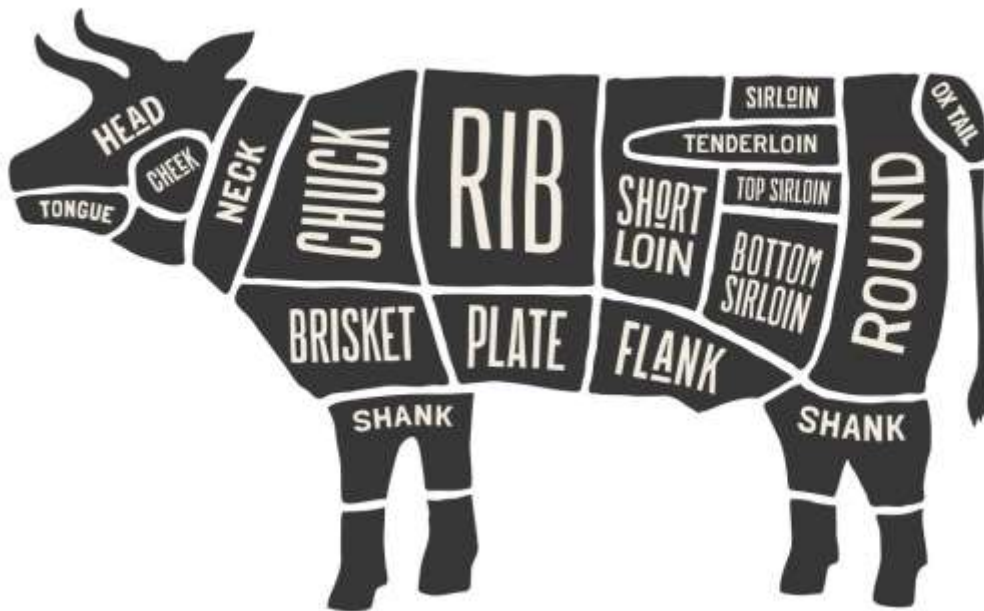


Beef



• CUTS OF BEEF •



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Beef Stew

Yield: about 20 servings

4	lbs	stew meat or beef, cubed in large pieces
6	each	large potatoes, peeled and large diced
8	each	carrots, washed, peeled, cut in 1 inch pieces
6	each	celery stalks, cut into 1 inch pieces
2	each	large onions, rough chopped
2	tsp	dried rosemary
2	tsp	dried parsley
1	tsp	black pepper
1/4	cup	cooking oil
8	cups	beef stock
2	Tbsp	cornstarch
2	Tbsp	cold water
		salt and pepper as needed

- In a large stockpot, brown the beef in oil.
- Add beef stock and all seasonings.
- Bring to a boil then reduce to simmer for an hour.
- Combine cold water and cornstarch to make a slurry; add to stew.
- Add vegetables and cook another hour at a simmer. Check seasonings; adjust salt and pepper as needed during cooking.
- When meat and vegetables are fork-tender, transfer to line pan.



Beef & Mushroom Stew

It seems weird to be adding grape juice to a dish, but when combined with the lemon juice, it does a good job replacing cooking sherry but isn't as dry.

Serves about 20

6	lbs	stew meat or beef cut in small cubes salt and pepper as needed
1	cup	flour
1	cup	oil
1	tsp	ground thyme
2	tsp	black pepper
1	tsp	rosemary, ground (smash in a bag with rolling pin)
12	oz	can tomato paste
4	cups	beef stock
1	cup	grape juice
4	tsp	lemon juice
3	Tbsp	minced garlic
4	lbs	red potatoes, cut in small cubes
4	cups	carrots, cut in large chunks (or baby carrots)
4	cups	fresh mushrooms, cut in halves

- Salt and pepper beef, dredge in flour.
- In a large stockpot, brown the beef in batches and set aside. When all beef is done, add enough flour to the oil to absorb and make a thin roux.
- Add all liquids to the stockpot, blend with wire whip; bring to a boil.
- Add beef, reduce heat and cook until beef is nearly tender.
- Add remaining ingredients and cook until tender.

Beef Stew, Cuban Style

Serves about 20

7 – 8	lbs	chuck, top round, or rump, cut into 1 inch cubes
8	lbs	potatoes, peeled and cut in 1 inch cubes
3/4	cup	olive oil or cooking oil
3	each	large onion, large diced (about 1/2 inch pieces)
1/4	cup	minced garlic
3	each	chopped green bell pepper
4	cups	canned tomatoes (drain, chop and put back in juice)
1/4	cup	paprika
2	Tbsp	oregano
3	cups	apple cider (or apple juice mixed with 3 Tbsp lemon juice)

- In a large skillet, heat half the oil and sauté onions about 5 minutes.
- Add garlic, peppers, spices and tomatoes and cook about 5 minutes more.
- Transfer to a small roasting pan with high sides.
- Using remaining oil, brown the beef cubes and put in roaster.
- Add all remaining ingredients to roaster, cover and put in oven.
- Bake at 350 F until beef and potatoes are tender.
- Remove, put in serving pan and serve with rice.
- Also have Cuban Style Black Beans as a side item.

Braised Short Ribs in **Red “Wine” Sauce**

We’ve noticed a real shortage of wine offshore, but that doesn’t mean a lack of flavor. Grape juice and a dash of balsamic (or cider) vinegar replace red wine in this traditional recipe, replacing the full body and acidity of a red wine.

Serve with garlic mashed potatoes, polenta, rice or risotto.

Serves about 24

16	lbs	beef short ribs
		salt and pepper as needed
1/2	cup	veg oil
3	quarts	beef stock or broth
4	cups	grape juice
1/4	cup	balsamic vinegar or cider vinegar
6	each	large onions, cut in wedges
1/4	cup	garlic, minced
4	tsp	thyme (dried leaves; if ground reduce to 2 tsp)
10	cups	fresh mushrooms, sliced (or 4 each 16 oz cans)
1	cup	oleo
1/2	cup	cornstarch
2	cup	minced onions

- Salt and pepper the short ribs on all sides, lightly.
- Heat the oil in a large braiser and brown the short ribs on all sides. Don't crowd the pot; do them in batches so they sear instead of steam.
- As they brown, removed and transfer to a large roaster.
- To the stockpot, add the beef stock, onions, garlic, thyme, grape juice and vinegar. Bring to a boil and then pour over ribs.
- Cover tightly, put in oven and roast until tender, about 2 hours.
- When ribs are tender, remove from roaster, transfer to line pans for service and strain cooking liquids. Discard the vegetables and let the fat separate from the broth.

MAKING THE SAUCE:

- Melt the oleo in a saucepan; add the mushrooms and onions; sauté until mushrooms are tender. If using canned mushrooms, cook until the onions are wilted.
- Skim off the fat from the roast liquids and add 4 quarts of the broth to the mushrooms.
- Mix cornstarch with just enough water to make a slurry, then add to the sauce; bring to a boil to thicken and remove from heat.
- Adjust salt and pepper as needed.
- Pour some over the ribs to moisten, serve the balance in a line pan.



Brisket, Braised with Onions & Carrots

This is a rustic, hearty dish. Slow cooking and very flavorful, it's a good way to use a cut of meat that we often can't think of many ways to use.

Serves 25 or so

1	each	brisket, about 13 lbs, fat trimmed to about 1/4 inch thick
2 1/2	Tbsp	salt
1	Tbsp	black pepper
1/3	cup	flour
1/2	cup	veg oil
8 -10	each	large onions, peeled and sliced thick – about 3/8 to 1/2"
6	oz	tomato paste (1 small can)
12	each	cloves garlic, peeled
2	lbs	carrots, peeled, trimmed and cut in half crosswise
1	cup	fresh parsley chopped (or some sliced green onions)

- Split the brisket along the seam, into the flat and the point. Trim as much connective tissue as you can; leave fat.
- Season meat on all sides lightly with salt and pepper, then dredge in flour.
- Heat oil in a double roaster or large roasting pan that can hold both pieces of meat. Sear the brisket pieces on both sides. Get a good crust where it touches the pan.
- Remove the briskets and add onions, stirring to remove all the good stuff from the bottom of the roaster as you do. Add a little water if needed during the cooking; you want the onions to cook until wilted.
- Remove from heat and add briskets back (move onions to the side), then place carrots and garlic around the meat.
- Spread the tomato paste on top of the briskets, cover the pan and bake at 350 F.
- After 1 1/2 hours, remove the brisket from the oven. Let it stand about 15 minutes or until it can be handled.

- Slice the meat into slices about 1/4 inch thick and arrange it tightly in line pans. Take the pan juices and strain out the vegetables for serving with the meat. After tasting and adjusting for salt, pepper and garlic, pour drippings into the pan over the meat.
- Cover the pans, put back in the oven at about 325F and cook another couple of hours.
- During cooking, check after an hour and baste the meat when you do.
- Keep the carrots and onions warm and when you put the pan on the line, add to the brisket. Garnish with chopped celery or green onions.

This is very good with mashed potatoes, garlic mashed, or well-seasoned roast potatoes.



Brisket Street Style Tacos

You can serve these with hard shell, soft corn or flour tortillas if you like. This is a bit sweet rather than the usual savory, Tex-Mex style so think about serving it with Cuban Black Beans and a spicy pork or chicken entrée. Have some sautéed julienne bell peppers and onions on hand too.

Yield: about 50 tacos

1	each	brisket, average size, separated, trimmed of excess fat
4	each	large onion, sliced thin
1 1/2	12 oz	cans tomato paste
1 1/2	cups	water
1 1/2	cups	corn syrup
1 1/2	cups	white vinegar
1	Tbsp	onion powder
1	Tbsp	chili powder
1	Tbsp	salt
1	Tbsp	Worcestershire sauce
1/2	tsp	cloves
1	tsp	garlic powder
1	tsp	red chili flakes
2	Tbsp	liquid smoke
1/4	cup	brown sugar

- On grill or in a roaster, sauté onions until just browned; set aside.
- Brown the brisket on both sides; put in a roaster and onions on top.
- Combine remaining ingredients in a bowl; mix well and pour over brisket.
- Cover pan, put in oven at 350 F and roast until the meat is falling apart, about 3-4 hours.
- Remove, let cool enough to be handled, and shred meat. Put in line pan, adding the onions and enough liquid to keep the meat moist.



Chicken Fried Steak

Can't have a cookbook without this one. So, for starters, you can either do it right and pound out yer own from a nice hunk of inside round, eye of round, or sirloin tip. Cut 'em on the bias, pound them thin. About a quarter inch.

But even if ya "chicken out" and use cube steak, you gotta pound it thin for two reasons. 1) Tenderizing, and 2) it makes it a bigger looking serving. And you want that because that's tradition. A chicken fried steak is supposed to be as big as your head, flopping off the side of a plate, and smothered in gravy. White gravy, brown gravy, it don't matter as long as it's good, son. And mashed taters. Lots. Real ones. Not from a can.

For 24 portions:

8	lbs	inside round, cut in 24 pieces, or 24 cube steaks
8	cups	flour
2	Tbsp	baking powder
4	tsp	baking soda
3	tsp	salt
3	tsp	black pepper
4	each	eggs
3	Tbsp	Tabasco
2	Tbsp	minced garlic, smashed (with the flat of a spatula)
4	cups	buttermilk

- Pound the steaks to about 1/4 inch thick.

Set up a breading station:

- In a pan, put half the flour. In another pan put the other half.
- In a bowl, mix the buttermilk, baking powder, soda, eggs, garlic and Tabasco. Blend well.
- Dredge each steak in flour, pat to coat well.
- Then dip each steak in the wet mix.
- Dredge steak in the next pan of flour and let sit a moment to coat well.

- Place in fryer and fry at 350F until they're golden brown and fully cooked.
- Remove and drain well.
- Place in a shallow, full size pan for serving.
- You can keep warm in low oven or other dry heat.

Serving suggestions: Although white gravy is most popular, it is best to also have brown gravy available for those who don't care for the white stuff. And really, mashed potatoes and some simply prepared vegetables such as green beans or peas and carrots also. Maybe some biscuits and cornbread?

And by the way, nobody said you can't serve these at breakfast. 😊



Corned Beef & Cabbage

Lots of us grew up eating this dish, especially after the winter garden started coming in. Preparation varies across the south. This one is a traditional Acadian version from the heart of south Louisiana. Serve some horseradish and cornbread on the side. C'est Bon!

Serves about 30

1	each	corned beef (average about 13 lbs)
6 - 8	lbs	cabbage, cut in wedges (leave the core on)
6	each	large onions, quartered
12	carrots	peeled cut in 3 inch pieces
6	each	celery stalks, cut in 2 inch pieces
1/4	tsp	ground clove
1/2	tsp	black pepper
2	each	bay leaves
4	lbs	red potatoes, quartered (or new potatoes, drained)
4	Tbsp	garlic, salt and black pepper to taste LA hot sauce as needed

- In a large stock pot, place corned beef, half of the onions, celery, clove, pepper and bay leaves. Cover with lightly salted water, about 1" over meat, and season to taste with hot sauce.
- Bring to a rolling boil; reduce to a simmer and cook until the corned beef is tender, about 3 hours. Check it periodically. You'll want to be able to slice it, so don't let it get so tender you can't remove it and slice it.
- When ready, remove and allow to stand before slicing
- Strain the liquid and return it to the stock pot. Add potatoes, carrots and garlic. Season to taste using salt and pepper.
- Return it to a boil and then reduce to a simmer for about 15 minutes.
- Slice the cabbage into 8 equal wedges – leaving on the core – and add to the stock. Cook 20 to 30 minutes, and all vegetables should be ready.

- While vegetables simmer, slice brisket across the grain, in 1/4 inch thick slices, and place in shallow long pans. Don't use 4" pans because they're too deep. Keep warm while waiting for vegetables to finish.
- Remove vegetables from the liquid and arrange around the brisket in the long pans. Remove the core from the cabbage wedges at this time.
- Use some of the liquid to moisten the beef and vegetables, but do not use too much. This dish should not be swimming in liquid.



Corned Beef Hash

You have this leftover corned beef. Now what? How about some real corned beef hash? You can serve it at breakfast, sure. Or you can make it up for a dinner meal and serve some hearty omelets with it. We guarantee thumbs up.

Yield: about 12 servings

1/4 cup oleo
1 1/2 cups large onion, very finely chopped
5 – 6 cups corned beef leftover, finely chopped
5 – 6 cups baking potatoes, diced and cooked (or leftover bakes)
Salt and pepper to taste

- In a large cast iron skillet, melt butter and sauté the onions until wilted.
- Add potatoes, corned beef, salt and pepper and mix in with the onions.
- Spread everything across the pan in even layer and turn up the heat a bit.
- Let it cook until it is browned. Don't stir.
- When browned, flip (you can cut in sections and flip each section) and let cook until other side is browned also. If you notice sticking, add more oleo to the pan as you flip.
- When browned on both sides and potatoes have a crisp texture, remove.



Classic Beef Stroganoff

A classic dish, usually served with egg noodles, but many prefer rice.

Serves about 20 – 25

8	lbs	chuck roast, trimmed, cut in strips about 1/2 inch thick
2	tsp	salt
2	tsp	pepper
1	lb	oleo
1	cup	onion, minced
5	cups	beef stock
1	cup	flour
1	Tbsp	mustard (plain old yellow mustard or Dijon)
1	can	mushrooms, drained (16 ounce can)
1 1/2	cups	sour cream
1	cup	apple juice mixed with 2 tsp vinegar

- In roaster or braiser on the stove at medium heat, melt butter and brown beef in small batches. Or brown the beef on grill and add to the roaster with butter.
- Add onions to the butter and cook until wilted; about 5 minutes. Just push the beef to the side while cooking onions.
- Sprinkle in the flour, stirring into the butter as you do. Cook for a minute or two, then add beef stock and bring to a boil.
- Reduce to a simmer, add mustard, cover and simmer until meat is tender.
- When meat is tender, remove cover, add mushrooms, increase heat a little and stir in mushrooms and apple juice. Check salt and pepper.
- Remove and transfer to line pan for serving.

Chuck Roast & Balsamic Sauce

Simple and delicious, this is a pot roast with unusual rich flavor. You can cook it until the beef is shredded and serve alongside roasted potatoes and carrots.

Serves about 25

7 - 8	lbs	chuck roast (or eye of round, bottom round)
4	cups	beef stock
2	cups	balsamic vinegar
1/4	cup	Worcestershire sauce
1/4	cup	soy sauce
1/4	cup	honey
2	tsp	red pepper flakes
4	Tbsp	garlic, minced
2	lbs	baby carrots
4 – 6	lbs	red potatoes, washed and quartered

- Trim the beef of excess fat and gristle. Some fat is fine.
- Brown on both sides and put in a roasting pan or stock pot.
- Mix remaining ingredients and pour over the beef.
- If roasting, cover pan and put in 350F oven and cook until tender. Check after about 2 hours. At this point, add potatoes and carrots.
- If stovetop cooking, set to a low simmer and check periodically.
- When beef is tender, remove from the pot or pan and finish it by either breaking it into serving pieces or shredding. Put it in a line pan.
- Strain the liquid, removing carrots and potatoes to put with meat.
- In saucepan, simmer liquid until reduced by half and add some to pan.

Cube Steaks in Gravy

For about 20 servings

20	each	cube steaks
		Salt and pepper as needed
2	cups	flour
1	cup	oil
2	quarts	water
4	Tbsp	beef base

- Heat water in a saucepan and add beef base. Bring to a boil. Keep warm.
- Salt and pepper the steaks, then dredge in flour.
- Put on heated grill well coated with oil, or in a large skillet.
- Cook about 3 minutes on each side and then transfer to a steamtable pan.
- Pour hot stock over the steaks just to cover. Reserve the stock for later.
- Cover the pan, bake until tender – about 1 1/2 to 2 hours.
- Pour off the liquid and thicken to make a gravy. Use caramel color to darken if you prefer a darker gravy.
- Place on serving line.

Grillades & Grits

Grillades (“gree-yahds”) are one of those old bayou country dishes and are great for any meal. Try them as a dinner item and you’ll be surprised. There is much debate over when it came to be, and if you use pork, beef or veal. But we can all agree that they’re tasty. If you must, eat it with rice, but cheesy grits are truly the way to go with this. A good recipe follows for grits.

Serves 20 or so

6	lbs	round steak, cut into 1/2-inch thick slices
1	cup	flour
1 1/2	Tbsp	Tony’s seasoning
1/2	cup	cooking oil
3	each	celery stalk, chopped
2	each	large onions, diced 1/4 inch
2	each	green bell pepper, diced
1	each	red bell pepper, diced (or 1 additional green bell pepper)
3	Tbsp	garlic, minced
1/4	cup	flour
4	cups	beef stock
5	cups	tomatoes, canned (if using whole, dice them) with liquid
2	Tbsp	Worcestershire sauce
1	Tbsp	red wine vinegar
1	Tbsp	Tabasco sauce
1/2	Tbsp	Italian seasoning

- Cut the beef into portions about 3 inches square, season with Tony’s and dredge in flour. Shake off the excess flour and begin browning:
- In a braising pan or roaster, brown off the meat in hot oil then drain.
- Make a dark roux in the pan with about 1/2 cup of the flour and the oil.
- Add the stock, tomatoes to the roux and blend well, then add all the other ingredients (not the meat) and simmer until it thickens.

- Return the meat to the pan, cover and simmer until tender for about an hour. Stir it fairly often so it doesn't scorch in the bottom of the pan.
- When the meat is tender, remove and transfer to a line pan. Garnish with some sliced green onion tops.

GRITS:

The best grits are stone ground, but you'll be using standard grits for this preparation. They'll still be awesome.

Makes 20 servings

5	cups	grits
10	cups	water
10	cups	cream
5	tsp	salt
1/2	lb	oleo
4	cups	shredded cheese (and maybe more)

- Bring the water and salt to boil and add grits, stirring constantly for a minute until the water comes back to a boil. Reduce to a simmer.
- Add the cream and the oleo and let the grits simmer at least 25 minutes, stirring often. As they thicken, add water as you need to.
- When fully cooked and creamy, remove from heat and add cheese.



Goulash

Spicy and well-seasoned. You can serve with sour cream on the side. It's good over noodles and even better over garlicky mashed potatoes.

Serves about 15, maybe more

1	cup	oil
6	lbs	beef, cubed 1 1/2" (chuck, stew meat, bottom round etc.)
3	each	large onions, sliced thin
1/4	cup	paprika
2	each	small cans tomato paste (6 oz. each)
3	cups	water
1	Tbsp	salt
1 1/2	tsp	black pepper
1	Tbsp	garlic, minced
1 1/2	tsp	black pepper, 2 nd addition
1	Tbsp	salt, 2 nd addition

- In bowl, combine paprika, salt and pepper. Toss the beef in spices and coat well, then set aside.
- Heat oil in a large stockpot. Add onions and cook until soft. Stir often as they cook, and set aside.
- Add beef in batches to the oil; cook until browned. When done add all the beef, add onions back and put in remaining ingredients (including the 2nd addition of salt and pepper).
- Reduce heat to low simmer, cover and simmer until meat is tender, about 2 hours (check periodically and stir). Add water if needed during cooking.

Kabobs with Teriyaki Glaze

Makes about 25 servings

25	each	skewers (soaked in water for at least an hour)
7	lbs	kabob meat
3	cups	teriyaki sauce
1/2	cup	honey
1/2	cup	cider vinegar
50	each	bell pepper pieces, about 1 inch each
50	each	fresh mushrooms (whole, smallish is better)
50	each	cherry tomatoes
		oil as needed

- Make marinade: mix the honey, vinegar and teriyaki sauce.
- Put meat in a bag; add the marinade and work in. Close the bag tightly and let marinate 4 to 6 hours in refrigerator.
- Remove meat from marinade (toss the marinade).
- Assemble kabobs, putting on meat, pepper, mushroom and tomatoes in alternating order.
- Brush the kabobs with oil; put on grill away from direct flames.
- Cook about 20 minutes until meat is medium-medium well. Turn often as you cook so the vegetables don't burn.



Kabobs with Tangy Marinade

Makes about 25 servings

25	each	skewers (soaked in water for at least an hour)
1	cup	vegetable oil
2	cup	soy sauce
1	cup	lemon juice
4	Tbsp	prepared mustard
4	Tbsp	Worcestershire sauce
2	Tbsp	garlic, minced
1	tsp	black pepper
1 1/2	Tbsp	salt
7	lbs	kabob meat
48	each	mushroom caps
6	each	green bell peppers, cut into chunks
3	each	red bell pepper, cut into chunks
3	each	large onion, cut into large squares

Make a marinade: mix everything but the vegetables and beef together, pour into a large bag. Add beef, close tightly and marinate overnight.

Open bag, add mushrooms and let marinade another 6 hours.

Set a colander over a bowl and pour the bag contents in to drain the beef and mushroom mix. Let drain a few minutes.

Transfer the liquid to a saucepan and bring to a boil then reduce to simmer for about 15 minutes to thicken slightly.

Assemble the kabobs, alternating the beef, mushrooms, vegetables.

Brush the kabobs with oil; put on grill away from direct flames.

Cook 15 - 20 minutes until meat is medium-medium well. Turn often as you cook so the vegetables don't burn.

Baste with the sauce as you cook. Remove and serve.

Kabobs with Pineapple & Sweet Potato

Makes about 25 servings

25	each	skewers (soaked in water for at least an hour)
7	lbs	kabob meat
3	cups	teriyaki sauce
1/2	cup	honey
1/2	cup	cider vinegar
6	each	sweet potatoes, peeled and cubed about 1 inch
50	each	pineapple chunks (fresh is best, canned is okay)
1	cup	BBQ sauce

- Make marinade: mix teriyaki, honey and vinegar.
- Pour in bag and add beef; close bag and marinate at least 4 hours.
- Remove beef and pour marinade into saucepan; bring to a boil then reduce to a slow simmer and add BBQ sauce.
- Par-boil the sweet potatoes until just fork tender. Don't overcook. Remove from heat, let cool.
- Assemble kabobs, alternating beef, potatoes and pineapple pieces.
- Brush with oil and put on grill.
- Cook for 15 minutes or so, turning frequently as they cook.
- Baste with the sauce as they cook and again when removing to serve.

Liver & Onions

For 12 servings:

12	slices	liver
2	cups	flour
1	tsp	salt
1	tsp	pepper
1	cup	cooking oil
12	slices	bacon (optional)
6	cups	onions, sliced about 1/4 inch thick

- Combine flour, salt and pepper. Dredge liver in flour and set aside. Repeat.
- If using bacon, cook crisp on grill and set aside.
- Add oil to bacon fat, put liver slices on grill; cook until golden brown.
- Flip the liver and cook on the other side.
- While liver is cooking, grill the onions in the oil.
- When liver is done, remove and place in shallow steamtable pan. Top with onions. If using bacon, crumble and sprinkle on top of the liver portions.



Meatball Stew

Using simple prepared ingredients, you can make a delicious and low-cost dish. Although it has potatoes in it, the dish is popular served with rice. You should serve peas as a side vegetable with this stew.

Serves about 20

5	lbs	meatballs
2	quarts	brown gravy
2	lbs	baby carrots
3	lbs	red potatoes or new potatoes, cut in 1 inch pieces
2	each	large onions, rough chopped in large pieces
2	ribs	celery, cut in 1/2 inch pieces
1	tsp	rosemary, ground (you can mash in a bag with rolling pin)
2	cups	beef stock (and more as needed)

- In a saucepan, put 2 cups beef stock, celery and onions. Cook until tender.
- In a stockpot, put all ingredients including beef stock.
- Slowly bring to a boil and reduce to a low simmer.
- Cook until vegetables are tender.
- Add stock if it becomes too thick during cooking or if the gravy becomes too thick.
- Remove and put in a 4 inch deep steam table pan (no deeper).

Meatball Stew with Dumplings

Serves about 20

5 lbs meatballs
2 quarts brown gravy
2 each large onions, rough chopped in large pieces
2 ribs celery, cut in 1/2 inch pieces
1 tsp rosemary, ground (you can mash in a bag with rolling pin)
2 cups beef stock (and more as needed)

Dumplings

3 cups flour
2 Tbsp baking powder
1 1/2 tsp salt
3 Tbsp butter, softened
1 cup milk (may need a bit more)

- In a saucepan, put 2 cups beef stock, celery and onions. Cook until tender.
- In a stockpot, put all ingredients including beef stock.
- Slowly bring to a boil and reduce to a low simmer.
- Cook until vegetables are tender. Add stock if it becomes too thick during cooking or if the gravy becomes too thick.

Make the dumplings:

- Combine dry ingredients; cut in the butter until blended.
- Add milk and make a wet dough. It should be thick but pliable and able to drop from a spoon.

Put it together:

- Remove roasting pan from oven and drop dumplings by spoonful into the liquid. Keep them separated as you drop them. If the liquid isn't bubbling, you may have to put the roasting pan on the stove and bring up the heat.
- When dumplings are done, remove and put in a 4 inch steam table pan

Minute Steak & Onions

A simple grilled cube steak with onions, it cooks very quickly. Don't overcook or it will be tough.

Makes 20 servings

1 cup oil
20 each cube steaks
5 cups onions, sliced thin
 salt, pepper and paprika as needed

Don't cook this until nearly serving time, or the steaks will become tough.

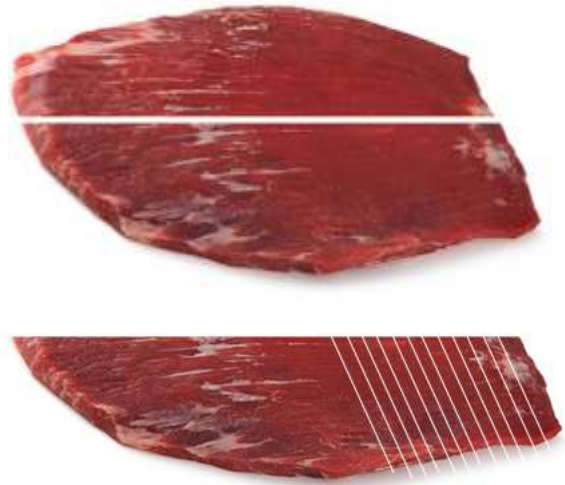
- Oil the grill and put onions on one side to begin grilling.
- Sprinkle salt, pepper and paprika on the meat; place on grill.
- Cook steaks about 3 minutes on the first side, just until juices run and flip over. Don't smash them or squeeze out the juices.
- Cook another 3 minutes and place in steam table pan in two rows, with onions down the center.

Mongolian Beef (Flank Steak)

A simple preparation that is quick and easy to make. A tip: You want to sear the beef, so don't crowd the pan or grill when cooking. Better to work in small batches, searing the beef and then adding it back to the pan when it's all browned.

Yield: about 20 servings

5	lbs	flank steak
1	cup	cornstarch
1	cup	oil
3	Tbsp	fresh ginger, minced
1/4	cup	garlic, fresh, minced
1 1/2	cup	soy sauce
1 1/2	cup	water
2	cup	brown sugar
1/4	cup	oil
12	each	green onions, green only, cut in 2" long pieces



- As shown above, section the flank along the grain in pieces about 3" wide. Then slice the across the grain in 1/4" thick pieces.
- Coat the beef in cornstarch.
- Using the 1 cup of oil, put beef on grill, or skillet or sauté pan on high and sear on both sides. When just cooked, remove and set aside.
- In a saucepan large enough for the beef and sauce, put the oil and heat to medium high. Add ginger and garlic and sauté for about a minute.
- Add soy sauce, water and brown sugar; bring to a boil.
- Add steak and let the sauce thicken (from cornstarch on the beef).
- Remove from heat, stir in the green onions, and transfer to line pan.

Serve with white rice and with any number of other Asian-inspired dishes: gingered carrots, hot & sour broccoli and many other ideas in this book.



Mongolian Beef

Mushroom & Beef Tips over Noodles

Serves about 20

6	lbs	stew meat or beef cut in small cubes
		Salt and pepper as needed
1/2	cup	oil
1	tsp	ground thyme
2	quarts	brown gravy
2	tsp	black pepper
4	Tbsp	minced garlic
1/2	cup	green onions, sliced
4	cups	fresh mushrooms, cut in halves
3	lbs	egg noodles, prepared as per package

- Salt and pepper beef.
- In a large stockpot, brown the beef in batches and set aside.
- Add the mushrooms, garlic and black pepper; sauté about 5 minutes, then return beef to the pot and add gravy.
- Heat through, then put in steamtable pan.
- Serve noodles in a separate pan

Mushroom & Beef Tip Stew

Serves about 20

6	lbs	stew meat or beef cut in small cubes
1	cup	flour
1	cup	oil
1	tsp	ground thyme
2	tsp	black pepper
12	oz	can tomato paste
4	cups	beef stock
1	cup	grape juice
4	tsp	lemon juice
3	Tbsp	minced garlic
4	lbs	red potatoes, cut in small cubes
4	cups	carrots, cut in large chunks (or baby carrots)
4	cups	fresh mushrooms, cut in halves

- Salt and pepper beef, dredge in flour.
- In a large stockpot, brown the beef in batches and set aside. When all beef is done, add enough flour to oil to absorb and make a thin roux.
- Add all liquids to the stockpot, blend with wire whip; bring to a boil.
- Add beef, reduce heat and cook until beef is nearly tender.
- Add remaining ingredients and cook until tender.

Prime Rib Roast & Au Jus Gravy

The main thing to remember is to cook this at a low temp and slowly. Let the flavor develop and the fats baste. You don't need to do much to a good cut other than not cook it too fast, and don't put all sorts of "special, secret" ingredients on it. Also, you can use lip-on ribeye just as successfully.

For each 14 pound roast (which should serve from 16 to 24 depending on cut)

1/4	cup	olive oil
4	tsp	salt
4	tsp	salt

- Set oven to 450F and let it come up to temperature.
- Don't trim any "excess" fat from the roast. That helps provide flavor and bastes the meat as it cooks. This would also apply to a lip-on ribeye rack.
- Let the roast sit at room temperature (covered) for at least 2 hours.
- Rub oil all over the roast, then coat with salt and pepper.
- Place the roast in a roasting pan, fat side up (bones will be down).
- Brown the meat for about 20 minutes, then reduce the temperature to 250F. Put about 2 cups water in the pan for each roast.

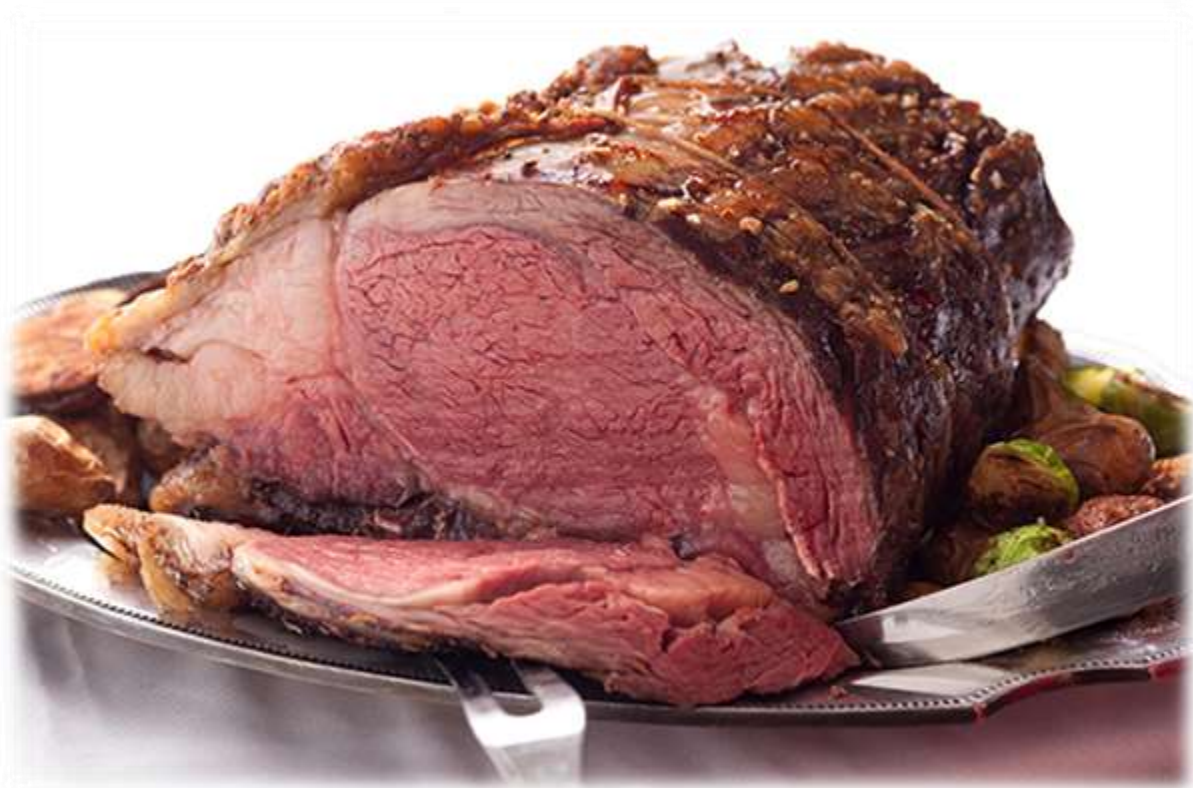
Plan on about 20 minutes per pound at 250 F to cook the roast to rare. That's about 125 degrees internal temperature. So, for a 14 pound roast, that would be a cooking time of about 280 minutes, or 4 hours, 40 minutes. This will vary so check the meat after the first 3 hours. Also add water to the bottom of the pan if it is dry.

- When the roast is done, remove from the oven and the pan, and allow it to rest. Cover it with foil and let it sit for 30 minutes before you begin to slice it. This means it should be ready 1/2 hour before the meal begins.
- Pour the pan juices into a saucepan and let stand so you can skim the fat from the top. Discard the fat.
- Mix some flour with a bit of Kitchen Bouquet or Caramel Color and water.

- Add this to the pan juices in the saucepan and bring to a boil.
- Reduce to a simmer and keep warm to use during meal service.
- If you need, make more using beef stock and add to the pan juices.

Serving

- You can serve either on or off the bone. If you choose to serve off the bone, then remove the bones by slicing them before meal service.
- Run a sharp boning knife between the bones and the roast all the way down the length of the bones, then remove (use for stock).
- Slice the prime rib to order. Start by slicing down the center so you can cut rare on request. Cut all other pieces as needed. If someone wants a little darker, you can dip in au jus gravy for a moment or two.
- Also have some au jus available for customers to dip for themselves.



Red-Eye Beef Stew

Adapted from a Cattlemen's Beef Board recipe, this is a twist on stew with an old Southern breakfast gravy. Yes, there's coffee in it and it's good. Y'all. Have some cornbread ready. And maybe some greens too.

Serves about 20

7 – 8	lbs	chuck or similar, cut in 1 1/2 inch cubes
1	cup	flour
1	Tbsp	thyme leaves (if powdered, use half)
1/2	Tbsp	black pepper
6	Tbsp	olive oil, divided
1 1/2	tsp	salt
3	each	medium onions, diced in large pieces
6	cups	baby carrots
8	cups	potatoes, peeled and diced in 1 inch pieces
4	cups	mushrooms, sliced (optional)
6	cups	freshly brewed coffee
2	cups	beef stock
1	cup	tomato paste
6	Tbsp	molasses
1/4	cup	Worcestershire sauce

- Combine the flour, salt, thyme and pepper. Set aside 1/4 cup and use the balance to coat the beef cubes.
- In stockpot, heat half the oil and brown half the beef. Remove, put in a bowl and repeat with the other half. Remove the beef and set aside.
- In stockpot, add remaining oil and onion; cook until onion is tender.
- Add coffee and stock; cook on medium high, stirring to remove bits stuck to bottom of stockpot.
- Add tomato paste, molasses, Worcestershire sauce and the reserved flour.
- Return the beef and any juices to the pot; bring to a boil and then reduce to simmer. Cover and simmer about 1 1/2 hours.
- Add vegetables and cook until tender, about half an hour.

Ropa Vieja

Literally translated as “old clothes,” this typically calls for flank steak; but you can also use brisket. In fact, brisket – like flank steak – benefits greatly from low, slow cooking. And less costly, it's good for our customers too. Serve with white rice and Cuban Style Black Beans (recipe in the Sides section).

Serves about 30

12	lbs	flank or brisket (if brisket, use the fattier “point” or top)
1/4	cup	cooking oil
4	cups	beef stock
1	quart	tomato sauce
3	each	medium onions, sliced in 1/8 inch thickness
4	each	bell peppers, seeded and julienne sliced
4	Tbsp	fresh garlic, minced
2	each	12 ounce cans tomato paste
3	Tbsp	ground cumin
1/3	cup	white vinegar
3	Tbsp	fresh cilantro, chopped (optional)

- Section the brisket into about 6 pieces. Salt and pepper.
- In a large stockpot, heat oil and sear the brisket on all sides. Set aside.
- Put all liquids and spices into stockpot, stir well; add back vegetables and the brisket pieces.
- Bring to a boil and then reduce to a low simmer. Cook for several hours until the beef can be shredded easily with a fork.
- During cooking, if needed add beef stock.

Salisbury Steak

Yield: 20 servings

7	lbs	ground beef
2 1/2	cups	bread crumbs, dry, plain
6	each	eggs, beaten
2	cups	onion, finely chopped and grilled
2	Tbsp	salt
2	tsp	black pepper
10	cups	beef stock
4	cups	mushrooms, sliced (optional)
4	Tbsp	cornstarch
1/2	cup	water

- Combine ground beef bread crumbs, grilled onions, eggs, salt and pepper. Shape into ovals of about 6 ounces each. Make a large dimple in each.
- Cook the patties until medium or so, then transfer to an insert pan.
- Bring stock to a boil, combine water and cornstarch and add. When the gravy thickens remove from heat.
- Put mushrooms on top of beef patties and then pour gravy on top. Cover and bake for 30 minutes. Remove and serve.



Shepherd's Pie

A simple dish. This recipe starts with all fresh ingredients, but you can use leftover items at any point. For example, mashed potatoes, mixed vegetables, and brown gravy instead of the stock. In fact, the entire dish can be made from unused portions if you have them on hand.

Yield: 1 half size steamtable pan

3	lbs	potatoes, peeled and large diced
1/2	cup	milk
1/2	cup	oleo
2	cups	onion, diced
3	cups	mixed vegetables, frozen
2 1/2	lbs	ground beef
1	cup	beef stock
2	Tbsp	Worcestershire sauce

- Boil potatoes in salted water.
- While potatoes are cooking, sauté onions in half of the oleo until tender; add mixed vegetables; cook until heated; set aside in a bowl.
- Brown the beef; season with salt, pepper and Worcestershire sauce, and add the beef stock. Simmer on low for about 10 minutes or so.
- When potatoes are ready, remove from heat, drain and add milk, butter and salt to taste. Whip in mixer and set aside.
- In half steamtable pan, put beef, then layer of vegetables, then spread potatoes over the top. Drizzle with a bit of melted oleo, put in oven and brown the top of potatoes; about half an hour.
- Remove and place on serving line.

Short Ribs with Mango Ginger BBQ Sauce

Serve these with mashed sweet potatoes or simple baked sweet potatoes.

Serves about 20

8-10	lbs	short ribs
		salt and pepper as needed
4	cups	fresh mango, diced
4	cups	onion, diced
4	Tbsp	fresh ginger, grated or minced
4	cups	BBQ sauce
		Oil as needed

- Season the ribs with salt and pepper.
- In batches, sear the ribs in hot oil. Place in a roasting pan.
- Pour BBQ sauce on the ribs, coating on all sides. Add remaining ingredients.
- Cover pan, put in 350F oven and roast until tender. Check after 2 hours and every hour after. Skim fat when checking the ribs.
- When ribs are done, remove from pan, place in steamtable pan.
- Blend sauce and mangoes and pour enough over ribs to moisten. Have the rest on hand as a side condiment.

Short Ribs, Braised in “Red Wine”

This is almost as easy as a pot roast to prepare and has tons of flavor. The grape juice and vinegar take the place of red wine. You can do a reduction of the sauces to intensify the flavor of the stock at the end.

Also, this is great over mashed potatoes, with a risotto, or garlic mashed. Or some tuxedo potatoes and crisp green beans and carrots.

Serves about 20 to 24

16	lbs	short ribs
1	cup	cooking or olive oil
1	quart	flour
		Salt and pepper as needed
2	quart	onions, diced
3	cups	celery, diced
4	cups	carrots, peeled and diced
1/2	cup	minced garlic
6	each	bay leaves
1/4	cup	dried thyme leaves (half that amount if ground)
1	gallon	beef stock
3	cups	grape juice
1	cup	vinegar (wine or cider is best)

- In a stockpot, put beef stock, bay leaves and thyme. Bring to a simmer.
- Salt and pepper the short ribs, then dredge in the flour (save the flour).
- Heat a large skillet or pan; add some oil. Working in small batches, sear the ribs and transfer to a deep roasting pan.
- In the skillet, add any remaining oil and onions. Sauté the onions for a couple of minutes to give them some color. Add the carrots and celery, cook for another 2 or 3 minutes, then add garlic; cook a minute or so, then transfer the vegetables to the roasting pan, keeping the oil in the pan.

- Add about a cup of the reserved flour to make a light roux. Add oil if needed to make the roux thinner. Stir constantly while cooking.
- To the roux, add grape juice and vinegar, scraping the bottom of the pan to remove the loose bits. Add stock if it becomes too thick to work.
- Put the roux into the stock, mix with a wire whip and pour over ribs. Add more stock if needed to cover ribs.
- Cover the pan and roast until ribs are tender, checking after 2 hours.
- When ribs are tender, transfer to shallow steamtable pan. Line up in attractive display, spoon vegetables between them.
- Check the sauce. If the flavor needs adjusting, do it now. Put in a saucepan and reduce it by 25% to thicken and intensify the flavor. Don't do this if it is already salty enough because it will be too salty. If it needs salt and is thin, this is a great way to boost the flavor.
- If you're in a time crunch, thicken with cornstarch and water. Put the sauce in a saucepan, bring to a boil and add cornstarch. Return to the serving line.



Sirloin Beef Tips & Gravy

This is a hearty dish that goes well with rice, noodles and potatoes. And you might just want to serve all three because different regions have different traditions and expectations.

6	lbs	beef, cubed (from sirloin or eye of round, bottom round, etc.)
1/2	cup	oil
2	each	large onion, diced
2	cups	water
1/2	cup	soy sauce
1	cup	Worcestershire sauce
1	Tbsp	garlic powder
1	tsp	salt
2	tsp	black pepper
3	cups	beef stock
1/2	cup	flour

- In a large stockpot or roaster, heat oil and sauté onions until wilted and nearly clear. Set aside and then brown the beef in batches.
- Add back all the beef and the onions, and everything else but the flour and 1 cup of beef stock. Bring to a boil and reduce heat.
- Cover and reduce to a simmer for about 1 1/2 hours or until tender.
- While waiting, combine flour and beef stock and blend well.
- When beef is done, add the flour mix to the beef; bring back to a boil and cook until sauce thickens. Remove from heat and put in a serving pan on the line.

Smothered Brisket

Not smothered in the south Louisiana sense, but it's still rich and hearty.

Serves 25 or so

1	each	brisket, about 13 pounds, trimmed of excess fat
8	cups	onions, thinly sliced
2	lbs	mushrooms, sliced thick
4	Tbsp	garlic, minced
2	tsp	salt
1	tsp	pepper
2	cups	beef stock
1/2	cup	Worcestershire sauce
4	Tbsp	soy sauce
1/2	cup	cornstarch
1	cup	heavy (whipping) cream

- Split the brisket along the seam, into the flat and the point. Trim as much connective tissue as you can; leave the fat.
- Season meat on all sides lightly with salt and pepper.
- Heat oil in a double roaster or large roasting pan that can hold both pieces of meat. Sear the brisket pieces on both sides. Get a good crust where it touches the pan.
- Lower the heat a little and add onions, stirring to remove all the good stuff from the bottom of the roaster as you do. Add a little water if needed.
- Add the garlic and mushrooms, cook a few minutes until they brown a bit.
- Add everything else but the cream and cornstarch, bring to a boil.
- Remove from heat, cover and put in oven for about 1 1/2 hours. Remove from oven and let meat stand until it can be cut in slices.
- Cut the brisket and transfer to line pans for serving. Strain out 6 cups of pan juices to make a gravy. Pour the balance, along with onions and mushrooms, back over the brisket.
- Cover the pans, return to the oven and bake until tender, about 2 hours.

MAKE THE GRAVY:

- Mix cornstarch and cream.
- Heat pan juices in a saucepan to boiling.
- Add cream and whisk quickly until mixture thickens.
- Remove from heat. Check for seasoning and adjust as needed.
- Transfer to serving line pan.

When brisket is done, put on serving line. This also happens to be really good with a garlic mashed potato. Also with a plain mashed potato, scalloped, or parsley potatoes. Plain rice or a pilaf are also good alternatives.



Stew with Seasoned Dumplings

Serves about 20

10	lbs	chuck, bottom round, rump or other beef in 1" cubes
1/2	cup	cooking oil
12	slices	bacon, cut in 1 inch pieces
6	cups	onions, finely chopped
3	Tbsp	garlic, minced
2	tsp	dried thyme
3	quart	beef stock
2	cans	(15 oz) whole tomatoes with juice, crushed
2	lbs	baby carrots
3	ribs	celery, finely diced
1/2	cup	cornstarch blended with water to make a slurry

Dumplings

2	cups	milk
6	each	eggs
3	Tbsp	parsley flakes
2	tsp	garlic powder
1/2	tsp	sage
5	cups	flour
1/4	cup	baking powder
1	Tbsp	salt
1	tsp	pepper

- In large dutch oven or roaster on stove, heat oil and brown beef in batches; remove and set aside in a bowl.
- In same pan, cook bacon crisp; add onions, garlic and celery; cook until tender.
- Return the beef to the pan; add stock, thyme and tomatoes. Cover and bring to a simmer, then put in oven and cook until beef is nearly tender.
- Add carrots and cook another 30 minutes.

While waiting, make dumplings.

- Blend eggs, spices and milk in a bowl and let stand about 20 minutes.
- Combine flour and baking powder. Add to egg/milk mixture.

Put it together:

- Remove stew from oven. If it isn't bubbling hot, put on stove and increase heat until it is – this will prompt the cornstarch to fully bloom and thicken.
- Add cornstarch to thicken the liquid slowly. Reduce to simmer.
- Spoon dumpling batter into stew to make 1 – 2 inch dumplings. Keep them separated as you drop them into the stew.
- Cover and let cook another 10 to 15 minutes until dumplings are cooked.
- Remove and place in steamtable pan.



Stuffed Peppers

Yield: 16 stuffed pepper halves

8	cups	rice, cooked
2	lbs	ground beef
1	lb	Italian sausage, removed from casing
2 1/2	cans	diced tomatoes
3	Tbsp	garlic, minced
1 1/2	Tbsp	salt
1	Tbsp	pepper
1/8	tsp	cayenne
8	each	bell pepper, halved, cleaned
1 1/2	cups	grated parmesan cheese
2	Tbsp	olive oil
4	cups	pasta sauce
2	Tbsp	balsamic vinegar
1	cup	beef stock
2	each	onion, diced
2	ribs	celery, diced

Make sauce:

- In sauté onion and celery in oil until wilted. Place about half in mixing bowl and leave half in saucepan.
- To saucepan, add beef stock, sauce and vinegar; simmer 20 minutes.

While sauce is simmering, prep bell peppers:

- In a bowl, combine uncooked meat, rice, tomatoes, spices, half the cheese and gently fold together.
- Stuff the peppers equally with the mixture.
- In shallow steam table pan, put half of the sauce and then place the peppers in the pan. Then spoon sauce on top of each pepper.
- Cover pan and bake about 40 minutes.
- Remove cover, sprinkle on remaining cheese and bake until cheese is browned on top.

Sweet & Spicy Asian Inspired Ribs

Serves about 20

8	lbs	beef short ribs
2	cups	cider vinegar
2	cups	sweet chili sauce (Thai type, not Sriracha)
1	cup	water
1	cup	honey
1	cup	light brown sugar
2	Tbsp	fresh ginger, minced
1/4	cup	lime or lemon juice
1/4	cup	soy sauce

- Sear the ribs and place in a roasting pan. Set aside.
- Combine remaining ingredients in a saucepan, bring to a boil and simmer until sauce thickens a bit and the sugar is completely dissolved.
- Pour sauce over the ribs, cover the pan and put in 325F oven.
- Roast about 2 hours and check for doneness.
- Continue checking until they are fork-tender; remove ribs, put in line pan.
- Put sauce in a saucepan, skim fat and cook until sauce is reduced by half.
- Pour over the ribs.

