

Beef

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Super-Crusty Grilled Steaks

America's Test Kitchen.

We discovered that the secret to a serious crust is to make sure the steak's exterior is dry. The easiest way to achieve this is by rubbing the steak with a mixture of **salt** (for flavor) and **cornstarch** (to absorb moisture) giving it a **30-minute** stay in the freezer. The freezer's intensely dry environment sufficiently dehydrates the exterior, but since the steaks are only in the freezer for a short time, the interiors remain warm, tender, and juicy when grilled.

BROCCOLI BEEF

BEEF:

- 1 1/4 lb. beef steak, thinly sliced
- 1 Tbsp soy sauce
- 1 Tbsp cornstarch
- 1 clove garlic, crushed

3 or 4 slices ginger
Salt to taste

Mix all of above together.

BROCCOLI:

6 cups prepared broccoli florets and stems (cut in 1 inch sticks)
1 cup sliced vertically into moon shaped
3 cloves crushed garlic

GRAVY:

3 Tbsp cornstarch
3 Tbsp soy sauce
6 Tbsp oyster-flavored sauce (or Yoshida's Gourmet Sauce)
1 1/2c water

Mix all of above together with whisk

Preparation:

- Lightly brown onions in 3 Tbsp oil over medium high heat. Add broccoli and brown for 2 minutes. Add garlic and 3 tbsp. water. Cover and steam for 3 – 5 minutes til barely tender. Remove from pan.
- Sauté meat in two batches on high heat in 2 tbsp oil. Remove each batch to broccoli dish. After second batch, add gravy to pan and scrape up each browned bits. Bring gravy to bubble. Return broccoli and meat to pan to warm and blend.
- Serve immediate with steamed rice.

Recipe modified from Lily Chin cookbook.

CORNED BEEF

Makes 6 servings

1 corned beef brisket
1 quart apple juice
1 cup brown sugar
1 tablespoon prepared mustard
8 small red potatoes
2 medium carrots, pared and cut into chunks
1 onion, peeled and cut into chunks

Crock Pot Method:

- Place all ingredients in a large crock pot (cut meat in half if necessary); stir to mix.
- Cook on high for 4 to 5 hours or on low 8 to 10 hours.
- Remove meat and vegetables from crock pot.
- Slice meat thinly across the grain.
- Serve with vegetables and some of the cooking liquid.

Stovetop Method:

- Place meat, juice, sugar, and mustard in a large stock pot.
- Bring to a boil, reduce heat and simmer, covered, for 40 minutes per pound of meat.
- Add vegetables for the last 30 minutes of cooking.

Notes:

I use crock pot on low and cook the cabbage separately

SAUERBRATEN

- 1 cup dry red wine
- 2 cups red wine vinegar
- 2 cups cold water
- 2 medium onion, thinly sliced
- 5 black peppercorns
- 2 small bay leaves
- 5 pounds boneless rump roast, trimmed of fat
- 3 tablespoons Crisco
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped carrots
- 2 tablespoons flour
- 1/2 cup finely chopped celery
- 1 cup water
- 1 cup gingersnap crumbs

- In a 2-3 quart saucepan, combine the wine, vinegar, water, sliced onion, crushed peppercorns and bay leaves.
- Bring this marinade to a boil over high heat, then remove it from the heat and let cool to room temperature.
- Place the beef in a deep stainless steel or enameled pot just large enough to hold it comfortably
- Pour the marinade over it. The marinade should come at least halfway up the sides of the meat; if necessary, add more wine.
- Turn the meat in the marinade to moisten it on all sides.
- Then cove the pan tightly with foil or plastic wrap and refrigerate for 4 days, turning the meat over at least twice a day.
- Remove the meat from the marinade and pat it completely dry with paper towels.
- Strain the marinade through a fine sieve set over a bowl and reserve the liquid but discard the spices and onions.
- In a heavy 5 quart flameproof casserole, melt the Crisco over high heat until it begins to sputter.
- Add the meat and brown it on all sides, turning it frequently and regulating the heat so that it browns deeply and evenly without burning.
- This should take about 15 minutes.

- Transfer the meat to a platter, and pour off and discard all but about 2 tablespoons of the fat from the casserole.
- Add the chopped onion, carrots and celery to the fat in the casserole and cook them over moderate heat, stirring frequently, for 5-8 minutes, or until they are soft and light brown.
- Sprinkle 2 tablespoons of flour over the vegetables and cook, stirring constantly, for 2 or 3 minutes longer, or until the flour begins to color.
- Pour in 4 cups of reserved marinade and 1/2 cup of water and bring to a boil over high heat.
- Return the meat to the casserole.
- Cover tightly and simmer over low heat for 2 hours, or until the meat shows no resistance when pierced with the tip of a sharp knife.
- Transfer the meat to a heated platter and cover it with aluminum foil to keep it warm while you make the sauce.
- Pour the liquid left in the casserole into a large measuring cup and skim the fat from the surface.
- You will need 5 cups of liquid for the sauce
- If you have more, boil it briskly over high heat until it is reduced to that amount; if you less, add some of the reserved marinade.
- Combine the liquid and the gingersnap crumbs in a small saucepan, and cook over moderate heat, stirring frequently for 10 minutes.
- The cube will disintegrate in the sauce and thicken it slightly.
- blend the sauce.
- Return the sauce to the pan, taste for seasoning and let it simmer over a low heat until ready to serve.

TO SERVE:

- Carve the meat into 1/4 inch thick slices.
- Moisten the slices with a few tablespoons of the sauce and pass the remaining sauce separately in a sauce boat.
- Traditionally, Sauerbraten is served with Kartoffel Kleosse (Potato Dumplings) and Rødkaal (Red Cabbage)

Recipe from AAUW Supper Club German Dinner, January 1974.

FILETS in PHYLLO

Serves 6.

Bakes at 375° F. for 20-30 minutes.

- 6 8-ounce beef fillets (trimmed of all fat), room temperature
- 12 sheets phyllo dough
- 1 cup unsalted butter, melted
- 1 1/2 cups Duxelles*

- Season steaks lightly with salt and pepper.

- Lay out 2 overlapping sheets of plastic wrap slightly longer than phyllo. Cover phyllo with another sheet of plastic wrap and damp cloth to prevent drying.
- Butter baking sheets. Place 1 sheet of phyllo on plastic wrap. Brush phyllo with melted butter. Top with another sheet of phyllo, brush with butter.
- Center one fillet 3 inches from narrow edge of phyllo nearest you. Spread fillet with about 1/4 cup duxelles. Fold 3-inch flap of phyllo over steak. Brush with melted butter. Using plastic as aid, turn fillet and phyllo over once. Brush melted butter over exposed phyllo. Fold in long sides of phyllo and brush with butter. continue folding phyllo around steak, buttering after each turn. Arrange seam side down of prepared baking sheet. Repeat with remaining steaks.
- Preheat oven to 375° F Bake until pastry is puffed and golden, about 20 to 30 minutes (internal temperature of meat should be 140 F for rare). Serve immediately.

*Duxelles

- 2 tablespoons butter
- 2 tablespoons chopped onion
- 1 teaspoon chopped shallot
- 2 ounces smoked ham, chopped
- 1 tablespoon tomato paste
- 1/4 cup beef stock on consommé
- 1/4 cup Madeira
- Salt and ground white pepper
- 2 cups finely chopped mushrooms (about 1/2 pound)

- Melt butter in heavy large skillet over medium heat.
- Add onion and shallot and sauté until translucent.
- Reduce heat to medium-low, add mushrooms and cook 5 minutes.
- Reduce heat to low, add stock, Madeira, Salt and pepper and cook, stirring frequently, until liquid has almost completely evaporated.

Recipe from

BEEF TERIYAKI

Marinade

- 3/4 soy sauce
- 1/2 cup sake
- 1 Tablespoon sesame oil
- 2 cloves garlic, crushed
- 4 Tablespoons sugar
- 3 tablespoons finely minced onion
- crushed hot peppers (optional)

- Freeze meat in order to facilitate slicing.
- Slice meat thinly.
- Mix marinade and add meat slices.

- Marinate in refrigerator overnight or at least 4 hours.
- When ready to serve, sauté in a little oil to prevent the meat from sticking.
- Can be served hot or at room temperature.

Recipe from Ann Mizianty 7/95

BEEF STROGANOFF

- 1 pound hamburger or thin strips of steak
- 1/2 teaspoon salt
- 4 tablespoons butter
- 1 cup mushrooms
- 1/2 cup chopped onion
- dash pepper and garlic salt
- 1 can consommé
- 2 tablespoons butter
- 2 tablespoons flour
- 2 tablespoons sour cream or milk
- 2 tablespoons sherry
- 2 tablespoons tomato paste or catsup

- Sauté onion and mushrooms in 2 tablespoons butter.
- Brown beef, drain.
- Mix with onions and mushrooms.

To Make Sauce:

- Melt 2 tablespoons butter.
- Add flour to make a roux.
- Add tomato paste, consommé, cream and sherry.
- cook a few minutes.
- Add meat mixture.

Serve over poppy seed noodles.

Recipe from Mary Beth Barutio, 1961.

BEEF BOURGUIGNON

Serves 6 to 8

To ensure that no one element in your *boeuf bourguignon* is overdone, cook the onions, mushrooms and beef separately before finally combining them. Although the different steps may be taken simultaneously, it is easier to deal with them one at a time.

THE ONIONS:

1/2 pound lean salt pork, cut into strips (lardons) about 1 1/2" long and 1/4" diameter
1 quart water
1 tablespoons butter
18-24 peeled white onions, about 1" in diameter or regular onions sliced

- Preheat the oven to 350°.
- To remove excess saltiness, the salt pork should be blanched by simmering it in 1 quart of water for 5 minutes; drain on paper towels and pat dry.
- In a heavy 8- to 10-inch skillet, melt 1 tablespoon of butter over moderate heat, and in it brown the pork, stirring the piece frequently, until they are crisp and golden.
- Remove them with a slotted spoon and set aside to drain on paper towels.
- In the rendered fat left in the skillet, brown the onions lightly over moderately high heat, shaking the pan occasionally to roll them around and color them as evenly as possible.
- Transfer the onions to a shallow baking dish large enough to hold them in one layer, and sprinkle them with 3 tablespoons of port fat.
- (Set the skillet aside, leaving the rest of the fat in it.)
- Bake the onions uncovered, turning them once or twice, for 30 minutes or until they are barely tender when pierced with the tip of a sharp knife.

Remove from the oven and set aside.

The MUSHROOMS:

3 tablespoons butter
3/4 pound fresh mushrooms, whole if small, quartered or sliced if large

- While the onions are baking or after they are done, melt 3 tablespoons of butter over moderate heat in an 8- to 10-inch enameled or stainless-steel skillet.
- When the foam subsides, cook the mushrooms, tossing and turning them frequently, for 2 or 3 minutes, or until they are slightly soft.
- Add the mushrooms to the onion and set aside.

THE BEEF:

3 pounds lean boneless beef chuck or rump, cut in 2-inch chunks
Bouquet garni, made of 4 parsley sprigs and 1 bay leaf, tied together
2 tablespoons finely chopped shallots or scallions
1/4 cup very finely chopped carrots
3 tablespoons flour
2 cups beef stock, fresh or canned
1 bottle red Burgundy or other dry red wine
1/2 can tomato paste
1 teaspoon finely chopped garlic
1 teaspoon dried thyme
1 teaspoon salt
Freshly ground black pepper
2 tablespoons finely chopped fresh parsley

- Make sure the oven is preheated to 350°.
- Pour almost all the rendered pork fat from the skillet in which the onions browned into a small bowl, leaving just enough to make a thin film about 1/16" depth on the bottom of the pan.
- Over moderately high heat, bring the fat almost to the smoking point.
- Dry the beef with paper towels, then brown it in the fat, 4 or 5 chunks at a time to avoid crowding the skillet.
- Add more pork fat needed.
- When the chunks are brown on all sides, remove them with kitchen tongs to a heavy, flameproof 4- to 6-quart casserole.
- Bury the *bouquet garni* in the meat.
- After all the beef is browned add the chopped shallots and carrots and the fat remaining in the pan and cook them over low heat, stirring frequently, until they are lightly colored.
- Stir in the flour.
- (If the mixture looks dry, add a little more pork fat.)
- Return the skillet to low heat and cook, stirring constantly, until the flour begins to brown lightly, but be careful it doesn't burn.
- Remove from the heat, let cool a moment, then pour in the hot beef stock, blending vigorously with a wire whisk.
- Blend the wine and the tomato paste and bring to a boil, whisking constantly as the sauce thickens.
- Mix in the garlic, thyme, sautéed pork strips, salt and a few grindings of black pepper, and pour the sauce over the beef, stirring gently to moisten it thoroughly.
- The sauce should almost, but not quite cover the meat; add more wine or beef stock if needed.
- Bring to a boil on top of the stove, cover tightly, and place the casserole in the lower third of the oven.
- Let the beef cook, regulating the oven heat so the meat simmers lowly, for 2 to 3 hours, or until the meat is tender when pierced with the tip of a sharp knife.
- The gently stir the browned onions and mushrooms, together with any juices that may have accumulated under them into the casserole.
- With a large spoon, gently mix the beef and vegetables with sauce in the casserole.
- Continue baking for another 15 minutes.
- to serve, remove the *bouquet garni* and skim off any fat from the surface.
- Taste the sauce and season it with salt and pepper if needed.
- Sprinkle the beef with parsley and serve it directly from the casserole, or for more formal occasions, transfer it to a deep, heated platter.

Recipe from Time-Life French Cookbook

BEEF BOURGUIGNON II

Serves 6 to 8

To ensure that no one element in your *boeuf bourguignon* is overdone, cook the onions, mushrooms and beef separately before finally combining them. Although the different steps may be taken simultaneously, it is easier to deal with them one at a time.

Ingredients

1/2 pound thick-sliced bacon, diced
3 pounds boneless beef chuck cut in 1" cubes
1/4 cup all-purpose flour
2 tablespoons vegetable oil
2 tablespoons unsalted butter
1/4 cup fortified wine (port, marsala, or the like)
1/4 - 1/2 cup brandy
8 fresh parsley springs
4 fresh thyme sprigs
2 bay leaves (not California)
2 cloves garlic
1 large onion, finely chopped
3 large garlic cloves, finely chopped
1 - 2 tablespoons tomato paste
1 1/2 cups beef broth
1 1/2 cups chicken broth
1 (750-ml) bottle dry red wine (preferably Burgundy or Côtes du Rhône)
1 pound small (1 1/2-inch) boiling onions or pearl onions
1 pound baby carrots
1 pound mushrooms, quartered if large

Preparation

- Cook bacon until crisp. Reserve bacon grease.
- Saute mushrooms in butter until browned. Add fortified wine and cook until liquid dissolves.

- Toss carrots and pearl onions lightly with olive oil, salt and pepper to taste. Lay out on rimmed cookie sheet. Cover with foil. Roast in 425 degree oven for 20 minutes. Uncover and cook until browned.
- Preheat oven to 275 degrees
- Make a bouquet garni. Put parsley, thyme, and bay leaves in cheesecloth and tie tightly to form a bag.
- Wipe meat dry with paper towels and sprinkle with salt and pepper. In a dutch oven, brown beef in bacon grease until all sides are browned. Do only small batches in single layer in pan. When all meat is done, add two more tablespoon of fat and saute chopped onion in pan to deglaze until softened. Add tomato paste and cook until darkened. Add garlic and cook until aroma develops. Sprinkle with flour and develop a roux, adding more fat if required. Add 500-mls of wine, beef broth, and chicken broth. Bring to boil, stirring constantly with a whisk. Add beef and bouquet garni to pan. Cook covered in oven 2-3 hours until meat is tender.
- Remove meat from pan and keep covered and warm.
- Bring sauce to a boil and cook until reduced by half. Add remaining 250-mls of wine and brandy. Cook for several minutes. Add meat, vegetables, and bacon to pan. Simmer until all ingredients are warmed. Remove bouquet garni. Add 2 – 4 tablespoons of butter and stir gently until incorporated. Serve.

Developed and served Christmas 2011.

TRI-TIP

1	Tri-tip or London broil
1/2	cup red wine
1/4	cup soy sauce
2	tablespoons oil
1	tablespoon catsup
1/2	teaspoon pepper
1	large clove garlic, minced
dashes	hot sauce to taste

- Combine all ingredients and marinate meat overnight.

Chuck's recipe.

OVEN HAMBURGERS

- 1 pound lean ground beef
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 cup catsup
- 1/8 cup chili sauce
- 1/4 cup finely cut onion
- 1/4 teaspoon Worcestershire
- 1 egg
- bread crumbs
- 6 Brown "n" Serve French rolls

- Mix all ingredients except the rolls, using enough bread crumbs to bind the mixture.
- Cut in half lengthwise the Brown "n" Serve rolls.
- Put equal parts of beef mixture on cut side of each half roll.
- Spread evenly to edges.
- Place on cookie sheet and bake near center of 375°F. oven about 25 minutes, or until beef is done the way you like it.
- During the last 5 minutes of baking, arrange a slice of cheddar cheese on top of meat mixture.

Recipe from early in our marriage.

CHINESE STUFFED BUNS

- 1 1/2 cup chicken or pork or 1/2 cup prawns
- 2 green onions
- 1 cup sliced fresh mushrooms
- 2 tablespoons soy sauce
- 1/4-1/2 teaspoon chives
- 2 tablespoons catsup
- salt to taste
- 1 cup total of water chestnuts, celery and bamboo shoots
- 2 loaves frozen bread or 2-3 tubes refrigerator biscuits

- Thaw bread 2 hours in bag.
- Chop finely the meat, green onions, water chestnuts, celery, bamboo shoots, and mushrooms.
- Mix chopped ingredients with soy sauce, chives, catsup and salt.
- Cut bread in half lengthwise, then each piece in 6.
- Roll out thin.
- Fill with a full tablespoon of meat filling.
- Seal the bun.
- Roll top of bun in sesame seeds.
- Place bun with edges on bottom of oiled pan.
- Let rise 20 minutes before baking (No need to let biscuits rise.)

- Bake at 350°F. for 15 minutes.
- Sauté meat in oil until brown.
- Scrape to one side.
- Sauté bamboo shoots and water chestnuts.
- Then add mushroom, green onions, soy sauce, chives, catsup and salt.

Recipe from Carole Hurd, October 1972.

FILETS en PHYLLO

- 6 8-ounce beef fillets (trimmed of all fat), room temperature
salt and freshly ground pepper
- 12 sheets phyllo dough
- 1 cup unsalted butter, melted
- 1 1/2 cups Duxelles*
- Mayonnaise-Mustard Sauce**

- Season steaks lightly with salt and pepper.
 - Lay out 2 overlapping sheets of plastic wrap slightly longer than phyllo.
 - Cover phyllo with another sheet of plastic wrap and damp cloth to prevent drying.
 - Butter baking sheets.
 - Place 1 sheet of phyllo on plastic wrap.
 - Brush phyllo with melted butter.
 - Top with another sheet of phyllo; brush with butter.
 - Center one fillet 3 inches from narrow edge of phyllo nearest you.
 - Spread filled with about 1/4 cup duxelles.
 - Fold 3 -inch flap of phyllo over steak.
 - Brush with melted butter.
 - Using plastic as aid, turn fillet and phyllo over once.
 - Brush melted butter over exposed phyllo.
 - Fold in long sides of phyllo and brush with butter.
 - Continue folding phyllo around steak, buttering after each turn.
 - Arrange seam side down on prepared baking sheet.
 - Repeat with remaining steaks.
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- Preheat oven to 375°F.
 - Bake until pastry is puffer and golden, about 20 to 30 minutes (internal temperature of meat should be 140°F for rare).
 - Serve immediately with Mayonnaise-Mustard Sauce.

*Duxelles

- 2 tablespoons butte
- 2 tablespoons chopped onion
- 1 teaspoon chopped shallots
- 1/2 pound finely chopped mushrooms

2 ounces smoked ham, chopped
1 tablespoons tomato paste
1/4 cup beef stock of consommé
1/4 cup Madeira
Salt and freshly ground white pepper

- Melt butter in heavy large skillet over medium heat.
- Add onion and shallot and sauté until translucent.
- Reduce heat to medium-low.
- Add mushrooms and cook 5 minutes.
- Add ham and tomato paste and cook 5 minutes.
- Reduce heat to low.
- Add stock, Madeira, salt and pepper and cook, stirring frequently, until liquid has almost completely evaporated.

****Mayonnaise-Mustard Sauce**

1 egg yolk
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
1/4 cup olive oil
1/4 cup vegetable oil
salt and freshly ground white pepper

- Combine egg yolk, lemon juice, mustard, salt, pepper and 2 tablespoons oil in processor and mix until slightly thickened.
- With machine running, very gradually drizzle remaining oils through feed tube, allowing mayonnaise to thicken as oil is added (once mayonnaise has thickened, oil can be added more quickly).
- Adjust seasoning.

SUNDAY-BEST GARLIC ROAST BEEF

From the Cooks Country episode: Sunday Dinner

Look for a top sirloin roast that has a thick, substantial fat cap still attached. The rendered fat will help to keep the roast moist. When making the jus, taste the reduced broth before adding any of the accumulated meat juices from the roast. The meat juices are well seasoned and may make the jus too salty. A heavy-duty roasting pan with a dark or nonstick finish or a broiler pan is a must for this recipe.

Serves 6 to 8.

Ingredients

Beef

8 large cloves garlic , unpeeled

1 top sirloin roast (4-pound), with some fat intact

Garlic-Salt Rub

3 large cloves garlic , minced

1 teaspoon dried thyme

1/2 teaspoon table salt

Garlic Paste

12 large cloves garlic , peeled, cloves cut in half lengthwise

2 sprigs fresh thyme

2 bay leaves

1/2 teaspoon table salt

1/2 cup olive oil

Ground black pepper

Jus

1 1/2 cups low-sodium beef broth

1 1/2 cups low-sodium chicken broth

Instructions

1. **For the beef:** Toast unpeeled garlic cloves in small skillet over medium-high heat, tossing frequently, until spotty brown, about 8 minutes. Set garlic aside. When cool enough to handle, peel cloves and cut into 1/4-inch slivers.
2. Using paring knife, make 1-inch-deep slits all over roast. Insert toasted garlic into slits.
3. **For the garlic-salt rub:** Mix minced garlic, thyme, and salt together in small bowl. Rub all over roast. Place roast on large plate and refrigerate, uncovered, at least 4 hours or preferably overnight.
4. **For the garlic paste:** Heat halved garlic cloves, thyme, bay leaves, salt, and oil in small saucepan over medium-high heat until bubbles start to rise to surface. Reduce heat to low and cook until garlic is soft, about 30 minutes. Cool completely. Strain, reserving oil. Discard herbs and transfer garlic to small bowl. Mash garlic with 1 tablespoon garlic oil until paste forms. Cover and refrigerate paste until ready to use. Cover and reserve garlic oil.
5. Adjust oven rack to middle position, place nonstick roasting pan or broiler pan bottom on rack, and heat oven to 450 degrees. Using paper towels, wipe garlic-salt rub off beef. Rub beef with 2 tablespoons reserved garlic oil and season with pepper. Transfer meat, fat side down, to preheated pan and roast, turning as needed until browned on all sides, 10 to 15 minutes.
6. Reduce oven temperature to 300 degrees. Remove roasting pan from oven. Turn roast fat side up and, using spatula, coat top with garlic paste. Return meat to oven and roast until internal temperature reaches 125 degrees on instant-read thermometer, 50 to 70 minutes. Transfer roast to cutting board, cover loosely with foil, and let rest for 20 minutes.

7. **For the jus:** Drain excess fat from roasting pan and place pan over high heat. Add broths and bring to boil, using wooden spoon to scrape browned bits from bottom of pan. Simmer, stirring occasionally, until reduced to 2 cups, about 5 minutes. Add accumulated juices from roast and cook 1 minute. Pour through fine-mesh strainer. Slice roast crosswise against grain into 1/4-inch slices. Serve with jus.

NEW YORK STRIP ROAST with MADIERA SAUCE

- 1 (5- to 8-pound) boneless top loin roast, fat trimmed to 1/4 inch
- 2 tablespoons peppercorns
- 1 tablespoon coriander seeds
- 1 tablespoon yellow mustard seeds
- 3 tablespoons olive oil
- 2 tablespoons kosher salt
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon red pepper flakes
- 1 tablespoon canola oil
- 2 medium shallots, minced
- 2/3 cup high-quality Madeira
- 2 cups low-salt chicken broth
- 1/4 cup (1/2 stick) unsalted butter, cut into 1/2-inch cubes and frozen

Preparation

Mix coarse salt, pepper, and allspice in bowl. Sprinkle spice mixture over roast. Refrigerate four hours. Let stand at room temperature 1 hour.

Preheat oven to 300°F. Heat oil in large wide ovenproof skillet over medium high heat until nearly smoking. Add roast, fat side down, to skillet; cook until well browned on bottom, 3 to 4 minutes. Turn roast, fat side up, and transfer skillet to oven. Roast until instant-read thermometer inserted into center of meat registers 130°F for medium-rare, about 60-90 minutes. Transfer to platter; let rest while preparing sauce.

Pour off all but 2 tablespoons drippings from skillet and heat over medium-high heat. Add shallots to skillet and sauté until soft, about 3 minutes. Add Madeira; boil 1 minute. Add broth and boil until liquid is reduced by about 1/3, stirring occasionally, about 8 minutes. Add any accumulated juices from meat to skillet; boil 1 minute longer. Turn off

heat; add frozen butter and swirl skillet until butter is blended into sauce. Season sauce with salt and pepper.

Transfer sauce to small pitcher. Cut meat against grain into 1/3-to 1/2-inch slices and arrange on platter. Serve sauce alongside.

Slow-Roasted Eye of Round Beef

From America's Test Kitchen Resurrecting the Roast Beef Dinner

Serves 6 to 8

We don't recommend cooking this roast past medium. Open the oven door as little as possible and remove the roast from the oven while taking its temperature. If the roast has not reached the desired temperature in the time specified in step 3, heat the oven to 225 degrees for 5 minutes, shut it off, and continue to cook the roast to the desired temperature. For a smaller (2 1/2- to 3 1/2-pound) roast, reduce the amount of kosher salt to 3 teaspoons (1 1/2 teaspoons table salt) and black pepper to 1 1/2 teaspoons. For a 4 1/2- to 6-pound roast, cut in half crosswise before cooking to create 2 smaller roasts. Slice the roast as thinly as possible and serve with Horseradish Cream Sauce (see related recipe), if desired.

Technique: Along with salting and searing, the key to our eye round's makeover into a tender, juicy roast is keeping its internal temperature below 122 degrees for as long as possible. Below 122 degrees, the meat's enzymes act as natural tenderizers, breaking down its tough connective tissues.

Ingredients

- 1 boneless eye-round roast (3 1/2 to 4 1/2 pounds) (see note)
- 4 teaspoons kosher salt or 2 teaspoons table salt
- 2 teaspoons vegetable oil plus 1 tablespoon
- 2 teaspoons ground black pepper

Instructions

- 1. Sprinkle all sides of roast evenly with salt. Wrap with plastic wrap and refrigerate 18 to 24 hours.
- 2. Adjust oven rack to middle position and heat oven to 225 degrees. Pat roast dry with paper towels; rub with 2 teaspoons oil and sprinkle all sides evenly with pepper. Heat remaining tablespoon oil in 12-inch skillet over medium-high heat until starting to smoke. Sear roast until browned on all sides, 3 to 4 minutes per

- side. Transfer roast to wire rack set in rimmed baking sheet. Roast until meat-probe thermometer or instant-read thermometer inserted into center of roast registers 115 degrees for medium-rare, 1 1/4 to 1 3/4 hours, or 125 degrees for medium, 1 3/4 to 2 1/4 hours.
- 3. Turn oven off; leave roast in oven, without opening door, until meat-probe thermometer or instant-read thermometer inserted into center of roast registers 130 degrees for medium-rare or 140 degrees for medium, 30 to 50 minutes longer. Transfer roast to carving board and let rest 15 minutes. Slice meat crosswise as thinly as possible and serve.

Atlanta Brisket

From *Cook's Country* | [October/November 2012](#)

WHY THIS RECIPE WORKS:

Atlanta Brisket is a braised, southern dish featuring boxed onion soup mix, ketchup, and Atlanta's own Coca-Cola. We replaced artificial-tasting soup mix with our own blend of sautéed onions, onion and garlic powders, brown sugar, and dried thyme.

SERVES 6

Parchment paper provides a nonreactive barrier between the cola-based braising liquid and the aluminum foil.

INGREDIENTS

- **1** (3 1/2-pound) beef brisket, flat cut, fat trimmed to 1/4 inch
- Salt and pepper
- **4** teaspoons [vegetable oil](#)
- **1** pound onions, halved and sliced 1/2 inch thick
- **2** cups cola
- **1 1/2** cups [ketchup](#)
- **4** teaspoons onion powder
- **2** teaspoons packed dark brown sugar
- **1** teaspoon [garlic powder](#)

- **1** teaspoon dried thyme

INSTRUCTIONS

1. Using fork, poke holes all over brisket. Rub entire surface of brisket with 1 tablespoon salt. Wrap brisket in plastic wrap and refrigerate for at least 6 or up to 24 hours.

2. Adjust oven rack to lower-middle position and heat oven to 325 degrees. Pat brisket dry with paper towels and season with pepper. Heat 2 teaspoons oil in 12-inch nonstick skillet over medium-high heat until just smoking. Place brisket fat side down in skillet; weigh down brisket with heavy Dutch oven or cast-iron skillet and cook until well browned, about 4 minutes. Remove Dutch oven, flip brisket, and replace Dutch oven on top of brisket; cook on second side until well browned, about 4 minutes longer. Transfer brisket to plate.

3. Heat remaining 2 teaspoons oil in now-empty skillet over medium heat until shimmering. Add onions and cook, stirring occasionally, until soft and golden brown, 10 to 12 minutes. Transfer onions to 13 by 9-inch baking dish and spread into even layer.

4. Combine cola, ketchup, onion powder, sugar, garlic powder, thyme, 1 teaspoon salt, and 1 teaspoon pepper in bowl. Place brisket fat side up on top of onions and pour cola mixture over brisket. Place parchment paper over brisket and cover dish tightly with aluminum foil. Bake until tender and fork easily slips in and out of meat, 3½ to 4 hours. Let brisket rest in liquid, uncovered, for 30 minutes.

5. Transfer brisket to carving board. Skim any fat from top of sauce with large spoon. Slice brisket against grain into ¼-inch-thick slices and return to baking dish. Serve brisket with sauce.

TO MAKE AHEAD: Follow recipe through step 4. Allow brisket to cool in sauce, cover, and refrigerate overnight or up to 24 hours. To serve, slice brisket, return to sauce, and cover with parchment paper. Cover baking dish with aluminum foil and cook in 350-degree oven until heated through, about 1 hour.

GETTING A GREAT SEAR

Brisket is a flat cut of meat that curls up when you try to sear it. We fixed this problem with an unlikely tool: a Dutch oven. Weighing down the brisket with a heavy Dutch oven (the foil makes cleanup easier) ensures a more even, more thorough sear.

Basic Meatloaf

- 1.5 lb. lean ground beef

- 2/3 cup bread crumbs
- 3/4 cup milk
- 2 eggs, beaten
- 1/4 cup finely minced onion
- 1 garlic clove finely minced
- 1 tsp salt
- fresh ground pepper
- 1/2 tsp poultry seasoning (or sage, basil, oregano, or my favorite Cajun!*)

Optional Glaze

- 1/4 cup ketchup
- 1 TBSP brown sugar
- 1 tsp dry mustard

*reduce the salt if using a premixed spice that contains sodium

Preheat the oven to 350°F.

Gently crumble the meat into a large bowl. The key to a tender meatloaf is to handle the meat as little as possible. To ensure easy mixing, gently separate the ground bits and make a well (depression) in the center.

Sprinkle the bread crumbs, you can substitute crushed crackers or stuffing mix if desired, evenly over the contents in the bowl.

In a second bowl, stir together the milk, beaten eggs, and seasoning. Mix well.

Pour the wet ingredients into the well you created in the meat. With clean hands fold the meat toward the center. Do this by grasping the side of the bowl with one hand, to hold it steady. Slide the other under the meat and fold it toward the middle. Rotate the bowl and repeat. Only repeat this step until the meat is just mixed.

I prefer to cook my loaves free form. Gently pat the meat into a loaf shape on a clean baking sheet.

Bake at 350° for approximately an hour, but check the temperature after 45 minutes and spread with the glaze, if desired. Cook for 10 – 15 more minutes. The meatloaf is done when it reaches 160° in the center.

Variations:

- If using pre-seasoned bread crumbs, reduce the salt in the recipe.
- Try using 1/2 bulk Italian sausage and 1/2 tsp Italian seasoning.
- Some swear by a 50:50 mixture of ground pork and ground beef.
- I like to add grated vegetables such as carrot or zucchini into the mix.
- Finely diced bell pepper is a nice touch.

- When making variations that call for cheese or wet ingredients like BBQ sauce, reduce the milk.