

MEAT COOKERY RECIPE COLLECTION

Mrs. Klatt

Foods 20/30

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This recipe collection
belongs to:





Old Fashion Beef Stew with Fall Vegetables

Moist Heat

Ingredients

1 lb lean boneless stewing beef, (chuck recommended)
1 1/2 tsp oil
1 1/2 tbsp butter
1/3 cup finely chopped onions
2 tbsp all-purpose flour
1/2 tsp salt
1/4 tsp freshly ground pepper
1 bay leaf
1/2 tsp crushed thyme
1/2 tsp crushed marjoram
2 cups lightly salted beef stock
2 small potatoes
2 medium carrots
1/8 medium rutabaga, (yellow turnip)
1 medium parsnips
1-14 oz canned whole tomatoes, with liquid
1/2 cup frozen peas

Directions:

1. Cut beef into 4 cm cubes; pat dry with paper towel.
2. In heavy, large stockpot, heat oil and butter; brown meat one layer at a time. (For a rich tasty stew, it's important to brown meat well at this stage.)
3. When all meat is browned, set aside. Melt more butter in saucepan if necessary and sauté the 1/3 cup onion until tender and golden. Stir in flour; continue cooking over medium heat until flour is golden.
4. Return meat to saucepan; add seasonings (pepper, bay leaf, thyme and marjoram) and stock. Using wooden spoon, scrape up all browned bits from bottom of pan. Simmer, partially covered, until beef is tender, about 1/2 hour.
5. Peel potatoes, carrots, rutabaga and parsnips. Coarsely chop potatoes and onions into 4 cm cubes. Cut carrots, rutabaga and parsnips into finger-length sticks.
6. Chop tomatoes coarsely, keep liquid.
7. Add vegetables to stew and cook, covered, at moderate simmer until all ingredients are tender, about 30 minutes.
8. Add peas; simmer 5 more minutes. Taste, adding more seasoning or liquid if necessary. Serve with cheddar garlic biscuits.



Cheddar Garlic Biscuits

Ingredients

- 1 cup + 2 tbsp all-purpose flour
- 1 + 1/4 tsp baking powder
- 1 tsp granulated sugar
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/4 cup cold butter, cubed
- 1/2 cup shredded extra-old cheddar cheese
- 1/2 tsp garlic powder
- 1/2 cup milk

Topping

- 2 tablespoons margarine, melted
- 1/4 teaspoon dried parsley flakes
- 1/2 teaspoon garlic powder
- pinch salt

Directions:

1. Preheat the oven to 425 F.
2. Combine the “Topping” ingredients in a small bowl and set aside.
3. In bowl, whisk together flour, baking powder, sugar, baking soda and salt. Using pastry blender, cut in butter until mixture resembles coarse crumbs about the size of a pea. With fork, stir in cheese and garlic; stir in milk to form soft dough.
4. On lightly floured surface, gently knead dough 10 times. Pat into 3 cm thick round. Using a floured round cutter and pressing scraps together, cut out 6 rounds.
5. Bake on parchment paper-lined baking sheet in centre of 425°F (220°C) oven for 12 to 14 minutes or until golden. Brush on the butter, garlic topping and serve warm.



Pork Souvlaki

Dry Heat

Ingredients for Pork Souvlaki

- 1-1/2 lb (680 g) boneless pork loin or pork tenderloin
- 1/4 cup (50 mL) lemon juice
- 1/4 cup (50 mL) olive oil
- 4 cloves garlic, minced
- 1 tbsp (15 mL) dried oregano
- 1/4 tsp (1 mL) each salt and pepper
- 4 Greek-style pita breads

Let Ms. K know which salad choices you want: romaine lettuce, feta cheese, black olives and tomatoes

Directions:

1. Trim and cut pork into 1-inch (2.5 cm) cubes. In large bowl, whisk together lemon juice, oil, garlic, oregano, salt and pepper; add pork and stir to coat. Marinate for 10 minutes. (*Make-ahead: Cover and refrigerate for up to 24 hours.*)
2. Evenly thread pork onto six 8-inch (20 cm) skewers; place on foil-lined baking sheet. Brush with marinade. Broil 6 inches (15 cm) from heat, turning halfway through, until just a hint of pink remains inside, about 12 minutes.
3. Spread tzatziki over each pita, add chopped romaine, tomatoes, feta and black olives. Remove pork from skewers and place on pitas; fold over.

Tzatziki Sauce

- 1 cup Balkan plain yogurt
- 1/2 hothouse cucumber, unpeeled and seeded
- 1/2 tablespoon plus 1/4 teaspoon kosher salt
- 1/4 cup sour cream
- 1/2 tablespoon white wine vinegar
- 1 tablespoons lemon juice
- 1/2 tablespoon good olive oil
- 3/4 teaspoons minced garlic
- 3/4 teaspoons minced fresh dill
- Pinch freshly ground black pepper

Directions:

1. Place the yogurt in a cheesecloth or paper towel-lined sieve and set it over a bowl. Grate the cucumber and toss it with 1 tablespoon of kosher salt; place it in another sieve, and set it over another bowl. Place both bowls in the refrigerator for 3 to 4 hours so the yogurt and cucumber can drain.
2. Transfer the thickened yogurt to a large bowl. Squeeze as much liquid from the cucumber as you can and add the cucumber to the yogurt. Mix in the sour cream, vinegar, lemon juice, olive oil, garlic, dill, 1/4 teaspoon salt, and pepper. You can serve it immediately, but I prefer to allow the tzatziki to sit in the refrigerator for a few hours for the flavors to blend. Serve chilled or at room temperature.



Chicken Gordon Bleu

Mechanical Tenderizing

Ingredients

- 2 chicken breasts skinless and boneless, sliced in half horizontally
- 4 thin slices black forest ham
- 4 slices of swiss cheese
- 1/4 cup all-purpose flour
- Kosher salt and freshly ground black pepper
- 1 cup panko bread crumbs
- 1 tsp thyme leaves
- 1 clove garlic, peeled and finely minced
- 2 tablespoons unsalted butter, melted
- 2 eggs
- Extra-virgin olive oil

Directions:

1. Preheat oven to 350 degrees F.
2. Lay the chicken breast between 2 pieces of plastic wrap. Using the flat side of a meat mallet, gently pound the chicken to 1/4-inch thickness. Remove the top sheet of plastic and lay 1 slice of ham neatly over the top to cover the breast and lay a piece of cheese over the the ham. Tuck in the sides of the breast and roll up tight like a jellyroll inside the plastic wrap. Squeeze the log gently to seal and twist both ends tight to form a nice log. Repeat with remaining chicken.
3. On a dining plate, season the flour with salt and pepper.
4. In a round baking pan, mix the bread crumbs with thyme, garlic and kosher salt, pepper, and melted butter. The butter will help the crust brown.
5. In another round baking pan beat together the eggs and season with salt and pepper so the flour, the eggs and the crumbs are all seasoned.
6. Remove the plastic wrap. Lightly dust the chicken with flour, dip in the egg mixture and gently coat in the bread crumbs.
7. Heat a skillet on medium to medium high heat and lightly coat the pan with olive oil and carefully transfer the roulades onto it, fry on each side until golden brown but the chicken is NOT cooked, about 3 mins a side. Transfer to a parchment lined baking sheet and bake for 20 to 25 minutes until browned and cooked through.



Swedish Meatballs with Lingonberry Sauce

Ethnic Meal: Swedish

Ingredients

- 2 tablespoon butter
- 1/2 small onion, minced
- 1/2 pound each ground beef and pork
- 1 egg
- 1/4 cup whole milk
- 1 tablespoons salt
- Few grinds black pepper
- 1/2 teaspoon ground allspice
- 1/4 cup bread crumbs

Sauce:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 ³/₄ cup chicken stock
- Salt and freshly ground black pepper
- 1/2 cup heavy cream
- 1 to 2 tablespoons lingonberry jam
- 2 tbsp chopped parsley leaves
- Lingonberry jam, for serving

Directions:

1. Preheat the oven to 325 degrees F.
2. Melt 2 tablespoons of the butter in a large saute pan over medium heat. Add the onion and cook until translucent. Remove the onion to a plate and cool. Wipe out the pan with a paper towel.
3. In a large mixing bowl, combine the ground meats, egg and onion. Add salt, pepper and allspice. In a small bowl add milk and breadcrumbs allow milk to absorb into the breadcrumbs. Add breadcrumbs to meat mixture. Mix gently with your hands or wooden spoon.
4. With a bowl of cold water standing by, form meatballs about 1-inch across using the purple scoop. Dip your fingers in cold water, from time to time, to keep the meat from sticking to your hands. Place the meatballs on a parchment lined baking sheet and bake in the convection oven at 350F for 20 mins or until there is no pink showing. Take off parchment and place on paper towel to drain oil...it can look a bit gnarly!
5. To make the sauce: In a large frying pan with a lid, add 2 tablespoons of butter and swirl it around to coat the pan. Sprinkle in the flour, and stir with a wooden spoon or whisk to dissolve the flour into the fat. Pour in the chicken stock, and stir to loosen the bits from the bottom of the pan.
6. Simmer, stirring, until the liquid is reduced and the mixture starts to thicken to a sauce. Season with salt and pepper, to taste. Lower the heat and stir in the cream and the black currant jam.
7. Add the meatballs to the sauce. Simmer until the sauce thickens slightly and the meatballs are heated through, 15 to 20 minutes. Sprinkle with chopped parsley.
8. To serve, spoon a couple of meatballs onto each plate along with a spoonful of sauce, and serve with the lingonberry jam on the side.



One Pot Baked Ziti

Ingredients:

- 1 tablespoon olive oil
- 1 pound Italian sausage, casings removed
- ½ onion, chopped
- 4 cloves garlic, minced
- 1/4 teaspoon red pepper flakes, or more, to taste
- ½ tsp oregano
- Kosher salt and freshly ground black pepper, to taste
- 1 (28-ounce) can crushed tomatoes
- 12 ounces ziti pasta
- 2 cups spinach, fresh and coarsely chopped
- 1/2 cup grated Parmesan cheese
- 1/2 cup heavy cream
- 1 cup shredded mozzarella cheese
- 1/4 cup basil leaves, chiffonade

Directions:

1. Heat olive oil in a large skillet over medium high heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks. Stir in onions, garlic, red pepper flakes and oregano and cook, stirring frequently, until fragrant, about 3-5 minute; season with salt and pepper, to taste.
2. Stir in tomatoes and bring to a simmer until slightly thickened, about 8-10 minutes. Stir in pasta and 3 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-16 minutes. Stir in spinach and cook until soft, about 3 mins.
3. Remove from heat; stir in Parmesan and heavy cream. Top with mozzarella and cover until cheese has melted, about 2 minutes.
4. Serve immediately, garnished with basil, if desired.



Chili Mac and Cheese

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 8 ounces ground beef
- 4 cups beef broth
- 1 (14.5-ounce) can diced tomatoes
- 1/2 can white kidney beans, drained and rinsed
- 1/2 can kidney beans, drained and rinsed
- 2 teaspoons chili powder
- 1 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 10 ounces uncooked elbows pasta
- 3/4 cup shredded cheddar cheese
- 2 tablespoons chopped fresh parsley leaves

Directions:

1. Heat olive oil in a large skillet or Dutch oven over medium high heat. Add garlic, onion and ground beef, and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
2. Stir in beef broth, tomatoes, beans, chili powder and cumin; season with salt and pepper, to taste. Bring to a simmer and stir in pasta. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-15 minutes.
3. Remove from heat. Top with cheese and cover until melted, about 2 minutes.
4. Serve immediately, garnished with parsley, if desired.



Skillet Hunter's Pie

Ingredients:

- Kosher salt
- 2 large russet potatoes (about 1-1/2 lb. total), peeled and cut into 1-inch pieces
- 1/2 cup sour cream
- 2 Tbs. unsalted butter
- Freshly ground black pepper
- 1 Tbs. olive oil
- 1/2 cup finely chopped sweet onion
- 1 Tbs. finely chopped garlic
- 1 lb. ground beef
- 1 cup mushrooms, cleaned and sliced
- 1 carrot, peeled and sliced on the bias
- 1 Tbs. fresh rosemary, chopped
- 2 Tbs. all-purpose flour
- 1 cup lower-salt beef broth
- 1-1/2 cups thawed frozen peas
- 1 Tbs. finely chopped fresh parsley
- 3 oz. grated sharp Cheddar (about 1 cup)
- Hot sauce, such as Cholula, for serving (optional)

Directions:

1. Position a rack in the center of the oven and heat to 400F.
2. Bring a 4-quart saucepan of well-salted water to a boil. Add the potatoes and cook until tender, 12 to 15 minutes. Reserve a little of the cooking water, drain the potatoes, and return to the pot. Add the sour cream, butter, 1/2 tsp. salt, and 1/2 tsp. pepper, and mash until smooth. If necessary, add a little of the reserved water to make the potatoes spreadable but not too loose.
3. Meanwhile, in a 10-inch ovenproof skillet, preferably cast iron, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until tender and browned, about 2 minutes.
4. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the beef, mushrooms and carrots along with 1/2 tsp. salt, and 1/2 tsp. pepper, and cook, stirring occasionally and breaking up the meat, until browned, 6 to 8 minutes. Spoon off most of the fat. Sprinkle the flour over the beef and stir until combined. Add the broth and cook, stirring and scraping up the bits on the bottom of the pan, until thickened, 2 to 3 minutes. Remove from the heat.
5. In a small bowl, combine the peas and parsley. Layer the peas on top of the beef mixture. Dollop all over with the mashed potatoes, and use damp, flattened hands to spread them to the edge of the skillet.
6. Bake for 5 minutes, then top with the cheese. Turn the broiler on medium and broil until the cheese melts and is golden brown, 4 to 6 minutes. Allow to cool slightly before serving with some hot sauce, if you like.

