Beef

Compiled by: Becky

Introduction

Becky's Beef Stroganoff

Source: LouBec Ranch, Los Gatos, Ca.

Description

A family favorite that I have made for years. The boys used to love it cold the next morning. Great for Monday night footballs games! Serve with Garlic Bread and a green salad with Italian dressing.

Ingredients

- 2 lb Beef sirloin steak, see notes below.
- 8 oz sliced mushrooms - fresh!
- 1 onion finely sliced
- 2 clove garlic - minced
- 1/4 cup butter
- 1 1/2 cup beef broth
- 1/2 tsp salt
- 1 tsp worcestershire sauce
- 1/4 cup flour
- 1 1/2 cup sour cream
- 3 cup cooked bow tie noodles

Instructions

1
Cut beef across grain into about 1 1/2x1/2-inch strips.

2
Cook mushrooms, onions and garlic in butter in 10-inch skillet over medium heat, stirring occasionally, until onions are tender; remove from skillet.

3
Cook beef in same skillet until brown. Stir in 1 cup of the broth, the salt and Worcestershire sauce. Heat to boiling; reduce heat. Cover and simmer 15 minutes.

4
Stir remaining 1/2 cup broth into flour; stir into beef mixture. Add onion mixture; heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sour cream; heat until hot (do not boil).

Serve over bow-tie noodles.

Notes

For the beef - right before you cook the meat sprinkle with Adolfs - it will tenderize the meat and make it melt in your mouth.

For a real splurge - can use ends of filet mignon....YUM

Beef Wellington

Description

Gordon Ramsey's Recipe!

Ingredients

- 2 1/2 lb beef tenderloin
- 3 tbsp olive oil
- 1 lb sliced mushrooms
- 4 tbsp butter
- 1/2 cup white wine
- 12 slices prosciutto italian ham
- 1 sprigs fresh thyme
- 1 pkg puff pastry, thawed according to package directions
- 2 egg yolks

Instructions

Heat oven to 425.

Sit the beef fillet on a roasting tray, brush with 1 tbsp olive oil and season Season with the black pepper, if desired.

Roast for 30 minutes or until an instant-read thermometer inserted into the beef reads 130°F. Cover the pan and refrigerate for 1 hour.

While the beef is cooling, chop mushrooms as finely as possible so they have the texture of coarse breadcrumbs.

Heat 2 tbsp of the olive oil and butter in a large pan and fry the mushrooms on a medium heat for about 10 mins stirring often, until you have a softened mixture.

Season the mushroom mixture, pour in white wine and cook for about 10 mins until all the wine has been absorbed.

The mixture should hold its shape when stirred.

Remove the mushroom from the pan to cool and discard the thyme.

Overlap two pieces of cling film over a large chopping board.

Lay 12 slices prosciutto on the cling film, slightly overlapping, in a double row.

Spread half the mushrooms over the prosciutto, then sit the fillet on it and spread the remaining mushrooms over.

Use the cling film's edges to draw the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of cling film to tighten it as you go. Chill the fillet while you roll out the pastry.

Sprinkle the work surface with the flour.

Unfold the pastry sheet on the work surface.

Roll the pastry sheet into a rectangle 4 inches longer and 6 inches wider than the beef.

Brush the pastry sheet with the egg mixture.

Spoon the mushroom mixture onto the pastry sheet to within 1-inch of the edge.

Place the beef in the center of the mushroom mixture.

Fold the pastry over the beef and press to seal.

Place seam-side down onto a baking sheet.

Tuck the ends under to seal.

Brush the pastry with the egg mixture.

Chill for at least 30 mins and up to 24 hrs.

Heat oven to 425 degrees.

Brush the Wellington with a little more egg yolk and cook until golden and crisp - 20-25 mins for medium-rare beef, 30 mins for medium.

Allow to stand for 10 mins before serving in thick slices.

Notes

Sealing the pastry

Use the rounded end of a fork or spoon handle to seal the edges rather than the prongs of a fork - using the prongs will only pierce the pastry rather than joining it.

Use up leftover pastry

Any leftover pastry is fine to use for something else, even if covered in egg. Simply roll it into a ball and refrigerate until needed.

Keep it air-free Drape over the top layer of pastry very carefully, smoothing it down with your hands as you go. You don't want any air trapped between the pastry and the meat.

Trim carefully

Lower the chances of the edges separating by giving yourself lots of room - and don't trim the pastry too close to the meat.

Gordon's tips

Brush the meat as well as the pastry with egg wash. This will make the top layer of pastry stick to the meat and stop it from rising and leaving a gap.

Boeuf-Bourgoignon

Description

The dish is basically a very rich, excessively drunk-on-red-wine beef stew, but I could eat a pot full of it even in the heat of summer. It's just that good. Oh, and I have Julia Child to thank for the recipe. She really knew how to make a dish special. *SIGH* I miss you, dear lady. BON APPETIT!

Ingredients

- 6 oz chunk bacon
- 3 1/2 tbsp olive oil
- 3 lb lean stewing meat cut into 2 inch cubes
- 1 large carrot diagonally cut
- 1 medium onion sliced
- 2 tbsp flour
- 3 cup red wine
- 1 tbsp tomato paste
- 2 clove mashed garlic
- 1/2 tsp thyme
- 1 dried bay leaf crumbled
- 18 white pearl onions
- 3 1/2 tbsp *butter
- 1 herb boquet - see below
- 1 lb mushrooms fresh and quartered

Instructions

Remove bacon rind and cut into lardons (sticks 1/4-inch thick and 1 1/2 inches long). Simmer rind and lardons for 10 minutes in 1 1/2 quarts water. Drain and dry.

Preheat oven to 450 degrees.

Sauté lardons in 1 tablespoon of the olive oil in a flameproof casserole over moderate heat for 2 to 3 minutes to brown lightly. Remove to a side dish with a slotted spoon.

Dry beef in paper towels; it will not brown if it is damp. Heat fat in casserole until almost smoking. Add beef, a few pieces at a time, and sauté until nicely browned on all sides. Add it to the lardons.

In the same fat, brown the sliced vegetables. Pour out the excess fat.

Return the beef and bacon to the casserole and toss with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Then sprinkle on the flour and toss again to coat the beef lightly. Set casserole uncovered in middle position of preheated oven for 4 minutes.

Toss the meat again and return to oven for 4 minutes (this browns the flour and coves the meat with a light crust).

Remove casserole and turn oven down to 325 degrees.

Stir in wine and 2 to 3 cups stock, just enough so that the meat is barely covered.

Add the tomato paste, garlic, herbs and bacon rind. Bring to a simmer on top of the stove.

Cover casserole and set in lower third of oven. Regulate heat so that liquid simmers very slowly for 3 to 4 hours. The meat is done when a fork pierces it easily.

While the beef is cooking, prepare the onions and mushrooms.

Heat 1 1/2 tablespoons butter with one and one-half tablespoons of the oil until bubbling in a skillet.

Add onions and sauté over moderate heat for about 10 minutes, rolling them so they will brown as evenly as possible. Be careful not to break their skins. You cannot expect them to brown uniformly.

Add 1/2 cup of the stock, salt and pepper to taste and the herb bouquet.

Cover and simmer slowly for 40 to 50 minutes until the onions are perfectly tender but hold their shape, and the liquid has evaporated. Remove herb bouquet and set onions aside.

Wipe out skillet and heat remaining oil and butter over high heat. As soon as you see butter has begun to subside, indicating it is hot enough, add mushrooms.

Toss and shake pan for 4 to 5 minutes. As soon as they have begun to brown lightly, remove from heat.

When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan.

Wash out the casserole and return the beef and lardons to it. Distribute the cooked onions and mushrooms on top.

Skim fat off sauce in saucepan. Simmer sauce for a minute or 2, skimming off additional fat as it rises. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly.

If too thin, boil it down rapidly. If too thick, mix in a few tablespoons stock. Taste carefully for seasoning.

Pour sauce over meat and vegetables. Cover and simmer 2 to 3 minutes, basting the meat and vegetables with the sauce several times.

Serve in casserole, or arrange stew on a platter surrounded with potatoes, noodles or rice, and decorated with parsley.

Notes

Herb Boquet - 4 parsley sprigs, one-half bay leaf, one-quarter teaspoon thyme, tied in cheesecloth

Braised Short Ribs

Description

Beef short ribs are like the most flavorful, delectable, tender, soft pot roast you can possibly imagine—but the meat is on a handy stick for your eating convenience. And really, if you make ‘em right, the stick is only incidental—the meat falls off the bone if you so much as breathe on it. Oh, is it ever a treat.

Ingredients

- 8 whole Beef Short Ribs
- 1/4 cup flour
- 6 slice pancetta diced - can use bacon just as well.
- 2 tbsp olive oil
- 1 medium onion diced
- 3 carrots diced
- 2 shallots peeled and minced
- 2 cup red or white wine
- 2 sprig thyme
- 2 sprig Rosemary
- 2 cup beef or chicken broth

Instructions

Generously salt (Kosher) and pepper ribs, then dredge in flour. Set aside.

In a large dutch oven, cook pancetta over medium heat until completely crispy and all fat is rendered.

Remove pancetta and set aside. Do not discard grease.

Add olive oil to pan with the pancetta grease, and raise heat to high.

Brown ribs on all sides, about 45 seconds per side. Remove ribs and set aside.

Turn heat to medium.

Add onions, carrots, and shallots to pan and cook until all the veggies are soft.

Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook for a few minutes.

Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt if needed.

Add ribs to the liquid; they should be almost completely submerged.

Add thyme and rosemary sprigs (whole), and the bacon to the pan.

Put on the lid and place into the oven.

Cook at 350 for 2 hours, then reduce heat to 325 and cook for an additional 30 to 45 minutes.

Ribs should be fork-tender and falling off the bone.

Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving.

At the last minute, skim fat off the top of the liquid. (Can also refrigerate mixture, then remove solid fat from the top.)

Cube Steak Parmesan

Source: Allrecipes

Description

This is a great Italian style way to prepare beef cube steaks. Double the ingredients for a crowd!

Ingredients

- 3 tbsp flour
- 1/2 tbsp salt
- 1/4 tbsp pepper
- 2 eggs
- 2 tbsp water
- 1/3 cup crushed saltine crackers or panko bread crumbs
- 1/3 cup grated parmesan cheese
- 1/2 tsp dried basil
- 4 4 oz cube steaks
- 1 1/2 cup canned tomato sauce
- 2 1/4 tsp sugar
- 1/2 tsp dried oregano
- 1/4 tsp garlic powder
- 4 slice mozzarella cheese or grated is fine
- 1/3 cup grated parmesan cheese

Instructions

Preheat the oven to 350 degrees.

In a shallow dish, stir together the flour, salt and pepper.

In a separate bowl, whisk together the eggs and water with a fork.

In a third bowl, or shallow dish, mix together the cracker crumbs, 1/3 cup of Parmesan cheese and basil.

Heat the oil in a large skillet over medium heat.

Dredge the cube steaks in the seasoned flour, dip into the egg mixture, and coat with the cracker crumb mixture.

Place them in the skillet, and fry just until browned on each side.

Arrange steaks in a single layer in a greased casserole dish.

Pour Tomato sauce over here and cover with foil.

Bake for 25 minutes in the preheated oven.

Top each steak with mozzarella cheese and remaining Parmesan cheese; sprinkle remaining oregano over the top.

Bake for 10 more minutes, or until the cheese is melted, and the sauce is hot.

Notes

Serve over Spaghetti.

Dr. Pepper braised Brisket with Brie cheese

Description

I love Dr. Pepper. I love brisket. I love brie and I love tacos. So, this seems like a pretty logical meal choice...for me! I even add a little chile-lime flavor to the meat and it goes surprisingly well with the brie, which is just a great melting cheese anyway.

I do like to cook my meat in the slow-cooker in Dr. Pepper. The soda concentrates down with a wee bit of complexity and offers a very slight background sweetness to the meat. It tenderizes...it flavors...I'm using the Pepper.

When the meat is done cooking, I remove the fat and pull the meat apart. I place the pulled meat back in the slow-cooker with a slight bit of liquid from the original cooking process and season it with a chile-lime salt called, tajin clasico seasoning. The seasoning, I see it everywhere from Walmart to the regular grocery store. If you do not have it, the same result can be achieved with fresh lime juice, some salt and chile powder stirred into the meat. Just keep tasting and adding until you get the flavor result you are happy with. It's so delicious especially since beef and lime are so classic together.

I use brie because it is such an unlikely character to be found in tacos, it tastes good and just generally freaks everyone out that I'm using brie in a taco with a chile-lime flavored brisket...that has been cooked in Dr. Pepper. Of course once they taste it, they get it...because it is so good!!! And then they think I am a genius. And a master at putting flavors together. As an aside, I always use President brie in the little wheels for a recipe like this. Your really expensive triple cream brie will melt too fast and just be all over the place.

Anyway, this is an easy meal...set it and forget it, until it's time to eat. And then you will never forget the flavors you experienced. Yum.

Ingredients

- 4 lb beef brisket
- salt and pepper
- 2 can Dr. Pepper - room temperature
- tajin seasoning or substitute with salt, chile powder and lime
- 1 small wheel of Brie, sliced, preferably President's Brand
- corn tortillas

Instructions

Season brisket generously with salt and pepper. Place brisket in slow-cooker, fat side of the brisket on top. Pour in Dr. Pepper and set on low for 9.5 hours.

When meat is done, remove from slow-cooker, reserving a 1-1/2 cups of the Dr. Pepper broth in a separate bowl.

Slice off fat left on the top of the meat. (This will be very easy to do).

Pull meat apart with two forks and place back in the slow-cooker with broth, adding just enough to keep the meat moist.

Turn slow-cooker back on high to warm up the meat. Season with tajin seasoning or with salt, chile powder and lots of fresh lime juice to taste.

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The amounts here are going to be different for everyone. The meat should have a nice fresh, flavorful taste. The tajin works great (link is up in the post, you can get it everywhere) but it is not necessary.

Add generous amounts of thinly sliced brie to each taco shell...on the bottom before you add the meat and then on top of the meat as well.

The hot meat will melt the cheese and you will have delciousness

Hot and Spicy Italian Drip Beef

Source: Pioneer Woman

Description

This is a yummy play on the old drip beef recipe my friend shared with me years ago, and I made it last week as I was using up some pantry items as part of my pantry purging process.

Ingredients

- 1 tbsp ollive oil
- 1 chuck roasts
- 16 oz beef broth
- 14 oz crushed tomatoes
- 8 oz Pepperoncinis, With Juice
- 8 oz Hot Cherry Peppers, Drained or a milder pepper

Instructions

Preheat oven to 300 degrees.

Heat the olive oil in a heavy, large dutch oven over high heat.

Salt and pepper the chuck roast on both sides, then sear roast until deep golden brown on both sides, about 1 1/2 minutes per side.

Remove roast from pot and set aside on a plate.

Reduce heat to medium.

Pour in beef stock, whisking to scrape the bottom of the pan.

Pour in crushed tomatoes, pepperoncinis (with the juice), and the drained hot cherry peppers.

(NOTE: You can use whatever jarred peppers you like!) Stir to combine, then add the roasts back to the pot. Place the lid on the pot and place the pot in the oven.

Cook for 4 hours, or until meat is fork tender.

If it's not, return the pot to the oven for another 30 to 45 minutes, or until it's falling apart.

If you have time, allow the pot to cool slightly, then place it in the fridge for several hours to allow fat to harden at the surface. Use a spoon to scoop out the hardened fat (some fat is okay!) then heat it up again on the stovetop.

When the meat is heated again, remove the roasts to a cutting board.

Use two forks to shred it into big chunks, then return the meat to the cooking liquid.

Serve on toasted deli rolls with cheese melted on top (with extra peppers over the cheese!) You can also serve it with mashed potatoes or noodles.
***The liquid is quite spicy, but if you use a slotted spoon it will keep it pretty mild.

Notes

* You can easily double this recipe so you could freeze some for later.
* You can change up the peppers however you like. I just used what I had in my pantry.

Beef

* You can use different roasts to your heart's content.
* You can serve this meat on sandwiches or with noodles or mashed potatoes.
* You can also serve it on tacos, nachos, and tostadas.
* This was very, very yummy.
* I love bullet points.

Jalapeno Popper Mega Burgers

Description

If you like a little spice in your food, these big stuffed burgers are for you. Just have plenty of frosty cold drinks on hand to serve with them.

Ingredients

- 1 medium avacado peeled and cubed
- 1 Tomato finely chopped
- 1 small onion finely chopped
- 1 tbsp lime juice
- 1 clove garlic minced
- 2 lbs ground beef
- 4 oz cream cheese
- 1 tbsp steak seasoning
- 4 kaiser rolls

Instructions

In a small bowl, combine the avocado, tomato, onion, 1/4 cup jalapenos, lime juice and garlic; set aside.

Shape beef into eight patties.

In another bowl, combine the cheeses and remaining jalapenos.

Spoon onto the center of four patties.

Top with remaining patties and press edges firmly to seal; sprinkle burgers with steak seasoning.

Grill burgers, covered, over medium heat for 6-7 minutes on each side or until a meat thermometer reads 160°.

Serve on rolls with lettuce leaves and avocado mixture.

Juicy Lucy Burger

Description

these cheese-stuffed burgers ooze cheesy goodness with every bite, be sure to aim any cheese drips over your French Fries.

Ingredients

- 4 slices american cheese
- 1 1/2 lb ground chuck - 15 - 20 % fat
- 1 1/4 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp worcestershire sauce
- 1/4 tsp pepper

Instructions

Cut each slice of cheese in half, then in half again to form 4 squares.

Stack the pieces on top of each other to form 4 stacks; set aside.

Place the meat in a large bowl and add the salt, garlic powder, Worcestershire, and pepper.

Mix with your hands until just evenly combined.

Divide the meat into 8 equal portions and place on a work surface.

Using your fingertips, press 2 portions of the meat into 2 rough 1/4-inch-thick patties that are each about 1 inch wider in diameter than the hamburger buns.

Place 1 stack of cheese in the center of 1 of the patties.

Top with the second patty and pinch the edges to form a tight seal.

Cup each patty with your hands to round out the edges, and press on the top to flatten slightly into a single thick patty.

Transfer to a plate.

Repeat with the remaining portions of meat and cheese to form 4 patties in total.

Refrigerate while you prepare the grill.

Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F).

When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil.

Place the reserved patties on the grill, close the grill, and cook undisturbed (do not press down on the patties) until dark grill marks appear on the bottom, about 3 to 4 minutes.

Using a spatula, flip the patties, close the grill again, and cook until grill marks appear on the second side and the patties are cooked through, about 3 to 4 minutes more.

Remove to a clean plate and let rest in a warm place or tent loosely with foil for 5 minutes.

Place a patty on each bun bottom, top with pickles, and cover with a bun top.

Serve immediately.

Notes

Make sure the burger patties rest after cooking so that the juices redistribute in the meat and the cheese isn't dangerously hot when you bite into the center.

Korean BBQ Steak

Description

This is still salty sweet, supple, and a sensation, though in its own (darn enticing) right. It's also a cinch of a weeknight dinner. Just 10 minutes in the a.m. to toss together the marinade and plop in the steak and dinner is almost done by the time you kick off your heels, er, shoes when you come home.

Ingredients

- 1 cup soy sauce
- 1 cup regular coke
- 1/4 cup toasted sesame oil
- 1/4 cup Hoisin Sauce
- 4 clove garlic chopped
- 2 scallions minced
- 2 Rib eye or sirloin steak

Instructions

To make the Korean barbecue recipe,

in a small bowl whisk together the soy sauce, Coke, sesame oil, and hoisin sauce.

Add the garlic and scallions and whisk again.

2. To get the marinade on the steak, do whichever of these ?oats your boat:

Place the steaks in a large deep dish, pour the marinade over them, and cover the dish tightly with tin foil or pour the marinade into a large resealable plastic bag, add the steaks, seal the bag, and shake them around till they're coated in the marinade.

Either way, the steaks should marinate in the fridge for up to 12 hours but no longer than that.

3. Pull the steaks out of the marinade, pile them on a plate, and let them rest at room temperature for 20 to 30 minutes. Discard the marinade.

4. If you're using the grill, ?re it up. Lay the meat right on the rack so it gets a nice char, and let it grill for 4 to 6 minutes a side, depending on the thickness of the meat. You just want to get a nice char going, you don't want to cook it through. Transfer it to a cooler portion of the grill until the desired doneness, about 4 minutes for medium-rare, depending on the thickness. It's done when the meat springs back to the touch (if you have a meat thermometer, the internal temperature should be 115°F). You could instead bring the meat back inside and ?nish it on a rack in a roasting pan in an oven preheated to 400°F for 6 minutes, turning it over once so it cooks more evenly…but why turn on the oven if there's no need?

If you're using a cast-iron skillet or grill pan, heat it over medium-high heat until hot but not smoking.

Sear the steak on each side for about 4 minutes, then transfer the steak and skillet to an oven preheated to 400°F for about 6 minutes for medium-rare, depending on the thickness, turning it over once so it cooks more evenly.

It's done when the meat springs back to the touch (if you have a meat thermometer, the internal temperature should be 115°F).

Beef

No matter how you're cooking the steak, transfer the meat to a cutting board and let it rest for 5 minutes before thinly slicing it.

Perfect Flat Iron Steak

Description

This recipe was created from a combination of different recipes that I read when I was looking for the perfect iron steak. I combined, adjusted, and finally perfected it to my taste. I'm sure you will love it as well. After all it is perfection."

Ingredients

- 1 2 lb. flat Iron Steak
- 2 1/2 tbsp olive oil
- 2 clove minced garlic
- 1 tsp chopped fresh parsley
- 1/4 tsp chopped fresh rosemary
- 1/2 tsp chopped fresh chives
- 1/4 cup red wine
- 1/2 tsp salt
- 3/4 tsp pepper
- 1/4 tsp dry mustard

Instructions

Place the steak inside of a large resealable bag.

In a small bowl, stir together the olive oil, garlic, parsley, rosemary, chives, Cabernet, salt, pepper and mustard powder.

Pour over the steak in the bag.

Press out as much air as you can and seal the bag.

Marinate in the refrigerator for 2 to 3 hours.

Heat a nonstick skillet over medium-high heat.

Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness.

Discard the marinade.

These steaks taste best at medium rare.

Allow them to rest for about 5 minutes before serving.

Philly-Style Steak Sandwiches

Description

Some people might think it a bit of a waste to use a pricey cut of steak like New York strip for steak sandwiches, but the flavor and tenderness can't be beat. Combined with the roasted peppers, sautéed onions, mushrooms and provolone, just one pound of steak makes four hearty, delicious sandwiches. We dubbed the recipe "Philly-Style" because it is a bit of a departure from the classic Philly Cheesesteak, but we think the city deserves credit for just about any concoction that includes steak, cheese and hoagie roll.

Ingredients

- 1 lb New York Strip or Boneless Rib Eye
- 2 clove garlic minced
- 4 tbsp olive oil
- 2 tsp balsamic vinegar
- 1 medium red bell pepper sliced into 1 inch pieces
- 1 medium green bell pepper sliced into 1 inch pieces
- 1 medium vidalia onion sliced
- 8 oz button mushrooms sliced
- 6 slice Provolone Cheese
- 4 8 inch hoagie rolls sesame

Instructions

Preheat the oven to 400°F and line a baking sheet with parchment paper. Slice the hoagie rolls and set aside.

Trim the steak of any excess fat and cut across the grain into 1/8-inch thick slices. In a medium mixing bowl, whisk about 1-1/2 tablespoons of the olive oil together with the balsamic vinegar and garlic. Add the steak slices and toss to combine. Season with about 1/2 teaspoon of salt and a few grinds of black pepper, toss again and set aside.

Arrange the red and green peppers on the prepared baking sheet and sprinkle with salt and pepper. Roast for 8 to 10 minutes, just until they are soft and slightly caramelized. Remove from the oven and set aside.

While the peppers roast, film the bottom of an oven-proof skillet with olive oil and heat over medium heat. Add the onions and sauté until soft and translucent, 2 to 3 minutes. Add the mushrooms, season with salt and pepper and sauté until any moisture given off by the mushrooms has evaporated and they've begun to brown, 3 to 4 minutes. Transfer the mixture to a plate and set aside.

Add a little more olive oil to the pan and raise the heat to medium-high. Add the steak and fry, stirring constantly, until it reaches the desired doneness. Two minutes should be about right for medium-rare. Add the roasted peppers and onion-mushroom mixture and combine well. Taste and adjust the seasoning if needed.

Cover the steak and veggies with a single layer of cheese slices. Place the pan in the oven until the cheese has melted into the steak and veggies, 3 to 4 minutes.

To serve, spoon equal portions of the steak mixture into the rolls and serve immediately.

Shredded Beef Au Jus

Ingredients

- 1 boneless chuck roast
- 2 cup water
- 2 tsp beef bouillon granules
- 1 1/2 tsp dried oregano
- 1 tsp garlic salt
- 1 tsp season salt
- 1/4 tsps dried rosemary crushed
- sourdough rolls

Instructions

Cut roast in half and place in a 4- or 5-qt. slow cooker. Combine the water, bouillon granules and seasonings; pour over the beef.
Cover and cook on low for 6-8 hours or until meat is tender. Remove beef; cool slightly. Meanwhile, skim fat from the cooking liquid.
Shred meat with two forks; return to the cooking liquid and heat through. Using a slotted spoon, place 1/2 cup on each bun. Serve with additional cooking liquid on the side. Yield: 8 servings.

Slow Cooker French Dip Sandwiches

Description

Looking for an amazing, delicious and cheap dinner recipe for a busy day? Then look no further, this meal takes about 5 minutes prep work and it's flavor is phenomenal. It only takes is a few simple ingredients to spice up a cheap cut of beef. These french dip sandwiches are loaded with fall apart tender beef (if your roast isn't fall apart tender after cooking it 8 hours then you may want to consider a purchasing a new slow cooker, I used one once that had a gap between the lid and the slow cooker so it didn't have a good seal on it, therefor the roast cooked unevenly and wasn't anywhere near tender enough). Cheese is optional but I'd say it's a must, it perfectly compliments all the flavors of the beef.
Serve this sandwich with a side of kettle chips and you've get a dinner that couldn't get any simpler. Yes you could brown the beef in olive oil prior to slow cooking it, and you could replace the onion powder and garlic powder with the real thing but I made this recipe to be quick, basic, and incredibly delicious without sacrificing any flavor. No time wasted on chopping veggies and searing the beef. Just toss everything in and relax while the slow cooker does all the work. Enjoy!

Ingredients

- 2 1/2 lb beef chuck roast
- 14 1/2 oz beef broth
- 1/4 cup soy sauce
- 1 1/2 tbsp worchestershire sauce
- 1 tbsp honey
- 1 tsp liquid smoke
- 1 1/2 tsp onion powder
- 3/4 tsp garlic powder
- 6 hoagie buns
- 6 slice provolone, swiss or muenster

Instructions

Place chuck roast in a slow cooker.

In a mixing bowl, whisk together beef broth, soy sauce, Worcestershire sauce, honey, liquid smoke flavoring, salt, pepper, onion powder and garlic powder.

Pour mixture over roast in slow cooker, cover slow cooker with a lid and cook on low heat 8 hours.

Remove cooked roast from slow cooker and place on a cutting board, reserving broth in slow cooker.

Shred roast with two forks.

Using a fine mesh strainer, strain reserved broth from slow cooker into a bowl.

Return shredded beef to slow cooker (no more cooking necessary) and pour 1/2 cup broth over shredded beef and toss to evenly coat.

Sandwich beef between hoagie buns or sliced baguettes (buttered and toasted if preferred) and top warm beef with sliced cheese.

Serve immediately with a side of remaining reserved broth for dipping.

Sour Cream Noodle Bake

Description

This is a classic old recipe. This really is yummy, guys, and can be made ahead of time and refrigerated, unbaked, until you're ready to pop it in the oven. Delicious, easy weeknight grub.

Ingredients

- 1 1/4 lb ground chuck
- 15 oz tomato sauce
- 1/2 tsp salt
- 1/2 cup sour cream
- 1 1/4 cup small curd cottage cheese
- 1 cup Grated sharp cheddar cheese

Instructions

Preheat oven to 350 degrees.

Brown ground chuck in a large skillet.

Drain fat, then add tomato sauce. 1/2 teaspoon salt and plenty of freshly ground black pepper.

Stir, then simmer while you prepare the other ingredients.

Cook egg noodles until al dente.

Drain and set aside.

In a medium bowl, combine sour cream and cottage cheese.

Add plenty of freshly ground black pepper.

Add to noodles and stir.

To assemble, add half of the noodles to a baking dish.

Sprinkle half of the dish with sliced green onions.

Top with half the meat mixture, then sprinkle on half the grated cheddar.

Repeat with noodles, green onions, meat, then a final layer of cheese.

Bake for 20 minutes, or until all cheese is melted.

Serve with crusty French bread.

Steak Fingers

Description

Steak fingers and gravy are yummy with mashed potatoes or biscuits, of course. But in the hot summertime, cold grapes are pretty much the perfect pairing.
Enjoy this simple meal, guys! Kids and grownups love it.

Ingredients

- 2 lb cube steak cut into 1 inch strips
- 1 cup flour
- 1 tsp seasoned salt
- 1/2 tsp pepper
- 1/4 tsp cayenne
- 3 eggs
- canola oil and butter
- 2 cup milk

Instructions

Combine flour, seasoned salt, pepper, and cayenne in a dish.

Whisk together milk and eggs in a separate dish.

To bread the meat, first dredge in flour, then dip quickly in egg mixture, then put back into the flour to coat on both sides.

Continue until all the meat is breaded.

Heat canola oil with 2 tablespoons butter in a large skillet over medium to medium-high heat.

Fry steak strips 4 or 5 at a time, turning midway through.

When golden brown, remove from the pan to a paper towel-lined plate.

Continue until all the meat is done. Cover loosely with foil to keep warm.

To make the gravy, pour off all the grease from the pan.

Add 1/4 cup of the grease back in, then sprinkle on 2 to 4 tablespoons of the flour mixture (or you can use fresh flour.)

Whisk mixture till it becomes a paste (add more flour if you need to) and cook the paste over medium-low heat until it's deep golden brown.

Pour in milk, whisking constantly. Allow the gravy to cook and thicken, whisking regularly and adding more milk if it seems too thick right off the bat.

Season gravy with salt and pepper.

Serve steak fingers with gravy and a salad. Yum!

Tenderloin Tips with Garlic and Mushrooms

Description

This dish is a quick stir-fry made from the parts of the whole tenderloin that are left over after slicing it into filet mignon. Flavored with garlic and combined with tomatoes, mushrooms and scallions, these tender bits of steak make a fabulous one-dish meal to serve over rice.

Ingredients

- 1 lbs beef tenderloin cut into 1 inch cubes
- 6 clove garlic finely chopped
- 2 tbsp vegetable oil
- 2 tsp soy sauce
- 1/2 tsp worcestershire sauce
- 8 oz mushrooms sliced
- 1 1/2 cup cherry tomatoes halved
- 4 scallions sliced
- 1 tbsp butter
- steamed white rice

Instructions

Combine the tenderloin tips, garlic, 1 tablespoon of the vegetable oil, soy sauce and Worcestershire in a mixing bowl.

Season with 1/4 teaspoon of salt and few grinds of black pepper.

Toss to coat the beef thoroughly and set aside for 30 minutes at room temperature.

Heat the remaining tablespoon of vegetable oil in a large, heavy skillet or wok over medium-high heat.

Add the mushrooms and stir-fry until browned, about 4 minutes.

Add the beef and stir fry until nicely browned on the outside, about 3 minutes for medium rare.

Add the tomatoes and scallions and toss to combine.

Add the butter and continue cooking just long enough to coat the meat with the pan juices.

Remove from the heat.

To serve, plate individual servings of rice and top with the steak mixture.

Tuscan Burgers with Prosciutto and Fontina

Source: My Gourmet Connection

Description

This burger has a delicious combination of ingredients with a Tuscan flair. We combined the ground beef with crumbled gorgonzola cheese, sun-dried tomatoes, fresh garlic and parsley and a bit of balsamic vinegar. We served the burgers on bakery-style buns with a slice of tomato, melted fontina and a slice of prosciutto. Pickled sweet banana peppers and parmesan-oregano dusted potato chips replace more traditional pickles and french fries.

Ingredients

- 1 lb ground beef
- 2 minced garlic cloves
- 2 tbsp crumbled gorganzola cheese
- 1/4 cup sun dried tomatoes finely minced
- 1 tbsp balsalmic vinegar
- 2 tbsp fresh parsley chopped finely
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbsp olive oil
- 4 buns
- 4 thick slices tomato
- 8 slice fontina cheese
- 4 slice prosciutto

Instructions

Preheat the broiler and line a baking sheet with aluminum foil.

Slice the sandwich buns and arrange, cut side up on the prepared sheet.

Place one slice of tomato on the bottom half of each roll.

Season with a little salt and pepper and top with a slice of fontina.

Place another slice of the cheese on the top half of the bun and set aside until the burgers are cooked.

Place the ground beef, garlic, gorgonzola cheese, sun-dried tomatoes, balsamic vinegar, parsley, salt and pepper in a large bowl.

Using your hands, combine the ingredients gently and form into 4 equally sized patties.

Heat the olive oil in a large pan over medium heat.

Add the burgers and pan-fry until cooked to your liking, carefully turning once with a thin spatula, about 3 to 4 minutes per side.

Transfer to a plate and cover with aluminum foil to keep warm.

Place the baking sheet with the buns under the broiler, 8 inches from the heat.

Watch carefully and heat until cheese is melted and bubbly, about 1 minute.

Remove and place one hamburger on the bottom of each roll.

Top each with a slice of prosciutto and the other half of the bun.

Serve immediately with sweet banana peppers and parmesan-oregano dusted chips (see below).

Notes

Because of the sun dried tomato bits and fresh parsley, these burgers can be a little more fragile than a plain beef patty. Turn them over carefully during cooking. We used 90% lean grass-fed beef for our burgers, which were plenty moist and juicy thanks to the gorgonzola and added balsamic, but a higher lean-to-fat ratio would be just fine too.

To make parmesan-oregano dusted chips:
Finely grate 1/3 cup parmesan cheese into a small bowl. Add 1/4 teaspoon dried oregano and a tiny pinch of garlic powder and mix with your fingers. Spread a single layer kettle-cooked potato chips over a standard-sized cookie sheet. Sprinkle the cheese mixture on top and place the sheet under the broiler, 8 inches below the heat for 30 seconds to 1 minute. Watch constantly and remove as soon as the cheese has melted slightly and adhered to the chips. Serve warm.

Veal Spiedini

Description

Doesn't This Sound Amazing? Thin Slices Of Veal Rolled Around A Filling Of Prosciutto, Pine Nuts And Mozzarella, Simmered In Italian Sauce

And Served With Garlic Cheese Bread

Best Of All, It's Ready In Under An Hour.

Ingredients

- 1/2 cup Italian seasoned bread crumbs
- 1/4 cup toasted pine nuts
- 6 slices prosciutto cut into thirds
- 1 1/4 lb veal scalloppine cut into 18 pieces and pounded thin
- 1/4 lb mozzarella cheese cut into matchstick thin strips
- 1/4 cup olive oil
- 3 cup traditional Italian sauce

Instructions

Heat the oven to 400°F.

Stir the bread crumbs and pine nuts in a small bowl.

Divide the prosciutto among the veal pieces.

Top each with 1 tablespoon bread crumb mixture.

Divide the cheese among the veal pieces.

Roll up the veal pieces around the filling.

Thread 3 veal rolls onto each of 6 (6-inch) skewers.

Heat the oil in a 12-inch skillet over medium heat.

Add the skewers and cook for 3 minutes on each side.

Pour the sauce over the skewers.

Reduce the heat to low.

Cook for 15 minutes or until the veal is cooked through.

Vermont Cheddar Burgers with warm Maple Ketcup

Description

The flavors of Vermont sharp cheddar and maple syrup bring a subtle tang and sweetness to a classic cheeseburger. Some grilled onions brushed with a little maple syrup are about the only other condiment you need - no pickles required.

Ingredients

- 1 lb ground beef well chilled
- 1/2 tsp salt
- 1 tbsp Mayonaisse
- 1 tbsp Panko crumbs
- 1 pinch pepper
- 4 slice thick of Vermont sharp white cheddar cheese Sargentos
- 4 buns lightly toasted
- 1/2 cup ketchup
- 1 tbsp tomato paste
- 1 tbsp apple cider vinegar
- 2 tbsp maple syrup
- 1/2 tbsp grated sweet onion

Instructions

Place the ground beef in a shallow bowl.

Add the salt, a few grinds of black pepper, the mayonnaise and the panko crumbs.

The mayonnaise and panko combination helps to hold the juices in the burger during cooking, but doesn't change the flavor or texture of the beef.

The coarse texture of the panko crumbs is important because they don't add density to the burger like dry breadcrumbs would.

Use a wooden spatula to combine the meat ingredients as best you can before doing a final, gentle mix with your hands.

Gently form the patties into quarter-pound portions and make a slight depression in the center of each with your thumb.

This helps the burgers maintain an even thickness rather than developing a thicker "dome" in the center.

Transfer to a plate and chill for at least 15 minutes before grilling.

While the burgers chill, combine the ketchup, tomato paste, vinegar, maple syrup, grated onion and a few grinds of black pepper in a small saucepan or microwave-safe bowl.

Warm over low heat or at 50% power. Stir until smooth, cover and set aside.

Preheat a gas or charcoal grill to a medium-high temperature (about 400°F).

Oil the grates, add the burgers and grill until you see juices start to accumulate on the top of the meat, approximately 4 minutes.

Flip them over and top with cheese after about 1 minute.

Cook for another 1 to 2 minutes, to desired doneness. While the burgers rest, lightly toast the buns on the grill.

To serve, place a burger on each bun, top with onions and Maple Ketchup.

Notes

Maple Glazed Onions
Slice a large sweet onion into 4 or 5 thick slices. Make a grilling tray large enough to hold them in a single layer from heavy duty foil. Brush the onion slices with a little vegetable oil and season both sides with salt and pepper.

Arrange on the foil and grill until soft, about 6 to 8 minutes, turning once. Brush with maple syrup and continue cooking for about 3 more minutes. Watch closely as the maple syrup can burn rather easily. Transfer to a cutting board, chop roughly and set aside for the burgers.