

14. Meats

Barbecues Spareribs.....	14.1
Pork and Sauerkraut with Tomatoes.....	14.1
BBQ Pork Chops.....	14.1
Pork Chops ‘N Stuffing	14.2
Pork Chop and Potato Scallop	14.2
Sausage and Peppers.....	14.2
Hamburger Steak in Mushroom Gravy.....	14.3
Short Ribs of Beef.....	14.3
Spicy Short Ribs	14.3
Beef Stroganoff Bake.....	14.4
Beef Stroganoff.....	14.4
Easy Beef Stroganoff	14.4
Souper Stroganoff	14.5
Stuffed Green Peppers (Microwave)	14.5
Stuffed Peppers	14.5
Macaroni Sauté	14.6
Stuffed Cabbage in Tomato Sauce.....	14.6
Cabbage Beef Rolls.....	14.6
Meat Loaf.....	14.7
Ann Lander’s Meat Loaf.....	14.7
Basic Meat Loaf.....	14.7
Meat Loaf.....	14.8
Saturday Night Special	14.8
Teriyaki Steak	14.8
Joe’s Special.....	14.9
Salisbury Steak.....	14.9
Green Pepper Steak.....	14.10
Pepper Steak.....	14.10
Swiss Steak	14.10

(Continued)

Swiss Steak with Vegetables	14.10
Beef Burgundy	14.11
Oven Swiss Steak.....	14.11
London Broil.....	14.11

Barbecued Spareribs

3 pounds fresh pork spareribs	1 medium onion, peeled
½ teaspoon whole cloves – about 10	¼ teaspoon peppercorns – about 20
2½ teaspoons salt	3 cups water
½ cup firmly packed dark brown sugar	¼ cup prepared yellow mustard
1 8-ounce can tomato sauce	1 to 2 tablespoons Worcestershire sauce
1 medium onion, minced	freshly ground pepper – about
small pinch cayenne pepper	1/8 teaspoon

Have meat man cut racks in half. Cut ribs into individual pieces. Place in large kettle. Heat onion, cloves, peppercorns, 2 teaspoons salt and water. Bring to boil and simmer for 30 minutes. Drain ribs and place in one layer in a large shallow dish. Meanwhile, prepare barbecue sauce in a saucepan. Stir together the sugar, mustard, tomato sauce, Worcestershire, onion, remaining ½ teaspoon salt, pepper and cayenne. Bring to boil. Simmer 5 minutes. Makes about 1-1/3 cups sauce. Add sauce to ribs and turn to coat thoroughly. Cover and refrigerate at least 3 hours – longer if you like.

Place marinated ribs on grill 3-4” above medium hot charcoal and grill 3-5 minutes on each side or until ribs are hot and beginning to brown around the edges. Do not overcook or ribs will dry out. 3 main dish servings or 6-9 appetizer servings.

Pork And Sauerkraut With Tomatoes

1 (2 pound) package Hatfield sauerkraut, including liquid	1 medium onion, sliced thin
1 cup water	1 (14½ ounce) can peeled Italian plum tomatoes, drained and broken into pieces
2 large apples, peeled, cored and sliced thin	1 (4 pound) loin of pork

Preheat oven to 300°F. Mix together the sauerkraut, water, apples, onion and tomatoes. Place one half of mixture in a large Dutch oven. Remove all fat from pork roast; place in pot and cover with remaining sauerkraut mixture. Cover pot and bake until pork is tender and meat thermometer registers 185°F (approximately 5 hours.) Serves 6 to 8.

BBQ Pork Chops

Lightly fry chops.

Cook chopped onion in butter in small saucepan. Add:

1 cup catsup	1 tablespoon sugar
½ to ¾ cup water	1 tablespoon Worcestershire sauce
1 tablespoon prepared mustard	Salt and pepper to taste

Simmer till slightly thick. Pour over chops in shallow pan. Bake at 325-350°F for at least 1 hour. Save some sauce and baste chops about half way through.

Pork Chops 'N Stuffing

4 pork chops (about 1 pound)	¼ teaspoon poultry seasoning
3 cups soft bread cubes	1 can (10½ ounces) condensed cream of mushroom soup
2 tablespoons chopped onion	1/3 cup water
¼ cup melted butter or margarine	
¼ cup water	

Brown chops on both sides; place in shallow baking dish. Lightly mix together bread cubes, onion, butter, ¼ cup water and poultry seasoning. Place a mound of stuffing on each chop. Blend soup and 1/3 cup water; pour over. Bake in a 350°F oven 1 hour or until tender. 4 servings.

Pork Chop And Potato Scallop

4 pork chops (about 1 pound)	¼ cup water
1 can (10½ ounces) condensed cream of mushroom soup	2 tablespoons chopped parsley
½ cup sour cream	4 cups thinly sliced potatoes
	Salt and pepper

Brown chops. Blend soup, sour cream, water, and parsley. In a 2-quart casserole, alternate layers of potatoes sprinkled with salt and pepper, and sauce. Top with chops. Cover; bake in a 375°F oven 1¼ hours. 4 servings.

Sausage And Peppers

1 to 2 pounds Italian sausage	2 tablespoons oil
1 pound frying peppers	Salt, pepper, oregano
1 can mushrooms, drained	Water

Cut sausage into one-inch pieces. In a large skillet, brown sausage in oil. After sausage is brown, drain excess oil from skillet and add remaining ingredients. Cook for 45 minutes, adding water as needed to make sauce. Makes four to six servings.

Hamburger Steak In Mushroom Gravy

1 pound ground beef	2 tablespoons vegetable oil
1 egg	2 tablespoons flour
¼ cup bread crumbs	2 cups liquid (juice from mushrooms and water)
1/8 teaspoon pepper	1 can (4 ounces) mushrooms
1 teaspoon Worcestershire sauce	
1 package dehydrated onion soup mix	

Combine meat with egg, crumbs and seasonings, and half the onion soup mix. Shape into patties and fry in vegetable oil. Remove browned hamburgers. Add flour to fry pan; stir while it browns lightly. Blend in liquid, stirring vigorously until smooth. Stir in remaining onion soup mix and mushrooms; cook 5 minutes. Return meat to skillet; cook slowly 5 minutes. Serve with rice or buns. 4 to 6 servings.

Short Ribs Of Beef

2 pounds ribs of beef (cut into serving pieces)	Salt and pepper to taste
2 tablespoons oil	2 cloves garlic, crushed
½ cup carrots, diced	1½ tablespoon flour
½ cup celery, diced	1½ cups beef stock
3 small onions, diced	½ cup dry white wine
½ teaspoon thyme	3 tablespoons parsley
1 can tomatoes	1 tablespoon tomato paste
	2 bay leaves

Heat oil in Dutch oven. Add short ribs and brown well, remove to platter and set aside. Add onions to oil, sauté until glazed, then add carrots and celery, sauté for 2 minutes. Add thyme, bay leaves and garlic. Mix well and return meat to pan. Remove from heat and add flour, stirring in well. Add beef stock and continue stirring. This will give a light sauce. Add wine, tomatoes, salt and pepper, tomato paste, mix all well. Cover pan and let simmer 1 to 1½ hours. Sprinkle with parsley before serving. This dish is great to make a day in advance. Reheating brings out all the flavors.

Spicy Short Ribs

3 pounds short ribs of beef	2 tablespoons brown sugar
¼ cup flour	2 tablespoons vinegar
2 tablespoons shortening	¼ teaspoon ground cinnamon
1 can (10½ ounces) condensed beef broth	¼ teaspoon ground cloves
1 cup dried apricots	¼ teaspoon ground allspice

Dust ribs with flour; brown in shortening in large heavy pan. Pour off excess drippings. Combine remaining ingredients; pour over ribs. Cover; cook over low heat 2½ hours or until ribs are tender; turn ribs and baste with sauce often. 4 to 6 servings.

Beef Stroganoff Bake

2 pounds beef cubes	1 can mushrooms (optional)
1 can onion soup	½ cup dry Vermouth
1 can cream of celery soup	½ cup sour cream
1 can cream of mushroom soup	

Combine beef cubes, onion, celery and mushroom soups and mushrooms. Bake in 350°F oven for 2 hours. Keep covered most of the time. Just before serving, mix together Vermouth and sour cream, then add to beef mixture. Serve over noodles. Serves 6.

Beef Stroganoff

2 pounds beef for stew, cut in pieces ½ inch wide	1 can (4 ounces) mushrooms
6 tablespoons flour	1½ cups liquid (water and liquid from mushrooms)
1½ teaspoon salt	2 tablespoons flour
¼ teaspoon pepper	½ cup water
3 tablespoons lard or drippings	1 cup dairy sour cream
1 cup chopped onion	Cooked noodles, if desired
1 cup tomato juice	

Combine 6 tablespoons flour, salt and pepper. Dredge meat in seasoned flour. Brown in lard or drippings. Add onion and brown. Pour off drippings. Add tomato juice. Drain mushrooms, reserving liquid. Add sufficient water to mushroom liquid to make 1½ cups. Add liquid. Cover tightly and cook slowly 1½ hours. Add mushrooms. Mix together 2 tablespoons flour and ½ cup water. Add and cook, stirring constantly, until thickened. Fold in sour cream and cook just until heated through. Serve over cooked noodles, if desired. Serves 6 to 8.

Easy Beef Stroganoff

1 pound boneless round steak, ¾" thick	½ cup sour cream
½ cup chopped onion	½ cup water
2 tablespoons butter	½ teaspoon paprika
1 can golden or cream of mushroom soup	Cooked noodles

Freeze meat 1 hour to firm. Slice into thin strips. In skillet, cook onion in butter until tender. Push to one side. Add meat and cook until brown. Add remaining ingredients except noodles. Cook at low heat for 1 to 1½ hours, stirring occasionally. Can refrigerate overnight. Serve over noodles.

Souper Stroganoff

1½ pounds round steak, cut in thin strips	½ cup chopped onion
¼ cup flour	1 small clove garlic, minced
Dash pepper	1 can (10½ ounces) condensed beef broth or consommé
¼ cup butter or margarine	1 cup sour cream
1 can (4 ounces) sliced mushrooms, drained	3 cups cooked noodles

Dust meat with flour and pepper. In skillet, brown meat in butter. Add mushrooms, onion, and garlic; brown lightly. Stir in soup. Cover; cook 1 hour or until meat is tender; stir often. Gradually blend in sour cream; cook over low heat for 5 minutes. Serve over noodles. 4 generous servings.

Stuffed Green Peppers (Microwave)

3 large green peppers	¼ teaspoon each garlic powder and black pepper
1 pound lean ground beef	1½ teaspoon salt
2 cups cooked rice	1 egg
1 teaspoon each onion powder and powdered thyme	1 can (15 ounces) tomato sauce
	2 teaspoons beef bouillon crystals

Wash peppers. Cut in half lengthwise. Remove seeds and white membrane. In a mixing bowl, combine meat, rice, seasonings, egg and ½ cup tomato sauce. Mound mixture in pepper halves. Place in a microproof casserole. Stir bouillon crystals into remaining tomato sauce. Spoon over peppers. Cover and cook on high for 15 minutes. Let stand 5 minutes. Makes 6 servings.

Stuffed Peppers

4 large green peppers	1 13½ ounce can tomato juice
Salted water	1 egg
3 tablespoons olive oil	½ teaspoon dried thyme leaves
½ cup finely chopped onion	½ teaspoon dried basil leaves
1 clove garlic, crushed	1 teaspoon salt
½ cup finely chopped celery	¼ teaspoon pepper
1 pound ground beef round	2 tablespoons pine nuts (optional)
1 cup cooked rice	

Heat oven to 350°F. Wash green peppers. Cut a slice from the top of each and reserve top slices. Remove seeds and inner white membrane from peppers. Place peppers in a large kettle of salted water. Bring water to a boil and cover; reduce heat to low (200°F) and simmer 5 minutes. Drain.

Remove stems from pepper tops and coarsely chop the tops; set aside. Heat oil in a skillet over moderately low heat (about 225°F). Add the chopped pepper tops, onion, garlic and celery; cook about 5 minutes, until tender. In a large bowl combine cooked vegetables, ground beef, rice, ½ cup of the tomato juice, egg, thyme, basil, salt, pepper and pine nuts. Stuff the green peppers lightly with meat mixture. Place in a shallow baking dish. Pour the remaining tomato juice over the stuffed peppers and into the bottom of the baking dish. Bake uncovered 45 minutes to 1 hour, basting occasionally with the tomato juice in the baking dish. Makes 4 servings.

Macaroni Sauté

2 cups elbow macaroni (8 ounce package), uncooked	1 can (6 ounce) tomato paste
½ cup chopped onion	2½ cups water
½ cup chopped green pepper	1 teaspoon salt
1 clove garlic, minced	¼ teaspoon pepper
½ cup vegetable oil	2 teaspoons Worcestershire sauce

Sauté raw macaroni, onion, green pepper and garlic in hot vegetable oil till macaroni turns slightly yellow. Add remaining ingredients and bring to a boil. Cover and simmer over low heat about 20 minutes. Stir occasionally. 6 servings.

Macaroni Beef Sauté: Sauté 1 pound ground beef with the macaroni. Increase the salt to 1½ teaspoons. This is a meal in itself – just needs lettuce salad or a fruit dessert.

Stuffed Cabbage in Tomato Sauce

12 large cabbage leaves	¼ teaspoon pepper
1 pound ground beef	1 egg
1 cup cooked rice	2 to 3 tablespoons vegetable oil
2 tablespoons finely chopped onion	2 cans (8 ounce size) tomato sauce
1 teaspoon caraway seed	¼ cup water
1 teaspoon salt	

Blanch or partially cook cabbage leaves in boiling salted water. It takes just about 2 minutes. Remove and drain. Combine next 7 ingredients. Divide meat mixture into 12 portions and wrap each portion in a cabbage leaf. Tie lightly with string. In a large skillet or fryer, brown cabbage rolls lightly in 2 tablespoons vegetable oil, adding more oil if necessary. Reduce heat; add tomato sauce and water. Cover and cook about 40 minutes. 6 servings.

Cabbage Beef Rolls

1 cup chopped onion	¼ teaspoon pepper
½ cup uncooked long grain rice	2 cans (8 ounces each) tomato sauce
2 tablespoons butter or margarine	6 large cabbage leaves
1 pound ground beef, chuck or round	¾ cup water
1¼ teaspoon salt	2 tablespoons brown sugar
½ teaspoon chili powder	1 tablespoon lemon juice
½ teaspoon dry mustard	½ cup shredded American cheese

Cook onion and rice in butter or margarine in 10" covered skillet until onion is tender, stirring frequently. Add beef, salt, chili powder, mustard, pepper and ½ cup tomato sauce; mix well. Divide into 6 equal portions.

Cut the stiff ridge from the back of each cabbage leaf. Dip 2 leaves in boiling water at a time and remove as soon as they are limp; drain and chill in cold water. Drain one leaf at a time and place a portion of meat mixture to one end of cabbage leaf; roll up folding the sides in over meat mixture. Repeat 5 times. Arrange in skillet. Add remaining tomato sauce, ½ cup water, brown sugar and lemon juice; cover and cook until meat and rice in leaves are done, about 1 hour. Transfer rolls to serving dish; keep warm. Add remaining ¼ cup water and cheese to pan drippings; heat and stir until cheese melts and mixture is smooth. Spoon over cabbage rolls. Makes 6 servings.

Meat Loaf

2 pounds beef, chuck or round	2 teaspoons salt
2 slices dry bread	¼ teaspoon pepper
1 small onion	½ teaspoon dried basil or marjoram
1 clove garlic (optional)	3 or 4 slices bacon
2 eggs	Tomato Sauce*

Mix all ingredients together except Tomato Sauce. Shape into loaf and place in 9½x5½x2¾" loaf pan. Place bacon on top of loaf and cover with Tomato Sauce. Bake at 350° for 1 hour.

* Tomato Sauce: 1 cup catsup
1 cup brown sugar
Combine ingredients and stir until smooth.

Ann Lander's Meat Loaf

2 pounds ground round steak	½ cup warm water
2 eggs, beaten	1 package onion soup mix
1½ cups fresh bread crumbs	2 strips raw bacon, optional
1 teaspoon MSG (Accent)	1 8-ounce can tomato sauce

Mix thoroughly all ingredients except bacon and tomato sauce. Place in loaf pan and cover with bacon. Pour tomato sauce over top and bake 1 hour at 350°. Serves six.

Basic Meat Loaf

2 pounds ground lean beef, or 1½ pounds beef and ½ pound ground pork or sausage	2 eggs, beaten
1 large onion, finely chopped	4 slices white bread, finely crumbled
1 teaspoon salt	1 beef or chicken bouillon cube
Ground black pepper to taste	½ cup hot water
½ teaspoon dried marjoram, thyme or sage	Butter or margarine
	3 slices raw bacon

Preheat oven to 350°. Combine beef, onion, salt, pepper, herbs, and beaten eggs in large mixing bowl. Dissolve bouillon cube in hot water; cool, and add with bread crumbs to meat mixture. Mix thoroughly. Pack meat mixture into lightly greased loaf pan, or shape into a loaf and place on aluminum foil in a baking dish. Top with bacon and bake 1 hour. Serves six.

Meat Loaf

1½ pounds ground beef	½ teaspoon dry mustard
3 slices bread, torn into small pieces*	¼ teaspoon pepper
1 egg	¼ teaspoon sage
1 cup milk	1/8 teaspoon garlic powder
1 small onion, chopped (about ¼ cup)	½ cup catsup, chili sauce or barbecue sauce (optional)
1 tablespoon Worcestershire sauce	
1 teaspoon salt	

Heat oven to 350°. Mix all ingredients except catsup. Spread mixture in ungreased loaf pan, 9x5x3", or shape into loaf in ungreased baking pan. Spoon catsup onto loaf. Bake uncovered 1 to 1¼ hours. Drain off fat. Six servings.

* You can substitute ½ cup dry bread crumbs, ½ cup wheat germ or ¾ cup quick-cooking oats for the bread pieces.

Saturday Night Special

1 pound ground beef	2 tablespoons ketchup
2 medium size onions	1 tablespoon prepared yellow mustard
1 can chicken gumbo soup	

Brown beef with onions. Add chicken gumbo soup, ketchup, mustard and a little water. Simmer 20-25 minutes.

Teriyaki Steak

½ cup soy sauce	1 ounce sherry wine
1 clove garlic, finely chopped	Steak of any kind (even halves of chicken)
¾ teaspoon ground ginger	
2 tablespoons sugar	

Mix all ingredients in pan. Marinate steak in mixture for about 1 hour, turning to saturate meat. Barbecue, broil or fry steak. Serve with white rice.

Joe's Special

2 pounds lean ground beef	¼ teaspoon pepper
1 tablespoon olive oil or salad oil	1 package (10 oz.) frozen chopped spinach, thawed and drained well
2 medium-size onions, chopped	¼ cup grated parmesan cheese
2 cloves garlic, minced or pressed	4 to 6 eggs, lightly beaten
½ pound mushrooms, sliced	Additional grated parmesan cheese
1¼ teaspoon salt	
½ teaspoon <u>each</u> ground nutmeg and oregano leaves	

In a wide frying pan over medium heat, cook beef in oil until crumbly and well browned. Add onions, garlic, and mushrooms; cook, stirring occasionally, until onions are soft.

Stir in salt, nutmeg, oregano, pepper, spinach, and cheese; cook for about 5 more minutes. Add eggs, reduce heat to low, and gently stir mixture until eggs are set to your liking. Pass additional cheese at the table. Makes 4 to 6 servings.

Salisbury Steak

Ground beef	onion
egg	green pepper
bread crumbs	Worcestershire sauce
celery	Salt and pepper

Bake, broil or fry.

Green Pepper Steak

1½ pounds round steak, ¼" thick	3 tablespoons vegetable oil
2 tablespoons soy sauce	1 cup diced green pepper
¼ cup flour	1 cup water

Cut steak into strips about 2 inches long and 1 inch wide. Pound the strips to help make them tender. Brush soy sauce on each side of meat strips, then sprinkle with flour. Brown steak strips in vegetable oil over medium heat. Add green pepper and sauté a few minutes, then add the water. Cover and simmer 35 to 45 minutes, until meat is tender. 6 servings.

Pepper Steak

¼ cup seasoned flour	1 large green pepper, cut into 8 strips
1½ pounds round steak (about ¾" thick)	1 medium onion, sliced
2 tablespoons shortening	1 clove garlic, minced
1 can (10½ ounces) condensed tomato soup	1 tablespoon lemon juice
½ cup water	4 thin slices lemon

Pound seasoned flour into steak with meat hammer or edge of heavy saucer. Brown steak on both sides in shortening. Add remaining ingredients. Cover; cook over low heat 45 minutes or until steak is tender; stir often. 4 to 6 servings.

Swiss Steak

¼ cup flour	¼ cup vegetable oil
1½ teaspoon salt	2 medium onions, chopped
Dash pepper	1 cup water
2 pounds thick round steak	1 can (8 ounces) tomato sauce

Mix flour, salt and pepper; pound into both sides of meat. Brown meat in a small amount of vegetable oil, adding more oil as necessary. Remove browned meat from pan and cook onion until golden. Add water and tomato sauce; stir until mixture thickens a bit and boils. Return meat to pan; cover and reduce heat. Simmer 1½ hours or until meat is tender. 6 servings.

Swiss Steak With Vegetables

¼ cup flour	½ cup water
Dash pepper	4 medium carrots; cut in 2" pieces
1 pound round steak (1/2" thick)	4 medium potatoes, cut in half
2 tablespoons shortening	1 tablespoon chopped parsley
1 can (10½ ounces) condensed onion soup	

Pound flour and pepper into steak with meat hammer or edge of heavy saucer. Cut into 4 serving pieces. In large skillet, brown steak on both sides in shortening. Add soup, water, carrots, and potatoes. Cover; cook over low heat 45 minutes or until meat and vegetables are tender. Stir now and then. Sprinkle with parsley just before serving. 4 servings.

Beef Burgundy

4 slices bacon	1/8 teaspoon pepper
1½ pound beef top round, cut in cubes	12 small whole white onions (about ¾ pound)
1 can Campbell's Golden Mushroom Soup	2 cups sliced mushrooms (about ½ pound)
¼ cup burgundy	
2 tablespoons chopped parsley	

In large saucepan cook bacon until crisp; remove and crumble. Brown beef in drippings. Pour off fat. Add soup, wine, parsley and pepper. Cover, cook over low heat 1½ hours. Add onions and mushrooms; cover and cook 1 hour more or until beef is tender. Serve over wide noodles. Garnish with bacon and additional parsley.

Oven Swiss Steak

1½ pounds beef round steak, cut ¾" thick	1 16-ounce can tomatoes
¼ cup all-purpose flour	½ cup finely chopped celery
1 teaspoon salt	½ cup finely chopped carrot
2 tablespoons shortening	½ teaspoon worcestershire green pepper, diced

Cut meat into 6 serving-size portions. Combine flour and salt; with meat mallet, pound 2 tablespoons of the mixture into meat on both sides. Brown meat on both sides in hot shortening. Transfer meat to a 12x7x2" baking dish. Blend remaining 2 tablespoons flour mixture into pan drippings. Stir in undrained tomatoes, celery, carrot, and worcestershire. Cook and stir till thickened and bubbly; pour over meat. Bake steak, covered, in 350°F oven about 1 hour and 20 minutes or till meat is tender. Makes 6 servings.

London Broil

1 beef flank steak, 1 to 1½ pounds	1 tablespoon brown sugar
1 small onion, chopped	2 tablespoons salad oil
2 tablespoons vinegar	1 teaspoon salt
¼ cup water	½ teaspoon hot pepper sauce
2 tablespoons catsup	

Place flank steak and chopped onion in shallow glass utility dish. Combine vinegar, water, catsup, brown sugar, salad oil, salt and hot sauce, mixing thoroughly. Pour over steak, turn and cover with foil, marinate in refrigerator 12 to 24 hours. Remove from marinade and place on rack in preheated broiler, so top of steak is 3" to 4" from heat. Broil 5 minutes on each side, brushing with marinade. Serve carved diagonally into very thin slices. Makes 4 to 6 servings.