

Baked Veal Chops

2 leeks, chopped, or 1/2 c. thin onion slices
1/2 c. thin carrot slices
1 stalk celery with leaves, chopped
dash thyme

6 loin veal chops, 1" or more thick
salt and freshly ground black pepper
dry white wine or dry vermouth and/or broth

THE DAY BEFORE (Preparation time - 20 minutes)

1. Arrange the vegetables in the bottom of a low flat casserole and sprinkle them with the thyme. Sprinkle the chops with salt and pepper and place them on top of the vegetables.
2. Add enough liquid - wine and/or broth - to cover the vegetables. Cover the casserole with plastic wrap or foil and refrigerate.

THE DAY (Cooking time - 1 1/2 hours)

Uncover and bake, in a 375°, for 1 1/2 hours, occasionally basting and turning.

Barbecued Corned Beef *

4-6 lb. flat corn beef brisket
6 whole cloves
3 whole spice
2 bay leaves
water

1/4 c. butter
1 T. prep. mustard
1 T. dark brown sugar
1/2 c. undrained sweet pickle relish
1 c. catsup

Place corned beef in large pot. Add spices and water to cover. Bring to boil. Cover and simmer until tender (3 to 4 hours). Cool beef in broth. Drain and remove fat. Place beef in shallow roasting pan. In small pan, melt butter. Stir in mustard, brown sugar, relish and catsup. Simmer (stir) for 1 min.

Spread about 2/3 c. of sauce over beef while warm. Slice thick. Use remaining sauce at room temp.

Beef & Beer * by Blanch

1 1/2 lbs. diced beef, round or sirloin
1/4 t. basil
2 T. butter

1 12 oz. can beer
1/8 t. pepper
1 pkg. mushroom gravy mix

Brown beef in butter. Add basil and beer. Simmer 40 minutes. Add gravy mix and stir till thick. Serve over rice (wild good).

Beef Casserole

1 lb. beef chuck or stewing beef, cut into 2" chunks
1/2 c. red dinner wine
1 (10 1/2 oz.) can undiluted condensed consommé
3/4 t. salt

1/8 t. pepper
1 medium size onion, sliced
1/4 c. fine dry bread crumbs
1/4 c. sifted all-purpose flour

Combine beef, wine, consommé, salt, pepper and onion in casserole. Mix flour with crumbs; stir into casserole mixture. Cover; bake in slow oven (300°) about 3 hours or until beef is tender.

Beef Ragout in Beer

1 1/2 lb. chuck, cut into cubes
2 T. cooking oil
2 T. brandy
6 medium potatoes, peeled and sliced
4 medium onions, peeled and sliced

1 c. bouillon
1 c. beer
1 T. salt
1/2 t. freshly ground pepper
1/4 c. snipped parsley

THE DAY BEFORE (Preparation and cooking time - 1 hour, 15 minutes)

1. Sauté the meat in the cooking oil in a skillet. Add the brandy, light with a kitchen match, and allow it to flame briefly. Transfer to a 2-quart casserole and add all the rest of the ingredients except the parsley.

2. Cover and bake at 325° 1 hour. Thicken to your liking with a paste made of flour and water. Cool and refrigerate, covered.

THE DAY (Cooking Time - 30 minutes)

Reheat the stew in a 325° oven 30 minutes. Sprinkle with snipped parsley and serve.

Beef Roll

2 lb. flank steak
oil and vinegar dressing
salt and freshly ground black pepper to taste
1 T. white horseradish
1/4 c. cooking oil
1/2 c. chopped onions

1 clove garlic, crushed
2 c. white bread cubes
2 T. snipped parsley
2 8 oz. cans tomato sauce
1/2 c. warm beer
dash thyme

THE DAY BEFORE (Preparation and cooking time - 2 1/4 hours, plus 2 hours marinating time)

1. Brush the flank steak with the oil and vinegar dressing, which has been seasoned with salt, pepper, and horseradish, and let stand 2 hours.
2. Sauté the onions and garlic in the cooking oil until they are soft. Add bread cubes and parsley and cook together until the bread is lightly browned. Spread this mixture on the steak and roll it up jelly roll fashion. Secure it with kitchen string.
3. Brown the steak on all sides in a casserole that affords room on all sides of the roll. Add tomato sauce, thyme, beer, and salt and pepper to taste.
4. Cover and bake at 350° for 1 1/2 - 2 hours until tender, basting every half hour. Cool and refrigerate, covered.

THE DAY

Skim the fat from the top and heat 30 minutes in a 325° oven.

Beef Tenderloin

Beef tenderloin
1 c. red wine

1 c. soy sauce
1 c. olive oil

Marinate beef tenderloin in wine, soy sauce, and olive oil for 2 days turning several times. Remove from marinade and cook uncovered in 500° oven for 40 minutes only. If using for cocktail party, allow 4 to 5 people per pound.

Beef Tenderloin Gertruda

1 beef tenderloin
1/8 LB oleo
1/4 c. scallions, chopped
1/8 LB oleo
1/2 c. beef bouillon

2 c. Port wine
salt and pepper
juice of 1/2 lemon
chopped parsley to taste

Place meat in baking dish with a 1/8 LB of oleo. Bake in a very hot oven for 45 minutes. 5 minutes before meat is done, remove and spread it quickly with wine sauce. Return to oven for 5 minutes.

Brown chopped scallions in oleo. Add bouillon, wine, salt and pepper. Just before using, stir in lemon juice and parsley. Serves 8.

Casserole Creole Beef

1 lb. round steak, cut in 2" cubes
3 T. cooking oil
1 green pepper, coarsely chopped
1 clove garlic, crushed
1 onion, coarsely chopped
1 c. drained canned kernel corn

1 c. canned tomatoes
1 c. tomato juice
2 T. ketchup
1 t. celery salt
1 T. white horseradish
salt and freshly ground black pepper to taste

THE DAY BEFORE (Preparation and cooking time - 30 minutes)

1. Sauté the meat in the cooking oil in a skillet along with the green pepper, garlic, onion. The vegetables should be slightly wilted but not browned.
2. Place the meat and vegetables in a lightly greased 2 quart casserole and add the corn, tomatoes, tomato juice, ketchup, celery salt, horseradish, salt, and pepper. Cover and refrigerate.

THE DAY (Cooking time - 40 minutes)

Bake 40 minutes at 350°, covered.

Chili Con Queso *

1 lb. ground beef
1/4 c. chopped green onion
1 8 oz. can (1 c.) tomato sauce
1 4 oz. can green chili peppers, drained, seeded, chopped

1 t. Worcestershire
16 oz. American cheese cut in pieces
garlic

Brown meat. Add onions. Cook till tender add tomato sauce, chili pepper, worcestershire, and cheese. Stir till cheese melts. Add garlic powder. Serve with corn chips in chafing dish.

Chinese Beef Casserole

1 lb. ground beef
2/3 c. chopped onions
1 c. sliced celery
2 T. soy sauce

1 can cream of chicken soup
1 can cream of mushroom soup
1 can Chinese noodles
1/2 c. chopped almonds

Brown meat, onions and celery. Add soy sauce, soups, and noodles. Put in greased casserole and bake one hour at 350°. Before serving add chopped almonds. Serves 6.

Chinese Pepper Steak

1 flank steak
3 green peppers (cut 1 1/2 in pieces)
1 pkg. onion soup mix
2 T. soy sauce

1/2 c. sherry wine
1/2 t. salt
1/8 t. pepper
2 T. cornstarch

Cut steak lengthwise in 1/2 inch strips and then into 1 inch pieces. Melt about 2 T. shortening in a skillet and fry steak a handful at a time only long enough for it to change color. Remove meat and sauté green pepper.

Bring 2 c. water to boil in large kettle. Add onion soup mix and continue to boil for 10 minutes. Add meat and green pepper. Let simmer 1/2 hour. Add soy sauce, salt and pepper, wine and cornstarch (diluted in a little water) and cook until slightly thickened. (For variation, add a can of bean sprouts and a little more cornstarch). Serve over steamed rice.

Serves 4

Corned Beef Mold

1 can corned beef
1 pkg. gelatin
1/2 c. cold water
1 c. boiling water
1 c. mayo

1 medium onion, grated
3 T. horseradish
salt & pepper to taste
worcestershire to taste

Dissolve gelatin in cold water. Add hot water and mayonnaise. Add corned beef, broken up fine, and all other ingredients. Turn into mold and refrigerate. Serve on crackers.

Fool-Proof Roast Beef

1 standing rib roast of beef
salt and pepper, freshly ground

garlic

Rub roast with seasonings and let stand until room temperature. Place in roasting pan, rib side down, and bake in preheated oven 375° for one hour; turn off oven, do not open door - important. Before serving, light oven again at 375° and bake for an additional 30 to 40 minutes. This roast, no matter what size, will be brown on the outside but rare on the inside. If a less rare roast is desired increase the final cooking time slightly.

Gayle's Brown Stew

2 lbs. cubed stew meat
1 T. sugar
pepper to taste
1 c. celery, cut into 2 inch chunks
2 c. canned tomatoes, not drained

2 T. tapioca
1 T. salt
6 quartered carrots
3 or 4 onions, cut into chunks
3 or more potatoes, cut into chunks

Assemble all ingredients in a large casserole. Bake covered, at 250° for 5 hours. Serves 4.

Green Pepper Steak

1 LB round steak, cut into strips
1/4 c. salad oil
1 clove garlic
1 T. soy sauce
1 onion, chopped

1/2 c. chopped celery
2 green peppers, chopped
cornstarch
1 (4 oz) can mushrooms

Marinate meat in mixture of oil, garlic and soy sauce for several hours or overnight. Brown meat with marinade. Add onion, celery and green peppers. Cook over high heat for several minutes. Reduce heat. Thicken mixture with small amount of cornstarch mixed with water. Add mushrooms with liquid and simmer until tender. Add additional soy sauce if desired. Serve over rice or noodles. Serves 8.

Hamburger Casserole *

Brown 1 LB hamburger, 1 med. onion, 1/2 green pepper

Add 2 c. tomato juice, 1/2 can water, salt and pepper, 1 can consommé, 1 c. raw rice, seasonings. Put in casserole and top with cheese. Bake covered 1 hour at 325°.

London Broil

1 or 2 flank steaks
2 cloves garlic, minced
1/4 c. crystallized ginger, chopped
1/4 c. lemon juice
1/4 c. soy sauce
1/4 t. pepper
French

1 or 2 flank steaks
1/2 c. oil
1/2 c. Burgundy wine
2 T. minced onion
1 clove garlic, minced
1 1/2 t. salt
5 drops Tabasco

Score both sides of the steaks in a diamond pattern about 1/8 inch deep. Combine all ingredients in a large, shallow baking dish. Coat steaks with marinade and turn four times during a 2 hour period of marinating in the refrigerator. Remove steak from the marinade and broil for 7 minutes on each side. To serve, cut steak diagonally into thin slices. Makes 4 to 6 servings.

Marinade for Beef

3/4 c. burgundy wine
3/4 c. salad oil
1 clove garlic, mashed
1 T. grated onion

1 t. salt
1/4 t. black pepper
1/2 t. oregano
1/2 t. basil

Marinate meat overnight or at least 4 to 5 hours in wine sauce.

No-Peep Stew

2 lbs. lean boneless stew meat
1 can cream of mushroom soup
1 (4 oz.) can mushroom stems and pieces
1 package dry onion soup mix

1/2 c. red wine
pepper, but NO salt
1/4 c. water

Place meat in bottom of roasting pan. Pour all other ingredients on top of meat. Add 1/4 c. water. Cover and cook at 325° for 3 hours. Do not peep while cooking. Meat will be very tender and you will have a good rich gravy for rice, etc. Serves 4 to 5.

Pepper Beef *

1/4 c. coarse ground black pepper
1 t. cardamom
1 (4 to 5 lb.) boneless brisket of beef

marinade
thin sliced bread

Combine pepper and cardamom and spread evenly on wax paper. Place beef on and press down - with heel of hand press pepper into meat. Cover all.

Marinade

2/3 c. soy sauce
1/2 c. vinegar
1 t. tomato paste or catsup

1 t. paprika
1 garlic clove (crushed)

Marinate meat overnight, turning. When ready to cook, wrap meat in foil and bake at 300° for 3 hours. Slice thin.

Perfect Pot Roast

5-6 lb. boneless chuck roast
1 c. bourbon

1 c. dark beef stock

Brown pot roast on all sides with a little of its own fat. When well browned, and hot, pour over bourbon and beef stock. Cover and simmer slowly 3 hours, or until tender. Remove meat; thicken the liquid with flour mixed with water. Bring to a boil and stir until thick and smooth. (No salt is necessary.)

Polynesian Beef

1 1/2 t. garlic salt
1 t. paprika
1 t. ground ginger
2 1/2 lbs. beef sirloin tips, cut in 1 1/2 in. cubes
1 large clove garlic, minced
cooking oil
1 (13 1/2 oz) can pineapple, chunks, drained,
reserve liquid, about 1/2 c.
1 (10 1/2 oz) can condensed beef broth

1/4 c. garlic flavored wine vinegar
1/2 c. thinly cut celery, cut diagonally
2 medium size onions, quartered
2 large tomatoes, peeled and cut in wedges
3 T. brown sugar
2 T. cornstarch
1/4 c. water
2 T. all-purpose soy sauce
1/2 c. sliced green pepper

Mix garlic salt, paprika, and ground ginger thoroughly and toss mixture with meat cubes to coat. Brown meat and garlic in hot skillet using a small amount of cooking oil. Stir in the reserved pineapple syrup, beef broth and 1/2 of the vinegar. Cover skillet. Simmer gently about 2 hours. Stir in celery, onions, tomatoes and pineapple chunks. Cook, covered, about 10 minutes. Stir in a mixture of brown sugar, cornstarch, water, soy sauce and remaining vinegar. Add green pepper. Bring to boiling, stirring gently, and cook 3 minutes. Serve with hot cooked rice. Serves about 8.

Rare Roast Beef

Preheat oven to 500°. Cook roast five minutes per lb. Turn off oven and leave door closed for two hours. Do not peek! This is rare all the way through and delicious.

Roast Beef Tenderloin

1 4 to 4 1/2 lb. beef tenderloin
1/2 c. oil
1/2 c. Burgundy wine
2 T. grated onion

1 clove garlic, minced
1 1/2 t. salt
5 drops Tabasco (optional)

Combine all ingredients and allow beef to marinate in refrigerator at least 2 hours. Remove from sauce. Preheat oven to 450°. Place meat in a shallow pan and brush with marinade. Bake for 15 minutes. Reduce temperature to 350°. Baste with marinade occasionally and continue baking for 35 minutes for medium rare, or less time for rare. Serve garnished with sautéed mushroom caps and sprigs of parsley. Makes 6 servings.

Sally's Roast Tenderloin

1 (5-8 lb.) tenderloin roast (may use rib eye or any
tender cut)
garlic powder (not garlic salt)
coarse black pepper or lemon pepper
1 1/2 - 2 c. soy sauce

1/2 - 3/4 c. bourbon
powdered horseradish (if available)
bacon or salt pork (opt.)
1 onion, sliced (opt.)
1 bell pepper halved (opt.)

Wipe surface of meat with paper towel. Sprinkle entire surface with generous amounts of garlic powder and pepper. Place roast in 2 large plastic bags (double thickness). If large garbage size plastic bags are used, roast can be turned easily by rotating bag. Add soy sauce, bourbon and horseradish. Marinate at least 2 hours at room temperature or overnight in refrigerator. Allow roast to come to room temperature before roasting. If roast is very lean, have butcher lard it or add strips of bacon or salt pork on top. Preheat oven to 450°. Put meat on rack in open roasting pan. Pour marinade over roast and put onion and bell pepper in pan. Reduce heat to 400° and roast 35 - 50 minutes or until internal temperature reaches 135° on meat thermometer for a rare roast. Fresh mushroom which have been sliced and sautéed may be added to liquid in pan and thickened slightly for gravy.

Scaloppini of Veal *

Pound 1 1/2 lbs. veal cutlet thin and cut into 8 pieces. Sprinkle with 1 1/2 t. kitchen bouquet, 1 t. salt, pepper. Brown in butter and add one lemon sliced thin and 1 t. parsley. Cover and simmer till tender (about 20 min.)

Spaghetti Bake

4 slices diced bacon
2 large chopped onions
2 cloves crushed garlic
1 lb. ground beef
4 8-oz. cans tomato sauce

1 t. salt
2 t. chili powder
5 c. water
1 lb. uncooked spaghetti
2 c. grated cheddar cheese

THE DAY BEFORE (Preparation and cooking time - 30 minutes)

1. In a large skillet, fry the diced bacon for about 5 minutes. Add the chopped onions and garlic and cook until soft. Add the meat and cook and stir until it loses its red color. Stir in the salt, chili powder, tomato sauce, and water. Cover and simmer for 25 minutes.

2. Break half of the spaghetti (uncooked) into a greased 4-qt casserole. Cover with half of the sauce, then half of the grated cheddar cheese. Repeat these layers. Cover and refrigerate.

THE DAY (Cooking time - 45 minutes)

Bake, covered, at 350° for 30 minutes. Uncover and bake 15 minutes longer or until it is brown and bubbly.

Spanish Chili *

Serves 6

2 lbs. round ground
2 large onions
2 green pepper
3 or 4 cloves garlic
1 can tomatoes

1 can kidney beans
1 bunch celery
chili powder
1 c. olive oil

Slice and fry garlic in 1. c. olive oil. Remove garlic. Brown cut vegetables (not beans) a few minutes. Add meat and 1 t. chili. Stir and brown. Add water 1 inch above mess. Cook 1/2 hour. Add 1 T. chili. Cook 1/2 hour. Add beans. Cook 5 min.

Standing Rib Roast (rare)

Cook 25 min. in 350°. Cool 20 min. or longer. Put back in oven at 275° and cook 17 min. per pound. The first cooking at 500° can be done several hours before the last cooking.

Veal Cutlet Casserole

1 1/2 lbs. thin veal cutlet
grated Parmesan cheese
3 T. cooking oil
2 stalks celery, finely chopped
1 onion, finely chopped
1 clove garlic, crushed

3/4 c. red wine
dash marjoram
dash nutmeg
1/4 c. water
salt and freshly ground black pepper

THE DAY BEFORE (Preparation and cooking time - 1 hour)

1. Coat the veal slices thoroughly with Parmesan cheese and brown them in the hot oil. Add the celery, onion, and garlic and cook until they are transparent.

2. Put the veal and vegetables in a 2-quart casserole, add the wine, seasonings, and water, and cover. Bake at 350° for 45 minutes. Cool and refrigerate.

THE DAY (Cooking time - 25 minutes)

Bake the casserole at 350° for 25 minutes.

Veal Loaf * (Kathryn)

2 lbs. veal and 1 lb. pork ground.
3 T. cream
3 T. chopped parsley

salt, pepper, Tabasco to taste
1 egg beaten slightly

Mix thoroughly. Put in covered pan. Cook about 45 minutes in hot oven.

Veal Spread *

Better on 2nd day
Veal roast or stew

boil it (maybe onion, celery in water, not in spread)
hard boiled eggs.

Cool. Grind in meat grinder the above ingredients then run through again with 1 or 2 green peppers, sweet pickle relish or pickles, mayo (more than you think), worcestershire sauce, salt and pepper.