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# 9

## MEAT—BEEF, PORK, AND LAMB

A walk down the meat aisle at the grocery store can be very confusing. Names of cuts vary from region to region and sometimes the only way to determine if a cut of meat is superior is by the price. There are really just two types of meat: tender cuts and tough cuts. The section of the animal that receives the least exercise—the middle of the back, called the loin and the ribs—is the most tender. The muscles that are worked the hardest—the chuck (shoulder), and neck, shank and round (the rear leg and rump)—produce the toughest cuts. The cut determines how the meat is best prepared. Tender cuts are best cooked with a dry heat, either roasted, broiled, grilled, or panfried. Tough, fibrous cuts require the long, slow cooking benefits of braising or stewing in a liquid. This breaks down the connective tissue that causes the meat's toughness, tenderizing the meat, and imparting the flavor of the cooking liquid.

## Meat Basics

Before we get to the recipes, let's discuss how to use meat thermometers to tell when you've cooked your meat to the proper level of doneness. We'll also discuss how to choose the best cuts for your needs, and the right temperatures for roasting, broiling, and grilling the type of meat you want to cook.

### How to Use a Meat Thermometer

What thermometer you use depends on the thickness of the cut. For larger cuts such as roasts, use an oven-safe dial meat thermometer.

1. Before roasting begins, insert the thermometer at least 2 inches into the center of the thickest part of the meat. Do not touch the fat, bone, or the pan with the tip of the thermometer.
2. Leave the thermometer in the roast during the entire cooking time.
3. Check the thermometer at the first cooking time according to the *Meat Charts* (pages 177-179).
4. When the thermometer reaches the desired temperature, push it further into the meat. If the temperature drops, continue cooking.
5. If the temperature remains the same, remove the meat from the heat and let the meat rest for 15 minutes.

For thinner cuts such as burgers and chops, use an instant-read thermometer.

1. When the meat has cooked for the recommended time, insert the thermometer 2 inches into the side of meat. Internal temperature will register within 15–20 seconds.
2. If the meat is not done, remove the thermometer and continue cooking, and repeat the process following the time recommendations of the recipe or chart.



### How to Choose the Best Cuts

The following lists and charts are a guideline to help you determine which cut to buy for tonight's dinner.

The best cuts of meat for roasting:

- Beef: standing rib (called rib eye or, when boned, Delmonico), tenderloin, sirloin tip, boneless rolled rump
- Pork: ham, also called picnic shoulder (cooked or uncooked), pork-loin roasts, crown roast
- Lamb: whole leg, boneless leg, shank half of leg, hind shanks, rib roast, loin roast

The best cuts of meat for broiling or pan frying:

- Beef: porterhouse, T-bone, top sirloin, tri-tip, tenderized flank steak (tender steaks)
- Pork: rib chops, loin chops, bacon, center-cut ham slice
- Lamb: loin chop, sirloin chop, rib chop, blade chop

The best cuts of meat for braising:

- Beef: chuck steak, skirt steak, brisket, boneless round-rump roast, short ribs
- Pork: loin-back ribs, country style ribs, blade roasts, blade steak
- Lamb: boneless-shoulder roast, blade chop, hind shanks

## Meat Roasting, Grilling, and Broiling Charts

Use the charts in Tables 9.1 through 9.4 for beef, pork, and lamb, respectively, to determine what temperature and cooking time will produce the right level of doneness.

**TABLE 9.1** Beef Roasting Chart

Beef Cuts	Oven Temperature	Weight	Meat Thermometer Reading/Cooking Time (per pound unless otherwise indicated)				
			Rare 140°F	Medium Rare 145°F	Medium 160°F	Medium-Well 165°F	Well-Done 170°F
Standing rib	300° to 325°F	6- to 8-lbs	23 to 25 min	24 to 28 min	26 to 30 min	28 to 34 min	32 to 35 min
Rib roast (chine bone)	350°F	6- to 8-lbs	15 to 18 min	17 to 22 min	21 to 28 min	27 to 30 min	29 to 32 min removed)
Rib eye roast	350°F	4- to 6-lbs	18 to 20 min	19 to 22 min	21 to 24 min	23 to 25 min	24 to 26 min
Eye round roast	325°F	2- to 3-lbs	35 to 38 min	37 to 45 min	42 to 53 min	49 to 60 min	54 to 65 min
Round tip roast	325°F	3- to 4-lbs	28 to 30 min	30 to 35 min	35 to 45 min	45 to 48 min	48 to 50 min
		6- to 8-lbs	16 to 18 min	18 to 20 min	21 to 25 min	25 to 28 min	28 to 30 min
Sirloin tip	300° to 325°F	3 1/2- to 4-lbs	35 min	36 min	37 min	38 min	40 min
Rolled rib	300° to 325°F	5- to 7-lbs	32 min	35 min	38 min	40 min	45 min
Rolled rump	300° to 325°F	4- to 6-lbs	25 min	26 min	27 min	29 min	30 min
Tenderloin (whole)	425°F	4- to 5-lbs	45 to 60 min	48 to 60 min	58 to 65 min		
Meatloaf	350°F	1 1/2 lbs			60 to 75 min		

**TABLE 9.2** Pork Roasting Chart

Pork Cuts	Oven Temperature	Weight	Meat Thermometer Reading	Cooking Time (per pound unless otherwise indicated)
<b>Fresh Cuts:</b>				
Crown roast	350°F	6- to 10-lbs	160°F	22 min
Center loin roast with bone	350°F	3- to 5-lbs	160°F	22 min
Boneless top loin roast	350°F	2- to 4-lbs	160°F	22 min
Rolled loin	350°F	3- to 5-lbs	170°F	35 to 40 min
Fresh whole ham leg with bone	350°F	12- to 16-lbs	170°F	25 min
Tenderloin	425° to 450°F	1/2- to 1 1/2-lbs	160°F	25 to 35 min
Fresh picnic shoulder	350°F	5- to 8-lbs	170°F	30 to 40 min
Spareribs	350°F	3-lbs	Well-done	120 to 150 min
<b>Smoked, must cook before eating:</b>				
Half ham (with bone)	350°F	5- to 7-lbs	160°F	25 to 30 min
Whole ham	350°F	10- to 14-lbs	160°F	18 to 20 min
<b>Smoked, fully-cooked:</b>				
Half ham (boneless)	325°F	3- to 4-lbs	140°F	25 to 30 min
Whole ham (boneless)	325°F	6- to 8-lbs	140°F	10 to 12 min

**TABLE 9.3** Lamb Roasting Chart

Lamb Cuts	Oven Temperature	Weight	Meat Thermometer Reading/Cooking Time (per pound unless otherwise indicated)		
			Medium-Rare 145°F	Medium 160°F	Well-Done 170°F
Leg (whole)	325°F	5- to 7-lbs	15 to 20 min	20 to 25 min	19 to 25 min
		7- to 9-lbs	24 to 30 min	24 to 30 min	29 to 35 min
Leg shank(half)	325°F	3- to 4-lbs	25 to 30 min	29 to 40 min	38 to 45 min
Leg roast (boneless)	325°F	4- to 7-lbs	20 min	25 min	30 min
Rib roast or rack	375°F	1 1/2- to 2 1/2-lbs	30 min	35 min	40 min
Crown roast, (unstuffed)	375°F	2- to 3-lbs	25 min	30 min	35 min
Shoulder roast (boneless)	325°F	3 1/2- to 6-lbs	35 min	40 min	45 min

Follow the chart in Table 9.4 when grilling or broiling beef.

**TABLE 9.4** Beef Grilling or Broiling Chart

Cut	Thickness/ Weight	Rare 140°F	Medium- Rare 145°F	Medium 160°F	Medium- Well 165°F	Well-Done 170°F
New York strip	1-inch	8 to 10 min	9 to 11 min	10 to 12 min	11 to 13 min	12 to 14 min
Flank steak	1- to 1 1/2- lbs	10 to 15 min	14 to 18 min	16 to 20 min		
Porterhouse steak, Rib eye, and	1-inch	6 to 7 min	6 to 8 min	7 to 9 min	8 to 10 min	9 to 11 min
Top sirloin	1 1/2-inch	10 to 12 min	11 to 13 min	12 to 15 min	14 to 18 min	16 to 19 min
T-bone tenderloin	2-inch	15 to 17 min	16 to 18 min	17 to 19 min	18 to 20 min	19 to 22 min
Tri-tip	1-inch	8 to 9 min	9 to 10 min	10 to 12 min	12 to 15 min	
Hamburger patty	1-inch/6-oz.	4 min	5 min	6 min	7 min	8 min

## Savory Roast Beef

As with all roasts, it is recommended that the meat be allowed to warm to room temperature before roasting. This requires planning—not always something that is easy to pull off. You shouldn't ever allow uncooked meat to stand at room temperature for more than ten to fifteen minutes. If you forget to pull the roast out of the refrigerator, just cook the meat a little longer. Serve with *Horseradish Sauce* (page 297) or *Brown Pan Gravy for Roasted Meats* (page 300).

### Ingredients

- 2 cloves garlic
- 1 4-pound roast
- Fresh-ground black pepper
- Kosher or coarse salt
- 3/4 cup water

### Equipment

Roasting pan, rack, paring knife, cutting board, meat thermometer

### Methods

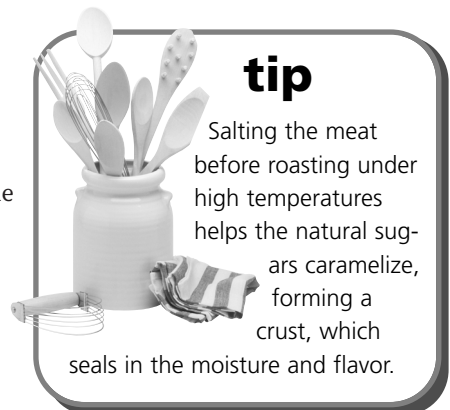
Mincing, roasting (see Chapter 3, “Glossary of Terms and Techniques, Conversions and Equivalents”)

### Quantity

6 to 8 servings

### Preparation

1. Preheat the oven to 400°F.
2. Peel and thinly slice the garlic.
3. Make shallow slits in the fat side of the roast, and insert the garlic slivers.
4. Sprinkle the roast with salt and pepper, and insert the meat thermometer into the thickest part of meat.



## Cooking Directions

5. Place the meat on the rack in the roasting pan, fat side up. If you don't have a roasting rack, place the meat on the bottom of the pan. Place the pan in the oven and roast for 30 minutes. This will slightly brown the meat to help retain the juices.
6. Reduce the oven heat to 350°F and roast for 30 minutes.
7. Add 3/4 cup of water to the bottom of the pan and continue cooking for 30 to 45 minutes.
8. Check the thermometer 1 hour from the time the heat was reduced. See *Meat Roasting Charts* (pages 177-179) for desired doneness.
9. Remove from the oven, loosely cover with aluminum foil, and allow the roast to rest for 20 minutes before carving.

## Variations

### Herb-Crusted Roast Beef

Combine 1/2 cup minced fresh parsley, 2 minced shallots, 1/2 cup plain bread crumbs, and 4 tablespoons softened butter. Remove the roast from the oven at step 6, and pat the mixture over the roast. Return to the pan to the oven and roast as directed.

## Pantry/Refrigerator Check

Garlic

Black pepper

Salt

## Shopping List

1 4-pound beef roast (rib roast, rib eye roast, or sirloin tip roast)

## Meatloaf

Turn this classic into a great one-pot meal by arranging quartered potatoes and carrots around the meatloaf. If you have leftovers, try making a sandwich with sliced meatloaf on thick potato bread with pesto and fresh tomato slices. See the suggestions below for easy variations of this basic recipe. Serve with *Roasted Greek Potatoes* (page 277) and *Green Beans with Bacon and Shallots* (page 281) for a complete meal.

### Ingredients

- 1/2 small onion
- 2 tablespoons minced fresh parsley
- 1 egg
- 1/4 cup half-and-half
- 1/4 cup tomato sauce
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/2 teaspoon fresh-ground black pepper
- 1-pound ground beef
- 1/2 pound ground pork
- 1/2 cup plain bread crumbs
- 1/4 cup ketchup
- 3 thick slices bacon

### Equipment

13×9×2-inch baking dish, large bowl, chef's knife, cutting board, wooden stirring spoon, measuring cup, measuring spoons

### Methods

Dicing, mincing, whisking, baking (see Chapter 3)

### Quantity

6 servings

### Preparation

1. Preheat the oven to 375°F.
2. Peel and dice the onion.



3. Wash the parsley and pat dry. Pull the leaves from the stems, and mince.
4. In a large bowl, whisk together the egg, half-and-half, tomato sauce, thyme, salt, and pepper.
5. To the egg mixture, add the onion, parsley, meats, and bread crumbs, mixing thoroughly with a wooden spoon or clean hands.
6. Form the mixture into a large oval and place in the baking dish.
7. Pour ketchup over the top of the meatloaf and arrange the bacon slices lengthways over the ketchup.

## Cooking Directions

8. Place the dish on the middle rack of the oven and bake for 1 to 1 1/4 hours.
9. Remove from the oven, loosely cover and allow to rest for 10 minutes before slicing.

## Variations

### Mexican Meatloaf

At step 5 add 1/2 teaspoon ground cumin, 1/2 teaspoon red chili powder, and 1 4 oz. canned diced green chilies.

### Italian Meatloaf

At step 5 add 2 tablespoons fresh chopped basil, 1/4 cup pine nuts, and 1/4 cup chopped, oil-packed sundried tomatoes.

### Cajun Meatloaf

At step 5 add 1/4 cup chopped green bell peppers, 1/4 cup chopped celery, and 1 teaspoon of cajun spice.

## Pantry/Refrigerator Check

Eggs  
 1 6 oz. can tomato sauce  
 Dried thyme  
 Salt  
 Black pepper  
 Ketchup  
 Plain bread crumbs

## Shopping List

- 1 small onion
- 1 bunch fresh parsley
- 1/2 pint half-and-half
- 1-pound ground beef
- 1/2-pound ground pork
- 1/2-pound thick sliced bacon

## Roast Leg of Lamb

To make carving a snap, ask the butcher to bone, or butterfly, the lamb. Many times the butcher will place the lamb in string netting, which holds the lamb together while cooking. If not, roll the lamb and tie with kitchen string before roasting. This sounds difficult but it is actually very easy. Just remember, it does not have to look pretty—it's just a method to keep the lamb from falling apart.

### Ingredients

- 2 cloves garlic
- 2 teaspoons minced fresh rosemary leaves
- 2 teaspoons minced fresh thyme leaves
- 2 tablespoons unsalted butter
- 1/4 teaspoon fresh-ground black pepper
- 1 tablespoon salt
- 1 6-pound leg of lamb

### Equipment

Roasting pan, rack, chef's knife, cutting board, small bowl, meat thermometer

### Methods

Roasting (see Chapter 3)

### Quantity

10 servings

### Preparation

1. Peel and thinly slice the garlic.
2. Wash the rosemary and pat dry. Pull the leaves from the stem, and finely mince.
3. Wash the thyme and pat dry. Pull the leaves from the stem, and finely mince.
4. Place the butter in a small bowl and soften at room temperature. Add the rosemary, thyme, salt, and pepper, and mix well to blend.
5. Make shallow slits with the knife tip randomly around the lamb and insert the slivers of garlic.
6. Rub the butter mixture on all sides of the lamb, and place the lamb on a rack in the roasting pan, fat side up. If you don't have a rack, place the meat on the bottom of the pan.

7. Insert the meat thermometer (see *How to Use A Meat Thermometer*, page 176) if you have one, and allow the lamb to sit for 20 minutes.
8. After the lamb has marinated for 10 minutes, turn the oven on and preheat to 325°F.

## Cooking Directions

9. Place the pan in oven and roast the lamb, uncovered, for 1 1/4 to 1 1/2 hours to desired doneness. (see *Meat Roasting Charts*, pages 177-179)
10. Remove the lamb to a platter, cover with aluminum foil, and allow to sit for 15 minutes before carving.

## Variations:

- At step 9 toss 6 small red potatoes and 2 carrots cut into 1 1/2-inch pieces with olive oil, and roast along with lamb in bottom of the pan.
- At step 4 add 1 tablespoon of fresh oregano and 1 tablespoon of lemon juice or lemon zest to the herb mix.

## Pantry/Refrigerator Check

Garlic  
Black pepper  
Salt  
1 stick unsalted butter

## Shopping List

1 6-pound leg of lamb  
1 bunch or small package fresh rosemary leaves  
1 bunch or small package fresh thyme leaves

## Baked Ham with Maple-Mustard Glaze

Perfect for a springtime Sunday celebration, this recipe includes instructions for a quick sauce. Pour the sauce into a small pitcher and pass with the thinly carved ham. Serve with *Scalloped Potatoes* (page 271), steamed asparagus, and *Savory Herbed-Pepper Biscuits* (page 80) for a delicious meal.

### Ingredients

- 1 6- to 7-pound half ham, fully cooked
- 3/4 cup dijon mustard
- 1/4 cup dark brown sugar
- 1 tablespoon maple syrup
- For sauce:*
- 1/2 cup orange juice
- 1 tablespoon dijon mustard
- 1 tablespoon maple syrup

### Equipment

Large roasting pan, rack, small bowl, chef's knife, cutting board, meat thermometer, measuring cup, measuring spoons, pot holder, wooden stirring spoon, brush, large spoon

### Methods

Trimming, scoring, roasting, deglazing (see Chapter 3)

### Quantity

10 servings

### Preparation

1. Preheat the oven to 325°F.
2. With a sharp knife cut off and discard the leathery rind of the ham and all but 1/4-inch of the fat.
3. Score the fat by making diagonal cuts at 1/2-inch intervals to create a diamond pattern through the fat. Do not cut into the meat.
4. Place the ham, fat side up, on a rack in a shallow roasting pan and insert the meat thermometer into the thickest part of the ham without touching the bone. If you don't have a rack, place the ham on the bottom of the pan.
5. Add 1/2 cup water to the roasting pan and place the pan in the oven.

## Cooking Directions

6. While the ham is roasting, whisk together 3/4 cup mustard, 1/4 cup brown sugar, and 1 tablespoon of syrup in a small bowl.
7. Roast the ham for 1 1/2 hours. Remove from the oven and spread the mustard mixture over the scored fat.
8. Return the ham to the oven and continue roasting for 45 minutes or until the thermometer registers 140°F.
9. Remove the pan from the oven, transfer the ham to platter, and loosely cover with aluminum foil and let sit for 15 minutes.
10. With a pot holder, grasp one end of the roasting pan and tilt to allow all the juices to gather in one corner. With a spoon, skim off the fat that accumulates on the surface.
11. Place the roasting pan on a stove-top burner over medium-high heat.
12. Add the orange juice and deglaze the pan by stirring and scraping up browned bits stuck to the bottom of the pan, incorporating them into the liquid.
13. Stir in the mustard and maple syrup and continue cooking until the sauce begins to thicken.
14. Pour the sauce into a small gravy boat or bowl, and pass with the thinly carved ham.

## Variations

- At step 3 place whole cloves in the diamonds created by scoring.
- Make glazes from any combination of marmalades or preserves with mustard and syrup or brown sugar.
- At step 6 add nutmeg, clove, or cumin.
- At step 6 add a splash of wine, Madeira, sherry, cider vinegar, or fruit juice.

## Pantry/Refrigerator Check

Dijon mustard

Dark brown sugar

## Shopping List

Maple syrup

Orange juice

6 to 7 pound fully cooked half ham (bone in shank or butt)

# Horseradish Encrusted Pork Loin with Mushroom Stuffing

This rich but light dish is perfect to prepare for a dinner party. The mushrooms, sautéed in cognac, are stuffed into the roast. The outside of the meat is browned and then coated with a breadcrumb-horseradish crust. The mouthwatering aroma while baking gives the guests a hint of what is in store. Best of all, you will have 40 minutes of hands-free time to prepare the rest of the dinner.

## Ingredients

- 1 1/2 cups sliced fresh cremini mushrooms
- 1 large shallot
- 1 clove garlic
- 1 tablespoon unsalted butter
- 3 tablespoons extra virgin olive oil, divided
- 3 teaspoons dried tarragon, divided
- 2 tablespoons cognac or brandy
- 2 pounds boneless pork loin roast
- 1/2 teaspoon fresh-ground black pepper
- 1/4 teaspoon salt
- 1 1/2 tablespoons mayonnaise
- 1 1/2 tablespoons dijon mustard
- 3/4 cup plain bread crumbs
- 1 tablespoon prepared cream-style horseradish

## Equipment

Medium oven-proof skillet, chef's knife, cutting board, 2 small bowls

## Methods

Searing, encrusting, roasting (see Chapter 3)

## Quantity

4 servings

## Preparation

1. Preheat the oven to 475°F.
2. Clean the mushrooms with a damp paper towel and thinly slice.
3. Peel and mince the shallot.
4. Peel and mince the garlic.
5. In a skillet, heat the butter and 1 tablespoon of oil over medium-high heat.
6. Add the mushrooms, shallot, garlic, and 2 teaspoons of tarragon and sauté, stirring often, for 3 minutes.
7. Add the cognac and sauté for an additional 3 minutes, or until the mushrooms are softened but browned.
8. Remove from the heat and set aside to cool.
9. Place the pork roast on a cutting board, fat side up. Place your hand on top of the roast and insert a thin knife into one end of the roast. Push the knife into the center of the roast to create a cavity for the stuffing. Do not push the knife through the opposite end.
10. When the mushroom mixture is cool enough to handle, gently open the incision with your fingers, or the back of a spoon, and stuff the mushrooms deep into the cavity.
11. Salt and pepper the outside of the roast.

## Cooking Directions

12. Place the skillet back onto the stove over medium-high heat and heat 1 tablespoon of oil until very hot but just below smoking point. (See Chapter 3 for definition of smoke point.)
13. When hot, place the roast in the pan and brown for 5 minutes, turning to brown all sides.
14. While the roast is browning, combine the mayonnaise, mustard, and remaining tarragon in a small bowl and set aside.
15. Combine the bread crumbs, 1 tablespoon oil, and horseradish in a small bowl and set aside.
16. When the roast is browned, remove from the stove. Let cool slightly.
17. Coat the top and sides of the roast with mayonnaise-mustard mixture and press the bread crumbs evenly into the coating.
18. Place the pork, uncovered, into the preheated oven and roast for 35 to 40 minutes or until a meat thermometer in the meat (not the stuffing) registers 160°F for medium-done.



19. If the bread crumb crust browns too quickly, cover loosely with aluminum foil.
20. Transfer the pork roast to a cutting board and allow to stand for 5 to 10 minutes.
21. Slice crosswise and serve.

## Variations

- At step 7 add 1/4 cup of bread crumbs to sautéing mushrooms.
- Substitute fresh tarragon for dried, using 3 teaspoons of fresh for each teaspoon of dried herb.

## Pantry/Refrigerator Check

Garlic  
Extra virgin olive oil  
1 stick unsalted butter  
Dried tarragon  
Cognac (or brandy)  
Black pepper  
Salt  
Mayonnaise  
Dijon mustard  
6 oz. plain bread crumbs  
Prepared cream-style horseradish

## Shopping List

1/4 pound fresh cremini mushrooms  
1 large shallot  
2-pound boneless pork loin

## Mediterranean Lamb Kabobs

For an aromatic treat, thread kabobs on thick rosemary skewers, available at specialty grocery stores. Serve with *Moroccan Couscous* (page 239) and a simple salad for a healthy mid-summer dinner. Set the table outside and dine under the stars.

### Ingredients

- 1-pound boneless lamb shoulder
- 2 tablespoons lemon juice from 1 lemon
- 2 cloves garlic
- 2 tablespoons minced fresh oregano
- 1 red bell pepper
- 1/4 teaspoon salt
- 1/2 teaspoon fresh-ground black pepper
- 6 tablespoons extra virgin olive oil
- Nonstick cooking spray

### Equipment

Gas or charcoal grill, chef's knife, chopping board, small strainer, measuring spoons, small bowl, shallow baking dish, small saucepan, 8 long metal or bamboo skewers

### Methods

Chopping, mincing, marinating, skewering, grilling (see Chapter 3)

### Quantity

4 servings

### Preparation

1. Cut the lamb into 1 1/2-inch thick pieces and place in a 1 gallon resealable plastic bag.
2. Squeeze the lemon over the strainer, and discard the seeds.
3. Peel and mince the garlic.
4. Wash the oregano and pat dry. Pull the leaves from the stems, and mince.
5. Wash the red bell pepper, halve lengthwise, remove the stem and seeds, and cut into 16 pieces.
6. In a small bowl, combine the lemon juice, garlic, oregano, salt, pepper, and olive oil, whisking to combine. Pour over the lamb in the bag.

7. Seal the bag well and shake to coat the lamb with marinade. Set in a shallow baking dish and refrigerate for 1 to 6 hours.

## Cooking Directions

8. Lightly coat a grill rack with cooking spray. Prepare the charcoal or gas grill to medium heat.
9. Remove the lamb from the bag and pour the marinade into a small saucepan. Bring the marinade to a boil over medium heat, then remove to cool slightly.
10. Assemble the skewers by alternately threading the lamb and the red pepper.
11. Place the kabobs on a grill rack, cover the grill, and cook for 6 minutes.
12. Remove the grill cover, brush the kabobs with reserved marinade, and turn. Cook 6 to 8 minutes longer for medium-done.

## Variations

- At step 6 add 2 tablespoons of minced rosemary and 1/4 cup yogurt to marinade.

## Pantry/Refrigerator Check

Garlic  
Salt  
Black pepper  
Extra virgin olive oil  
Nonstick cooking spray

## Shopping List

1 pound boneless lamb shoulder  
1 lemon  
1 bunch or package fresh oregano  
1 red bell pepper

### caution

The marinade has been in contact with raw meat and must be brought to a boil to kill bacteria.



### note

Kabobs may also be cooked under the broiler in the oven. Check at 6 minutes, brush with marinade, and cook for an additional 6 minutes.



## Beef Bourguignonne

This is an easy dish with an elegant name, and every cook should have at least one elegant dish in his or her repertoire. The list of ingredients may lead you to believe this dish is difficult to make, and that is not the case. It is time-consuming, however, so try this on a weekend when you have plenty of time. The results are worth the effort. This is a good example of how braising tenderizes a tough, less-expensive cut of meat to create a tender and flavorful dish. Serve garnished with chopped, fresh, flat-leaf parsley. Finish your menu with *Mashed Potatoes* (page 269) or buttered egg noodles, steamed green beans, and purchased dinner rolls.

### Ingredients

- 2 cups pearl onions
- 4 thick slices bacon
- 1 cup chopped yellow onion
- 2 cloves garlic
- 4 medium carrots
- 3 cups whole fresh mushrooms
- 3-pound boneless beef chuck roast
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon fresh-ground black pepper
- 2 tablespoons all-purpose white flour
- 1 1/2 cups Burgundy wine
- 1 teaspoon dried thyme
- 3/4 teaspoon dried rosemary
- 2 bay leaves
- 3/4 cup beef broth
- 2 tablespoons tomato paste
- 2 tablespoons minced flat leaf parsley

### Equipment

Large Dutch oven or deep heavy-bottomed skillet/saucepan with lid, medium saucepan, chef's knife, cutting board, measuring cup, measuring spoons, slotted spoon, wooden stirring spoon

## Methods

Dicing, mincing, chopping, sautéing, boiling, simmering (see Chapter 3)

## Quantity:

6 servings

## Preparation

1. Pour 4 cups of water into a medium saucepan, cover, and place over high heat to bring to a boil. When the water is boiling, drop in the pearl onions and cook for 30 seconds. Drain and rinse with cold water.
2. When the onions are drained, cut off the root ends and squeeze the pearl onions out of their skins from the opposite ends. Set aside.
3. Dice the bacon into small pieces.
4. Peel and dice the yellow onion.
5. Peel and mince the garlic.
6. Peel the carrots and chop into 1 1/2-inch thick pieces.
7. Wipe the mushrooms with a damp paper towel and set aside.
8. Cut the beef into 1-inch thick cubes.

## Cooking Directions

9. In a Dutch oven or skillet, sauté the bacon over medium-high heat until crisp, turning once or twice. With a slotted spoon, transfer the bacon to a paper towel and drain. Set aside.
10. Tilt the pan and remove all but 1 tablespoon of the bacon fat.
11. Place the pan over medium-high heat; add the olive oil to the bacon fat and sauté the beef in batches, until browned on all sides. Remove each batch of browned beef to a separate dish when done. Do not crowd the pan.
12. When all the beef is browned, return all the meat to the pan, add the diced yellow onions, garlic, salt, pepper, and flour, sautéing over high heat, stirring constantly, for about 5 minutes.
13. Add the wine and deglaze the pan by stirring and scraping up browned bits from the bottom of the pan with a wooden spoon.
14. Crush the thyme and rosemary with your fingertips and add to the pan along with the bay leaves, beef broth, tomato paste, and carrots. Bring to a boil.
15. Reduce the heat, cover the pan, and simmer for 20 minutes.
16. Add the mushrooms, pearl onions, and crumbled bacon to the pan and simmer for 15 to 20 minutes, uncovered, or until the beef and vegetables are tender.

17. Wash the parsley and pat dry. Pull the leaves from stems, and mince.
18. Remove from the heat and garnish with the chopped parsley.

## **Pantry/Refrigerator Check**

Garlic  
Extra virgin olive oil  
All-purpose white flour  
Burgundy wine  
6 oz. beef broth  
Dried thyme  
Dried rosemary  
Salt  
Black pepper  
Bay leaves  
Tomato paste

## **Shopping List**

1 10 oz. package fresh pearl onions  
1/2-pound thick sliced bacon  
2 medium yellow onions  
4 medium carrots  
16 whole fresh mushrooms (depending on size)  
3-pound boneless beef chuck roast  
1 bunch or package flat leaf parsley

## Oven Barbecue Spareribs

These spareribs are oven-barbequed by braising, a long, slow method of cooking that enhances flavors and produces tender meats. The ribs are oven-browned in a very high heat then slow-cooked. Smothered with barbecue sauce, they fall off the bone when presented at the table. This is a great way to have a barbecue in the middle of a snow-storm. The ribs are especially good served over rice.

### Ingredients

- 1 lemon
- 1 large white onion
- 4- to 5-pounds pork spareribs
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1/2 cup brown sugar
- 1/4 cup cider vinegar
- 1/4 cup Worcestershire sauce
- 1 cup ketchup
- 2 cups water
- Dash Tabasco sauce

### Equipment

Medium saucepan, large roasting pan, chef's knife, cutting board, measuring cup, wooden stirring spoon, large metal spoon or bulb baster.

### Methods

Slicing, simmering, braising (see Chapter 3)

### Quantity

4 servings

### Preparation

1. Preheat the oven to 400°F.
2. Cut the lemon into thin slices.
3. Peel and cut the onion into thin slices.
4. Place the meat on the cutting board and cut into individual ribs.

## Cooking Directions

5. In a medium saucepan over medium heat, combine the sliced lemon, salt, celery seed, brown sugar, vinegar, Worcestershire sauce, ketchup, water, and Tabasco sauce. Stir to blend.
6. When the sauce begins to bubble, reduce the heat to low and simmer, uncovered, for 45 minutes, stirring occasionally.
7. While the sauce is cooking, place the onions and spareribs in a roasting pan large enough to hold the ribs in a single layer without touching.
8. Place the uncovered roasting pan in the middle rack of the preheated oven and cook until browned, about 45 minutes.
9. Remove the pan from the oven and reduce the temperature to 350°F.
10. With a large spoon or bulb baster, remove and discard all rendered fat.
11. Pour the cooked barbecue sauce over the meat and return the meat to the oven.
12. Braise the ribs for 1 hour, basting every 15 minutes.
13. Reduce the heat to 325°F and continue cooking for 30 to 60 minutes, depending on the thickness of your meat. Pierce the meat with a fork. If the meat is tender, the ribs are done.
14. Remove the ribs from the oven and serve immediately.

## Variations

- **Fast Track** this recipe by boiling ribs for 30 minutes. Transfer the ribs to a large roasting pan, add the onions and sauce, and follow the instructions from step 12. Reduce the cooking time to about 1 hour, depending on the thickness of meat.

## Pantry/Refrigerator Check

Salt  
Celery seed  
Brown sugar  
Cider vinegar  
Worcestershire sauce  
Ketchup  
Tabasco sauce

## Shopping List

1 lemon  
1 large white onion  
4- to 5-pounds pork spareribs—choose ribs with lots of meat and less fat



# Beef Stroganoff

This is a creamy, savory, and flavorful comfort food that is easy to whip up after work, making it ideal for a mid-week supper. The mushrooms add a rich texture, and the sour cream mixes with the beef juices to create a sumptuous gravy—a real treat spooned over wide egg noodles and served with petite green peas! Makes great leftovers because the flavors are enhanced by a night in the refrigerator.

## Ingredients

- 2 shallots
- 3 cups sliced mushrooms
- 3/4-pound boneless beef steak
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1/4 teaspoon fresh-ground black pepper
- 1/2 cup beef stock
- 1 tablespoon tomato paste
- 1 teaspoon Worcestershire sauce
- 1/4 cup sour cream
- 2 tablespoons minced fresh parsley

## Equipment

Large deep skillet, chef's knife, cutting board, measuring cup, measuring spoon

## Methods

Slicing, sautéing, boiling, simmering (see Chapter 3)

## Quantity

6 servings

## Preparation

1. Peel and thinly slice the shallots.
2. Clean the mushrooms with a damp paper towel and slice.
3. Cut the meat into even slices about 1/2-inch thick. If the slices are the same size they will cook more evenly.

## Cooking Directions

4. In a large skillet, heat the oil and butter over medium-high heat.
5. Add the shallots and mushrooms, and sauté until softened for about 5 minutes while stirring frequently.
6. Add the beef and black pepper and continue sautéing and stirring for about 1 to 3 minutes, until meat has browned on all sides. Thicker meat slices will take longer to cook.
7. Add the beef stock, tomato paste, and Worcestershire sauce and bring to a boil, stirring to combine.
8. Add the sour cream and cook over high heat, stirring until slightly thickened for about 1 minute.
9. Remove from the heat, garnish with parsley, and serve.

## Variations:

- At step 1 substitute 1 small onion for the shallots.
- At step 7 omit the Worcestershire sauce and add 1 teaspoon of dijon mustard.

## Pantry/Refrigerator Check

1 stick unsalted butter  
Extra virgin olive oil  
Black pepper  
1 can beef stock  
1 6 oz. can tomato paste or reusable tube  
Worcestershire sauce

## Shopping List

2 shallots  
1/2-pound fresh mushrooms  
3/4-pound boneless beef steak (flank steak, chuck, skirt, or top round)  
1 4 oz. container sour cream  
1 bunch fresh parsley