



# Beef

## Prime Rib Roast

**Servings: 12**

**Total Time: 2 ½ to 3 hours**

### Ingredients

Trim:

1 beef loin roast (6 lb)

Combine; Rub Roast with:

1/3 cup whole grain mustard

2 T. kosher salt

2 T. ground black pepper

1 T. fresh ginger, minced

1 T. garlic, minced

2 t. ground coriander

Preheat oven to 425° with rack in the lower third. Line a roasting pan with a rack; remove roast from the refrigerator 30 minutes prior to roasting.

Begin trimming the roast by first pulling off the fat cap with your hands.

Using a sharp boning or utility knife, trim off as much fat and silverskin from the surface of the roast as you can.

Combine mustard, salt, pepper, ginger, garlic, and coriander in a bowl; rub over the entire roast.

Place meat on the rack in the prepared pan and roast in lower third of oven for 15 minutes. Reduce heat to 250° and roast for 1 ½ hours.

Check the roast's temperature with a meat thermometer- at 120° it is rare. Continue roasting to desired doneness, gauging temperature every 15 minutes.

## Beef au jus

**Makes: 1 cup**

**Total Time: 40 minutes**

### Ingredients

Sauté in 1 T. Vegetable Oil:

Sauté onion and carrot in oil in sauté pan over medium-high heat until slightly soft, about 5 minutes, stirring constantly. Deglaze with wine and reduce until nearly evaporated, about 8 minutes. Add broth, bay leaves, peppercorns, garlic and parsley. Simmer until liquid is reduced to 1 cup, 20-25 minutes. Strain sauce; keep warm until ready to serve.



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## Prime Rib Roast

**Servings: 8**

**Prep Time: 20 minutes**

**Cook Time: 2 hours and 25 minutes**

### Ingredients

2 heads roasted garlic

3 ½ teaspoons salt

1 ½ teaspoon freshly ground black pepper

1 tablespoon finely chopped fresh rosemary leaves

1 tablespoon finely chopped fresh thyme leaves

1 standing rib roast of beef (about 6 ½ pounds), fat trimmed in 1 strip and reserved

1 ½ cups red wine, plus 1 more cup if making au jus, optional

½ cup beef stock, plus 2 more cups if making au jus, optional

Preheat the oven to 450 degrees F.

Separate the heads of roasted garlic into cloves and squeeze the roasted garlic out of the peels. Place the garlic in a small bowl and mash with the back of a fork until mostly smooth. Add 1 teaspoon salt, 1/2 teaspoon pepper, the rosemary and thyme, and stir to blend. Pat this mixture evenly over the top and sides of the roast. Place the trimmed strip of fat over the garlic-herb mixture and tie with kitchen string in several places to secure the fat onto the top of the roast.

Season the roast all over with the remaining 2 1/2 teaspoons salt and 1 teaspoon of pepper. Place the roast in a roasting pan and add 1 1/2 cups red wine and 1/2 cup beef stock to the bottom of the pan. Roast for 20 minutes. Reduce the heat to 350 degrees F and continue to roast to the desired degree of doneness, about 18 minutes per pound for rare and 22 minutes per pound for medium. Let stand at least 5 minutes before carving. De-fat the pan juices and serve alongside the beef.

If making au jus, place the roasting pan on the stove burners over medium-high heat. Add 1 cup red wine and scrape the browned bits on the bottom of the pan with a wooden spoon. Add 2 cups beef stock and season with salt and pepper. Continue to cook until the wine is reduced by half, about 5 minutes. Strain the sauce through a sieve to remove the solids before serving. De-grease, if necessary.



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## **Foolproof Standing Rib Roast**

**Servings: 6 to 8**

**Prep Time: 10 minutes**

**Cook Time: 1 hour and 30 minutes**

### **Ingredients**

1 (5-pound) standing rib roast

1 tablespoon House Seasoning, recipe follows

### **House Seasoning:**

1 cup salt

1/4 cup black pepper

1/4 cup garlic powder

Mix ingredients together and store in an airtight container for up to 6 months

Allow roast to stand at room temperature for at least 1 hour.

Preheat the oven to 375 degree F. Rub roast with House Seasoning; place roast on a rack in the pan with the rib side down and the fatty side up. Roast for 1 hour. Turn off oven. Leave roast in oven but do not open oven door for 3 hours. About 30 to 40 minutes before serving time, turn oven to 375 degrees F and reheat the roast. Important: Do not remove roast or re-open the oven door from time roast is put in until ready to serve.



# Beef

## Beef Wellington

**Servings: 8**

**Ingredients**

3 lb beef tenderloin, trimmed and tied  
Salt and black pepper  
2 tbsp sunflower oil  
3 tbsl butter  
1 small onion, finely chopped  
8 oz flat mushrooms, finely chopped  
6 oz smooth liver pate  
14 oz store-brought pull pastry dough  
1 egg, beaten  
Thin mushroom gravy to serve

**Wrapping the beef in pastry:**

Roll out  $\frac{3}{4}$  of the pastry to a 12 x 16 in rectangle. Spread half of the pate mixture down the middle, leaving a 4 in border on each side. Remove the string from the beef and place on the pate mixture. Cover with remaining pate mixture. Brush the dough border with beaten egg. Fold the short sides of the dough over the beef. Fold the long ends over and turn the parcel over. Brush with beaten egg. Roll out the remaining dough, and cut into strips,  $\frac{1}{4}$  wide. Arrange in a lattice pattern on top of the dough, then glaze the strips with beaten egg.

1. Season the beef with black pepper. Heat the oil in a large skillet, add the beef, and cook over a high heat until browned all over.
  2. Put the beef tenderloin in a roasting pan and cook in a preheated oven at 425°F for 25 minutes for rare beef, 35 minutes for medium, or 40 minutes for well-done. Leave to cool completely.
  3. Meanwhile, melt the butter in the skillet, add the onion and mushrooms, and cook, stirring for 3 minutes or until softened. Increase the heat to high, and cook until the excess moisture has evaporated. Turn into a bowl and leave to cool.
  4. Add the liver pate to the mushroom and onion mixture, season with salt and pepper, and stir well to combine.
  5. Wrap the beef in the pastry dough (see box above)
  6. Bake at 425° for 45 minutes or until the pastry is crisp and golden. Cover with foil after 30 minutes to prevent the pastry becoming too brown. Leave to stand for about 10 minutes, then slice and serve with the gravy.
- For Individual Beef Wellingtons: Cut the raw beef into 8 slices. Brown the slices in a skillet, cool then wrap each one in dough, with a little of the pate mixture. Bake for 25-30 minutes.



# Beef

## Pepper Steaks

**Servings: 4**

**Ingredients**

4 filet mignons, 5-6 oz. each,  
about 1 inch thick, trimmed  
Salt and black pepper  
2 tbsp black peppercorns  
2 tbsl butter  
1 tbsp sunflower oil  
2 tbsp brandy  
2/3 cup heavy cream  
Chopped parsley to garnish

1. Season the steaks on both sides with salt. Crush the peppercorns and spread them on a plate. Coat the steaks with the peppercorns (press each steak firmly on to the peppercorns, until both sides are well coated).
2. Melt the butter with the oil in a skillet. When the butter is foaming, add the steaks, and cook over a high heat for 2 minutes on each side.
3. Lower the heat and continue cooking until the steaks are to your liking; rare steaks need 1-2 minutes on each side, and well-done steaks need 4-5 minutes on each side. Lift out of the pan and keep warm.
4. Pour the brandy into the skillet and boil rapidly to drive off the alcohol. When the brandy has almost disappeared, stir in the cream and add salt and pepper to taste. Gently reheat the sauce, pour it over the steaks and garnish with parsley. Serve hot.

## Chateaubriand with Bearnaise Sauce

**Servings: 2**

**Ingredients**

14 oz Chateaubriand steak  
(a thick piece of tenderloin  
cut from the middle)  
2 tbsl butter, melted  
Black pepper  
Béarnaise sauce

**Bearnaise Sauce**

Put 4 tbsp tarragon vinegar, 1 finely chopped shallot and 1 tbsp chopped tarragon into a pan and boil for a few minutes until reduced by one-third. Leave to cool. Pour 2 egg yolks into a bowl over a saucepan of simmering water, add the vinegar mixture, and whisk over a gentle heat until thick and fluffy. Mix 6 tbsl butter and gradually add to the sauce, whisking constantly until thick. Season with salt and white pepper.

1. Cut the steak crosswise in half. Brush one side of each half with melted butter and season with pepper.
2. Put the steaks, buttered-side up, under a hot broiler, 3 in from the heat, and cook for 2 minutes or until browned. Turn the steaks over, brush with melted butter and season with pepper. Broil for about 2 minutes until browned.
3. Lower the heat and cook, turning once and brushing with the butter, for 4-5 minutes. Cover and leave to stand for 5 minutes. Slice the steaks and serve with the béarnaise sauce.



# Beef

## Veal Saltimbocca

### Ingredients

8-Thinly sliced Veal Cutlets-beaten to about ¼ inch thick  
Prosciutto Ham  
Fresh Spinach  
Red Pepper Flakes  
Chicken Broth  
2 Tomatoes (if our out of season a can of well drained Rotel works well)  
2 eggs  
Italian Bread Crumbs  
2 to 3 TBP Self-Rising Flour  
Mushrooms-1 small pkg. Baby Portabellas  
Sherry Cooking Wine  
¼ cup plus of Olive Oil (use enough to thoroughly cover the bottom of your pan)  
8 Slices of Swiss cheese

### Directions:

1. Cook Spinach- sauté fresh spinach in olive oil or sauté in bacon drippings. Sprinkle with red pepper flakes and drain very well
2. Beat Veal using a meat mallet until thin (approximately ¼ inch thick)
3. Whisk 2 eggs to be used as an egg wash
4. Dredge the cutlets in the egg wash
5. Thoroughly cover the cutlets in Italian Bread Crumbs
6. Cover the bottom of a sauté pan with olive oil (about a ¼ cup of olive oil)
7. Cook Veal Cutlets on medium heat till both sides are browned (cook slow and on low heat)
8. Remove Veal from sauté pan and place on paper towel to drain- Be careful not to knock off browning
9. Place Veal in Pyrex dish (or other oven cookware) and set aside
10. Add ¾ cup of Sherry Cooking Wine, chicken broth and coarsely chopped mushrooms to the remaining olive oil and Veal drippings in the sauté pan. Sauté mushrooms.
11. Add a couple of Tablespoons of Self-Rising Flour to the pan for thickening (do not add too much flour). Stir to the consistency that you want your sauce to be (add chicken broth, Sherry or flour to change the consistency of the sauce).
12. Top each cutlet with a slice of Prosciutto Ham followed by well drained Spinach and then add a layer of thinly sliced Tomatoes or Rotel and then top with a slice of Swiss Cheese.
13. Pour Mushroom Sherry Sauce over the top of the Veal Cutlets and cook in the oven on 350° till cheese is well melted-Serve Immediately.

Serve with a side dish of Angel Hair Pasta with choice of Marina Sauce topped with freshly grated Parmesan Cheese.



# **Beef**

## **Beef Satay**

### **Ingredients**

1 pound sliced steak (Ribeye or Filet cut into quarter inch thick strips)  
3 tbsp sugar  
½ cup soy sauce  
3-4 cloves finely chopped garlic  
1 Tablespoon finely minced ginger  
Pinch of Chili flakes  
¼ tsp salt  
5 tbsp Mirin (sweet sake)  
2tbsp sesame oil  
2 tbsp toasted sesame seeds  
1 cup split green onions

### **Directions:**

Mix ingredients to make marinade. Allow steak to soak in marinade 10 to 15 minutes prior to cooking. Do not allow steak to soak more than 20 minutes. Place steak on skewers and cook very quickly on a Panini Bread Press (or George Foreman Grill).



# Beef

## **Beef Bourguignonne**

### **Ingredients**

4 lb beef short ribs  
Kosher salt & freshly ground pepper  
1 Tbs. olive oil  
½ lb. bacon, cut into ¼" dice  
Braising base  
2 cups pearl onions, fresh  
½ lb. baby carrots, peeled  
2 lb. small new red potatoes, scrubbed  
2 Tbs. unsalted butter, at room temperature  
2 Tbs. finely chopped fresh flat-leaf parsley

### **Braising Base Ingredients**

¾ box of beef stock (3 cups)  
½ cup red wine  
¼ cup cremini mushrooms (or any other small mushroom)  
1 tsp Basil  
1 tsp Tarragon  
1 tsp Garlic Salt  
1 tsp Oregano  
2 Bay Leafs  
1 tsp Thyme

Bring braising base ingredients to a boil and simmer for 1 hour. Add a dash of salt and pepper.

### **Directions:**

1. Season short ribs with salt and pepper
2. In a large cast iron skillet, warm oil, cook bacon until crisp (5-8 minutes), drain on paper towels
3. Pour off all but 1 Tbs. fat
4. Add short ribs and brown on all sides (8-10 minutes)
5. Put ribs in crock pot and add braising base and bacon
6. Cook on high until meat is fork-tender (5-6 hours)
7. Add onions and carrots during last two hours of cooking
8. Using steamer pot, steam potatoes until tender (25-30 minutes)
9. Place potatoes in a bowl, stir in butter, 1-2 Tbs. parsley and salt.
10. Skim fat off sauce in crock pot
11. Place beef bourguignonne in shallow bowls and garnish with 1 Tbs. parsley
12. Serve with potatoes





# **Beef**

## **Beef Stew**

### **Ingredients:**

2 ½ to 3 pounds of Filet (trimmed and cut into 1 ½ inch cubes)  
3 Tablespoons Olive Oil  
3 Cups of Chicken Broth  
2 Tablespoons Worcestershire Sauce  
Glove of garlic minced  
2 Bay Leaves  
1 to 2 Small branches of Rosemary  
1 Cup of White Pearl Onions  
2 Cups Sliced White Cube Potatoes (inch ½ cubes)  
1 ½ teaspoon salt  
1 teaspoon of sugar  
½ teaspoon Fresh Ground Pepper  
½ teaspoon of paprika  
Dash ground All Spice  
Dash Ground Cloves  
3 large Carrots Sliced  
3 Celery Stalks Chopped  
¼ cup Flour  
½ pound White Mushrooms (stems discarded cut ½ inch pieces)  
½ cup chopped Sun Dried Tomatoes

### **Directions:**

1. Place Olive Oil in bottom of pan and brown filet cubes.
  2. Remove filet and add to Dutch oven
  3. Once Filet has been removed add Flour to drippings to make a thickening broth.
  4. In Dutch Oven add thickening broth, Worcestershire sauce, garlic, bay leaves, salt, sugar, pepper, paprika, All Spice, ground cloves, rosemary and sundried tomatoes.
  5. In a separate pot add carrots and potatoes. Cover with Chicken Broth and cook for six minutes. Add mushrooms, onions and celery and cook for an additional four minutes.
  6. Add carrots, potatoes, mushrooms, onions and celery to Dutch oven and simmer for two hours.
  7. In a Risotto pot melt ¼ stick of butter and cook white rice (do not use instant rice). Follow the recipe on the box except use chicken broth instead of water.
  8. Discard bay leaves and rosemary and serve stew over rice.
- \* Depending on taste serve with banana peppers and/or pickled jalapeño peppers on the side.



# Beef

## Ossobuco

### Ingredients:

1/4 cup all-purpose flour  
2 teaspoons salt  
1/4 teaspoon ground black pepper  
2 pounds veal shank  
3 tablespoons butter  
3 tablespoons olive oil  
1 cup chopped onion  
1 cup thinly sliced carrots  
1/2 cup chopped celery  
2 cloves garlic, crushed  
1 (8 ounce) can tomato sauce  
1 cup water  
1 teaspoon dried basil  
1 teaspoon dried thyme  
3 sprigs fresh parsley  
1 bay leaf

### Directions:

1. In a shallow dish, stir together flour, salt, and black pepper. Dredge meat in seasoned flour. In a large skillet. Melt butter with oil over medium heat. Brown meat. Remove meat from pan, and set aside.
2. Add onion, carrots, celery, and garlic to drippings in pan. Cook and stir for about 5 minutes.
3. Stir in tomato sauce, water, basil, thyme, parsley, and bay leaf. Place all ingredients and meat in a Dutch oven (a pan can be used if you do not have a Dutch oven). Heat at 350 for 1<sup>st</sup> hour or until it gets bubbly. Reduce heat to 250 for ½ hour.