½ hour until hot right through. To thicken the sauce, blend 3 T flour with 4 T red wine, gently stir into the stew and continue baking for an additional ½ hour. (If too thick, thin with beef stock or red wine.)

Have ready a giant round loaf of sourdough bread that you have scooped out to make a bowl. At the last minute, ladle the stew into the bread, garnish and serve. This stew is also great with good old baked potatoes, which can cook in the oven alongside the stew, or buttered noodles sprinkled with poppy seed. Serves 8

Cabbage Rolls

12 large cabbage leaves, covered with boiling water 5 minutes.

Combine, place in leaves. Roll, brown in oil;

1¼ lb ground beef

1 c onion chopped

2 t salt

1 egg

Ground pepper

½ t poultry seasoning/Thyme

Combine. Stir onto cabbage. Simmer covered 1 hour.

2 cans (8 oz each) tomato sauce

¼ c water

1 T brown sugar

1 T lemon juice/vinegar

6 servings

Chicken-Artichoke Casserole

1½ t salt	2 T flour
¼ t Pepper	2/3 c chicken stock
½ t Paprika	3 T Sherry (or white wine)
3 lb fryer, cut up (regular chicken)	12 or 15 oz jar marinated artichoke hearts, drained
6 T butter	1 T Worcester sauce
¼ lb. Chopped mushrooms (sliced)	

Sprinkle salt, pepper and paprika over chicken pieces. Brown in 4 T of the butter, then place in a large casserole dish. In the remaining 2 T of butter, sauté the mushrooms for 5 minutes. Sprinkle flour over them and mix it in. Add chicken stock and sherry and stir. Cook for 5 minutes. Arrange artichoke hearts among the chicken pieces. Pour the mushroom- sherry sauce over them and bake, covered, at 375F for 40 minutes.

Serves 4 to 6

Note: Janice serves this with Uncle Ben's wild rice and mushroom mixture. Add extra mushrooms

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume Number 1'

Chicken Cacciatore

4 lb chicken pieces

¼ c olive oil

¾ c onion

1 green pepper

1 clove minced garlic

1 t salt

¼ t oregano

1 can tomato

½ c wine vinegar

mushrooms

Sauté chicken till golden. Sauté onions, green pepper, minced garlic and spices. Cook 10 minutes. Mix chicken. Add tomatoes. Cover cook over low heat 45 minutes. Add mushrooms cook 15 minutes longer.

Chicken in Filo Paper

Single chicken breasts, boned,
skinned and halved
Fresh spinach leaves, washed and
dried

Dill weed
Feta cheese
Filo paper
Melted butter, lukewarm

Keep butter slightly warm in saucepan and get filo paper ready, covered with plastic wrap to prevent it drying out. Brush one sheet very slightly on both sides with the melted butter. Cut the sheet lengthwise into 3" strips. Place a piece of chicken on the lower corner of one of the strips, cover with 1 or 2 fresh spinach leaves, sprinkle over about 1 t of feta cheese and dill to taste and place another spinach leaf on top. Fold filo paper over the filling, enclosing it from side to side, right to left, lengthwise to form a triangular package. Continue to stuff and wrap all the chicken pieces in the same manner and place them on a greased cookie sheet. Brush with a little more butter if the pastry starts to dry out. (At this point, the chicken packages can be refrigerated; wrap well.)

Bake chicken, uncovered, in pre-heated 375F oven for 20 to 25 minutes until golden. Don't overcook – the chicken should be moist and the filo crisp. I prefer two sheets of filo for a thicker wrapping

Note: Chicken breasts stuffed with fresh spinach, feta cheese and dill and wrapped in filo paper can be prepared a day ahead if necessary, then baked just before serving. Chicken Kiev: Chicken, black forest ham, cheese. Bake 30 minutes at 350F on greased cookie sheet – same sheet that will go in oven.

Source: Chef on the Run

Chicken Wings

Chicken
Egg

Flour
Oil

Disjoint so you get drumsticks & wing. Mix with egg and then flour. Raymond just deep-fries them. Mom puts them in oven at 450 F on a rack, turning them so they get crisp (spray with Pam). About 45 min, turning them once. Once they're done, put them in a pot and turn the heat to medium (or a little lower).

When the pot is hot. Make up:

1/3 c vinegar
1/3 c sugar
1/3 c shoyu

1/4 c water,
slivers of garlic

Stir so sugar is dissolved and pour into pot. Cover and shake until sauce is covering the chicken. Serve room temp.

Fresh Vietnamese Spring Rolls

16 rice paper wrappers (spray with a mister or wet with your hands and place between 2 damp towels to soften)

1 oz cellophane noodles - cover with hot water for 5 minutes to soften then drain and cut into 1 inch length.

16 cooked shrimp

8 leaves leaf lettuce halved
1 cup julienned English cucumber

1 c bean sprouts

½ c mint leaves (or 1t dried mint leaves)

8 garlic chives or chives halved

1T fish sauce

Lay rice wrapper on counter and halve each shrimp lengthwise. Place both on lower third of wrapper. Cover with lettuce leaf and top with a thin layer of noodles.

Combine cucumber, sprouts, mint, chives and fish sauce and place 1T of mixture beside noodle. Roll up like a cigar. Cut into thirds and serve with peanut dipping sauce.

Peanut Sauce:

2 red chili peppers seeded.

2 cloves garlic

¼ c chunky peanut butter

2T fish sauce

2T lime juice (more to taste)

2T water

1 T brown sugar

Put all ingredients in a food processor and blend. Instead of the chili peppers and garlic, can substitute chili sauce with garlic (2T)

Grilled Meat on Skewers

1¼ lb boneless sirloin, slightly frozen	1/3 c soy sauce
1 T sesame seeds (toasted/crushed)	2 T dry sherry
1 large clove garlic	1 T sesame oil
1 slice fresh ginger (1/2 inch pared)	3 T sugar
2 green onions and tops, cut into 1" pieces	½ t crushed red pepper flakes
	Tabasco

Using slicing disc, slice beef; place in medium bowl.

Insert steel blade. Place sesame seeds in bowl. With machine running, drop garlic and ginger through feed tube; process until minced. Add onions to bowl; process, using on/off technique, until minced.

Combine onion mixture with remaining ingredients. Pour over meat; stir. Let stand at room temperature 30 minutes.

Thread meat on wooden skewers. Broil, basting with remaining marinade, until meat is brown, about 2 minutes on each side.

Makes 4 servings

Source: Based on recipe in 'The ultimate food Processor Cookbook'

Gyoza

Pork Filling

¼ lb ground pork

½ c minced bamboo shoot

½ c finely diced nappa (Chinese cabbage)

1 ½ T Soya sauce

½ t sugar

1 T dry sherry

¾ t salt

1 T sesame oil

2 t cornstarch

2 T chicken stock

Buy frozen dumpling wrappers from China town. Put a 1T filling in center put water around edge then fold wrapper in half and crimp edges closed. Dumplings can be deep fried, boiled or pan fried.

Sauce

¼ c soya

¼ c red wine vinegar

1 T grated ginger

1 T chopped garlic

1 T heated oil

1 T sesame oil

Hamburgers

1lb lean ground beef
2 cloves garlic
1 onion chopped
1 carrot grated
1 egg

¼ c bulgar soaked
1 t cayenne pepper
salt & pepper
cheddar cheese pieces (optional)

Mix in bowl. Make patties and grill each side. You can put a piece of cheese in the patty before cooking to make cheese burgers.

Serve with fresh buns and lots of condiments and vegetable slices.

Meat-Loaf Ring

4 lb ground chuck	2 eggs, slightly beaten
4 c fresh breadcrumbs	5 t salt
1½ c minced onions	2 t dry mustard
1 c chopped parsley	2 t prepared horseradish
½ c minced green pepper	½ t pepper
½ c ketchup	1 12-ounce bottle chili sauce
½ c milk	

About 1 ½ hours before serving ro day before:

Preheat oven to 400F. In large bowl, with fork, toss together all ingredients but chili sauce. Pack mixture into a greased 3 quart ring mold. Bake 1 hour or until browned. Let stand 5 minutes: then drain liquid from meat loaf by carefully inverting meat loaf onto flat platter over the sink. Carefully transfer loaf to serving platter; serve immediately with chili sauce. Or, cover and refrigerate to serve cold. Makes 12 servings.

For picnic: Return cold meat loaf to ring mold for easier carrying; cover with plastic wrap or foil and pack in insulated container. Don't forget to bring the chili sauce!

Note: This is good served with scalloped potatoes

My Stir Fry (different every time)

Any leftover bits of meat or seafood or tofu
onions sliced lengthwise once then lengthwise into thin slices
2 garlic cloves minced
½ inch slice ginger minced
any combination of vegetables (zucchini, mushrooms, broccoli, celery, bean sprouts, carrots, peppers)
Soy sauce
oyster sauce
beef or chicken cube dissolved in water
cornstarch (1 T dissolved in 2 T water)
Asian chili sauce

Heat some oil in a wok, then cook the garlic and ginger lightly. Do not let it burn. Add meat if you are using meat. Cook until no longer pink. Remove from pan. Then lightly stir fry the rest of the vegetables. Onions first then the rest in the

order of cooking time. When all are in pan and almost cooked, add approx 2 T soy sauce, 2T oyster sauce, and about $\frac{1}{4}$ to $\frac{1}{2}$ c stock. Keep stir frying and then add the cornstarch mixture and bring to t boil. Taste for seasonings. Add chili sauce and or sesame oil if desired.

Paad Thai

½ lb dried flat rice noodles (¼ to ½ inch thick)
¼ lb firm tofu rinsed and patted dry
1 T tamarind (cut from a pliable block)
1T brown sugar
¼ c cornstarch
2 large eggs, beaten lightly
¼ c vegetable oil (plus more for frying tofu)

4 garlic cloves minced
¼ c dried small shrimp
1T chopped pickled salted radish (hau pak kad khem)
2 T Asian fish sauce
1 c fresh bean sprouts
¼ c chopped chives
1t hot red pepper flakes (or Asian chili sauce)

Cover rice noodles with cold water and soak 30 minutes or until softened. Drain.

Wrap tofu in paper towels and put a heavy weight over and let stand 30 minutes to press out excess liquid. In small bowl combine tamarind and ¼ c hot water and let stand 20 minutes stirring occasionally.

Strain through a sieve and discard solids. Stir in brown sugar. Cut tofu into ½ cubes and dredge in cornstarch. Shake off excess and dip in one ten egg. Fry in hot oil until golden. Drain on paper towel.

In heavy skillet eat 2 T oil until hot and add garlic then shrimp, radish, tofu and stir fry 3 minutes. Add remaining egg and stir until egg sets. Add noodles, tamarind mix, about 2 T more oil, fish sauce, stir well. Cook until noodles are al dente and most of the liquid is absorbed (about 5 minutes) Add bean sprouts, chives, red pepper flakes. Mound on serving platter and sprinkle with chopped peanuts and chive (also more bean sprouts)

Roast Lamb with Peppercorn Crust

3 T crushed dried peppercorns, and
equal mix of white, black and green
1 T fresh rosemary leaves, or 1½ t
dried
½ cup fresh mint leaves
5 garlic cloves, crushed

½ c raspberry vinegar
¼ c soy sauce
½ c dry red wine
1 boned but untied leg of lamb, about
5 pounds (weighed after boning)
2 T prepared Dijon-style mustard

Combine 1 T of the crushed peppercorns, the rosemary, mint, garlic, vinegar, soy sauce and red wine in a shallow bowl. Marinate the lamb in the mixture for eight hours, turning occasionally

Remove roast from marinade and drain; reserve marinade, roll the roast, tying it with kitchen twine

Preheat oven to 350deg F

Spread mustard over meat and pat 2 T of crushed peppercorns into the mustard. Set the roast in a shallow roasting pan just large enough to hold it comfortably and pour reserved marinade carefully around but not over roast

Bake for 1½ hours or 18 min per lb, basting occasionally. Roast will be medium rare. Bake for another 10 – 15 minutes for well-done meat. Let roast stand for 20 minutes before carving. Serve pan juices in gravy boat along with lamb.

6-8 portions

Source: The Silver Palate Cookbook

Stuffed Grape Leaves with Egg-Lemon Sauce

½ c parsley sprigs	½ t dill seeds
1 large onion, cut into quarters	1 t salt
1 lb lamb cut into 1" cubes	¼ t pepper
2 T olive oil	1 jar grape leaves
½ c uncooked white rice	3 T lemon juice
1/3 c pine nuts or slivered almonds	1 qt water or enough to cover
1/3 c dark raisins	Egg-lemon sauce (see next recipe)
1 t dried mint leaves	

Using steel blade, process parsley, onion and lamb (1/2 lb at a time) separately, using on/off technique, until chopped. Sauté onion in oil in skillet until tender, about 10 minutes. Combine all ingredients except grape leaves, lemon juice, water and Egg-Lemon Sauce in large mixing bowl. Gently unroll grape leaves; rinse well. Drain on paper toweling. Carefully separate about 40 whole leaves.

Set aside leaves that are broken or torn. Place 1 leaf, vein-side up, on a surface: place 1 T meat mixture at base of leaf. Fold in sides, and roll to completely seal filling.

Place layer of remaining whole and torn leaves in bottom of large saucepan. Arrange stuffed rolls in 2 layers; top with another layer of leaves. Add lemon juice and enough water to cover all but 1" of leaves. Heat to boiling; Reduce heat. Simmer covered for 30 minutes. Make Egg-Lemon Sauce. Remove stuffed grape leaves to serving platter.

Pour Egg-Lemon Sauce over all.

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Stuffed Grape Leaves with Egg-Lemon Sauce continued

Egg-Lemon Sauce

2T butter

2 eggs

2T all-purpose flour

3 to 4 T Lemon juice

1 c chicken stock

2 T cold water

Melt butter in saucepan. Stir in flour to make smooth paste; cook over medium heat, stirring constantly, 2 to 3 minutes. Stir in hot stock. Heat to boiling; cook, stirring constantly, until thickened, about 3 minutes.

Using steel or plastic blade, process eggs until foamy. Add lemon juice and water. With machine running, add chicken stock mixture through feed tube in a slow steady stream, process until blended.

Note: Can also be served cold as an appetizer. Omit egg-lemon sauce, garnish with lemon slices and cherry tomatoes.

Source: Based on recipe in 'The Ultimate Food Processor Cookbook'

Sushi

Measure and wash 4 c Japanese short grain rice. Add 4 cups of water and let sit in pot for an hour. Bring to boil and then lower heat and let steam gently for 30 minutes (better to use a rice cooker).

Gently turn out into a non-metallic pan or container. Add pour sushi liquid over- in small increments, turning rice and fanning all the while.

Sushi liquid

1/3 c sugar

1/3 c vinegar

1 T salt.

Maki Sushi

Toast the nori lightly and spread about ½ c seasoned rice evenly over nori, leaving about 1 ½ inch border at top. Layer fillings (cucumber, egg, fish, etc) then roll up. Dampen nori border with vinegar sugar solution to help the edges stick.

Roll each roll in waxed paper. If they must be kept for a few hours, place in a pan and cover with damp tea towel and then plastic wrap.

Tempura Batter (Baachan's)

In a small bowl, mix 1 cup all purpose flour

¼ c potato flour (or cornstarch) 1t baking powder

In a large bowl Mix:

1 ¼ c ICE cold water

¼ t salt

2T oil

Add flour mixture To the water with chopsticks in a side to side motion. Continue to add flour until it is of a fairly thick consistency. Dip shrimp, green peppers, sweet potato slices, shrimp etc. And deep fry.

Note: You can use self-rising flour and omit the baking powder and cornstarch.

