

# Meat Recipes



## Braised Short Ribs

### Ingredients

ITEM#	ITEM	AMT
14945	Beef Short Ribs	6 lb
31890	Extra Virgin Olive Oil	½ cup
25880	Flour	1 cup
99120	½" Diced Celery	2 cups
97870	½" Diced Onions	2 cups
93860	½" Diced Carrots	2 cups
99719	Minced Garlic	3 tsp
11441	Port Wine	4 cups
99656	Fresh Thyme	¼ cup
97455	Diced Tomato	2 cups
58966	Horseradish, pressed	2 cups
19710	Beef Stock	1 gal
99354	Bay Leaf	3 pc
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

### Method

- Season the flour and dredge the ribs.
- Heat a large braiser, add the oil, brown the ribs and remove from pot.
- Add the carrots, onion, garlic, and celery and sweat on high heat.
- Add the thyme and bay leaf, cook 3 to 5 minutes then deglaze the pan with the port and reduce by half.
- Place the ribs back in the pan, cover with beef stock and simmer until tender, about 1 ½ to 2 hrs.
- Remove ribs and keep warm.
- Reduce the stock until desired consistency is reached.
- Finish the sauce with horseradish, salt and pepper to taste.
- Plate the ribs surrounded by a bed of broad noodles and sauce the dish.
- Garnish with fresh thyme sprigs.

## Beef and Guinness Stew

### Ingredients

ITEM#	ITEM	AMT
98908	Peeled Cipollini Onions	20 each
98935	Peeled Yams	4 each
99220	Peeled Celery Root	2 each
99215	Peeled Parsnips	8each
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste
95716	Beef Bottom Round Flat	4 pc
34451	Pure Maple Syrup	½ cup
30861	Chili Powder	2 tsp
31201	Cumin	1 tsp
31251	Granulated Garlic	1 tsp
45651	Granulated Onion	1 tsp
30011	Celery Salt	½ tsp
23785	Flour	1 cup
97455	Diced Tomatoes	2 cup
30220	Blended Oil	½ cup
19150	Beef Stock	1 qt
	Guinness Stout	2 qt
99354	Fresh Bay Leaves	2 each

### Method

- Season the flour.
- Cut beef bottom round flats in half lengthwise.
- Flour and sear the beef in a large brazier, remove and set aside.
- Dice the yams, parsnips, and celery root and sear with the onions.
- Place the beef back on top of vegetables.
- Mix together the syrup, tomatoes, and the spices and pour over the beef.
- Cover with beef stock, add Guinness, and bring to a boil, lower to a simmer and cook covered for 2-2 ½ hrs until tender.
- Remove beef and vegetables and separate them.
- Reduce sauce until desired thickness is reached, adjust seasoning.
- To plate, slice the beef about ¼ inch thick, fan out in center of plate
- Arrange vegetables around the beef and top with the sauce.
- Garnish with fresh bay leaf and thyme sprig.

# Meat Recipes



## Bourbon Glazed Barbeque Spare Ribs

### Ingredients

ITEM#	ITEM	AMT
16735	Barbeque Ribs	8 racks
45995	Bourbon Glaze	½ gal
58966	Horseradish	2 cups
42841	Chili Sauce	1 #10 can
68280	Brown Sugar	1 lb
66821	Dijon Mustard	1 cup
34361	Molasses	1 cup
33061	Soy Sauce	½ cup
27086	Worcestershire Sauce	½ cup
33031	Old Bay Seasoning	3 handfulls
74250	Orange Juice	1 quart
34451	Pure Maple Syrup	1 ½ cup

### Method

#### For the Sauce:

1. Combine all ingredients except the ribs and Old Bay, in pot.
2. Bring to a boil and lower to a simmer for a half hour.
3. Pour into 6" hotel pan to cool.

#### For the Ribs:

1. Rub both sides of rack with Old Bay Seasoning
2. Place racks in 2 – 2" Hotel Pans.
3. Add 2 cups of orange juice to each pan.
4. Add 1 cup water to each pan.
5. Wrap pan with clear wrap, then wrap with foil.
6. Bake at 350° for 1 ½ to 2 hours depending on oven.
7. Unwrap, drain and let sit 15 minutes.
8. Put on gloves.
9. Dredge whole rack in sauce, shake off excess. Place on parchment lined sheet pans.
10. Bake at 400° for 10 minutes.
11. Dredge again in sauce, bake at 400° for 10 minutes more.
12. Ribs may be served now or cooled for retherming.
13. To retherm, brush liberally with sauce and heat through at 350°

This batch of sauce should cover 20 – 24 racks of ribs.

## Chicken Cacciatore

### Ingredients

ITEM#	ITEM	AMT
90220	Boneless Chicken Thighs	20 lb
25880	Flour	6 cups
45681	Black Pepper, ground	¼ cup
26760	Salt	¼ cup
30280	Soy Oil	½ gallon
	Cacciatore Sauce (see cacciatore sauce recipe)	

### Method

1. Trim and gently pound chicken.
2. Mix salt and pepper with flour.
3. Dredge chicken in seasoned flour
4. Heat heavy sauté pan and add oil
5. Sauté chicken on both sides till done  
(165 ° internal temperature).
6. Set out chicken on sheet pans, 30 per pan, do not overcrowd, and keep above 140° until service.
7. Place on plate and spoon 2 oz of sauce on each thigh.
8. Garnish and serve.



# Meat Recipes



## Cacciatore Sauce

### Ingredients

ITEM#	ITEM	AMT
98975	Green Pepper, julienne cut	4 each
74060	Spanish Onion, julienne cut	2 each
98630	Mushroom, sliced	3 lb
99711	Garlic, minced	¼ cup
30200	Olive Oil	½ cup
97256	Basil, chopped	1 cup
33565	White Wine	2 cup
43490	Crushed Tomatoes	2 cans
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

### Method

1. In heavy sauce pan heat olive oil and sauté garlic, peppers, onions and mushrooms until sweating.
2. Add white wine and reduce by half.
3. Add crushed tomatoes and season with salt and pepper, bring to simmer.
4. Add basil and simmer for 15 minutes.
5. Serve immediately or store in shallow container labeled, dated and refrigerated.



## Beef and Broccoli

### Ingredients

ITEM#	ITEM	AMT
95670	Beef for Pepper Steak	10 lb
99290	Onion, diced ½"	1 lb
31891	Extra Virgin Olive Oil	6 oz
18705	Beef Stock	1 qt
99930	Broccoli Florets, blanched	6 lbs
45350	Stir Fry Sauce	1 ½ cups
97678	Fresh Scallions, chopped	1 cup

### Method

1. Heat large heavy bottom skillet and add olive oil, when smoking add beef and quickly sear.
2. Add onions and continue cooking over high heat stirring frequently until onions are browned.
3. Add stock and scrape bottom of pan to remove residue, reduce liquid by half.
4. Add stir fry sauce and cook slowly until tender, do not over cook!
5. Add scallions and top with broccoli



# Meat Recipes



## Chicken Valdestano

### Ingredients

ITEM#	ITEM	AMT
94345	French Cut Chicken Breast	20 each
31891	Cucina Biello Extra Virgin Olive oil	6 oz
99290	Onion, diced 1/2"	2 cups
99711	Garlic, minced	1/4 cup
	White Wine	1 cup
25401	Cucina Biello breadcrumbs, seasoned	1 cup
99785	Sun Dried Tomato, cut into strips	1 cup
09865	Spinach, thawed and drained	2 lb
54011	Parmesan Cheese	2 cups
98630	Mushrooms, sliced	3 lb
36171	Culinarte Demi Glace	1.5 gal
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

### Method

1. In heavy bottom skillet heat and place olive oil, onion and garlic, cook until lightly browned.
2. Add spinach, sun dried tomato and heat thoroughly.
3. Add white wine and cook for 5 minutes.
4. Remove from heat, add parmesan cheese and breadcrumbs to tighten stuffing, season with salt and pepper, set aside to cool.
5. Prepare Culinarte Demi Glace according to instructions and add mushrooms that have been cooked, if the mushrooms are put in raw the sauce will become watery and discolored.
6. Stuff each chicken breast with stuffing and place on sheet pan, season with salt and pepper and bake at 375° until done, about 25 minutes.
7. Place into serving dish and top with mushroom sauce.
8. Serve immediately.

## Seared Beef Oskar

### Ingredients

ITEM#	ITEM	AMT
11215	Baguette	1 pc
56920	Butter	1/2 cup
31890	Extra Virgin Olive Oil	1 oz
96180	Tri Tips cleaned	3 lbs
48290	Liquid Egg Yolks	4 oz
33031	Old Bay Seasoning	2 tsp
97002	Asparagus Tips, blanched	2 cup
39790	Lump Crab Meat	2 cup
17081	Hellmans Mayo	3/4 cup
99620	Tarragon	2 sprigs

### Method

1. Cut the baguette into diagonal slices 1/3 inch thick, butter and grill on one side.
2. Slice beef into 1/4 inch slices the size of the toast. Season and sear in hot sauté pan, place on toast.
3. Mix together the mayo, yolks, old bay and asparagus.
4. Gently fold in crab.
5. Place mixture on top of beef and finish under med-high broiler until golden in color.
6. Garnish with sprigs of tarragon.

# Meat Recipes



## Oven Roasted Texas Brisket

### Ingredients

ITEM#	ITEM	AMT
91031	Fresh Brisket	1-11 lb
30861	Chili Powder	3 oz
32890	Barbeque Sauce	3 qt
40771	Old Bay Seasoning	3 oz
18385	Chipolte Base	2 oz
19710	Beef Stock	1 ½ qt

### Method

1. Preheat oven to 500 degrees.
2. Rub brisket with chipolte base, chili powder and Old Bay, place in oven and brown.
3. Remove from oven and cover beef with the barbeque sauce mixed with the beef stock.
4. Cover the roasting pan and cook at 350 degrees for 3-3 1/2 hrs until tender.
5. Remove from oven, separate the two pieces of the brisket and remove excess fat.
6. Slice thinly directly across the grain of the meat and arrange on a large platter.
7. Stain the sauce and spoon the sauce over the meat evenly reserving some for the side.

