

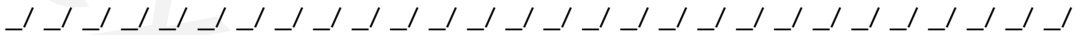


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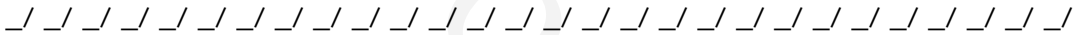
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Country Cookin' | TexMex Recipes | Cookin' Soup. Our hope  
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There will be links back here and to the sub-menus as well. If you get lost  
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[Main Menu](#) | [Country Cookin'](#) | [TexMex](#) | [Cookin' Soup](#)

Our "Free" Barbecue recipes Volume. We're happy to be on your desktop, enjoy the recipes, tips and let us know how you like it. Now before I start getting the email, remember, I am not a competition cooker and believe that bbq can be anything from brisket to hot dogs. This is backyard style.

Successful barbecuing starts with a good fire. Premium quality briquets help deliver a perfect fire in three ways. They light quicker so the coals are ready sooner. They burn longer to provide more cooking time. They are far more consistent so you won't have to relearn the properties of your fire each time you cook.

The renewed interest in authentic charcoal cooking has spawned extra convenience and improved flavor in the types of charcoal available.

[Barbecue Recipes](#) | [Briskets Recipes](#) | [Rubs/Marinades/Sauces](#) | [Information and Tips](#)

### **Safety First**

Make sure the grill is on a solid surface and is set away from shrubbery, grass and overhangs. Also see that grill vents are not clogged with ashes before starting a fire. NEVER use gasoline or kerosene as a starter fluid and don't pour anything directly on the coals to get a sluggish fire going. Instead place a few briquets in a small metal can, add lighter fluid and stack them on the pyramid of briquets with tongs, then light with a match.

These briquets will restart the fire.

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Feel free to pass this E-Cookbook to your friends at your discretion.



In the early 1900's, Henry Ford operated a northern Michigan sawmill that made wooden framing for his Model T's. As piles of wood scraps grew, he searched for a way to make them useful. He soon learned how to chip the wood and convert it into the now familiar pillow-shaped briquets. These convenient briquets were originally sold through Ford automobile agencies and marked the beginning of the all-American tradition of outdoor grilling and barbecuing.

BabyBack Ribs | Beef Ribs | Spare Ribs | Beef & Dry Spice

Ginger/Orange Ribs | Pork Kabobs | Pork Tenderloin | Shrimp Kabobs

Spice Rib Roast | Texas Sandwich | Teriyaki Beef Kabobs | Steak & Taters

Fajitas on a Stick | Lemon Chicken | Grilled Pizza | Fried Turkey

It is our purpose here, not to fill your head with recipes, but to give you some starters, tips, information and the knowledge that you can use your imagination with the spices, marinades and sauces.

The only difference between a good bbq and a bad bbq and is about 10 lbs of briquets. Try to stay away from charcoal lighter fluid if you can, since it tends to make your food taste like a petroleum dump. There are very reasonable priced chimney starters and electric starters on the market today that will do the job quickly and efficiently.



The Brisket cut of beef, was for years a part of the ground beef process, but smoking, barbecuing and cooking techniques perfected by folks like you and me have brought brisket to the front of the meat counter, with a premium price and has been a life-saver for the beef industry. When cooked correctly the brisket is some of the best meat you can have, plus it serves large quantities at reasonable prices

Couldn't be Easier | Mustard Glazed | Oven Brisket

Peppered Style | Texas-Style | Texas Smoked

It's extremely difficult to choose a "good" brisket, but the upside is, even a bad one will deliver taste and tenderness beyond belief. The recipes included for these large and mostly non uniform cuts of beef are just samplings of what can be done. Some are for your ovens, but remember, anything that can be cooked in your oven can also be prepared on your grill.

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## Dry Rubs, Marinades and Sauces

I could go on for days on this subject, but if you'll try some of the delicious combinations listed in this chapter, you'll soon have your own favorite combinations of spices to share with your friends.

Basic Beef Marinade | Heavy Duty Marinade | Dry Rubs

Quick BBQ Sauce | Moppin' Sauce | TexasCook BBQ Sauce

Watch food carefully during the grilling process. Total cooking time will vary with the type of food, position on the grill, weather, temperature of the coals and degree of doneness you desire.

The age old question: Nuke or No ?? Actually your choice, but if you partially cook foods in a microwave, immediately finish cooking the food on the grill. Do Not refrigerate partially cooked foods or let them sit at room temperature before grilling.

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The logo for TexasCook.Com features the text "TexasCook.Com" in a white, stylized font on a red rectangular background. To the right of this is a green rectangle, and below the red one is a blue rectangle. A yellow rectangle with the text "Tips & Info" in a black, stylized font is positioned to the right of the blue and green rectangles.

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## Tips & Info

You've probably heard these tips a thousand times, but just in case you need that extra boost, I'd be remiss to not include them.

In hot weather, food should never sit out for over 1 hour. Remember, keep hot foods hot and cold foods cold. If nothing else please practice this.

[About Sauces](#) | [Dry Rubs/Marinades](#) | [Grilling Basics](#)

[Grilling Tips](#) | [Smoking Brisket](#) | [Smoking Turkey](#)

Herb brushes lightly season grilled foods. To make, fasten a bunch of freshly picked herb sprigs to the tip of a wooden spoon handle with kitchen twine or cotton string. Dip herb brushes in olive oil and baste whatever you're grilling. Then untie and throw the sprigs into the fire.

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## Baby Back Ribs

**1 cup seasoned rice vinegar**  
**1 cup orange juice**  
**1/2 cup maple syrup**  
**1/2 cup water**  
**2 T. finely chopped ginger**  
**2 T. finely chopped cilantro**

**4 cloves garlic, chopped**  
**2 t. olive oil**  
**Salt and pepper**  
**1 t. crushed red pepper**  
**3-5 lbs pork loin back ribs**  
**1 T. cornstarch**

Combine vinegar, orange juice, maple syrup, water, ginger, cilantro, garlic olive oil, 1 t. black pepper, and red pepper in a medium bowl. Reserve 1 cup of marinade. Place ribs in a shallow glass dish or large plastic bag

Pour remaining marinade over ribs, cover or close.  
Marinate in refrigerator 4-24 hours.

To make glaze: place reserved cup of marinade in a small saucepan whisk in cornstarch. Bring to a boil stirring constantly, set aside.

Remove ribs from marinade and discard marinade. Grill ribs on a covered grill over medium coals about 8-12 minutes, turning and rearranging frequently. Brush ribs with glaze the last few minutes of cooking. Remove from grill and baste again with glaze

(4-6 servings)

## Oven Barbecued Beef Ribs

Great for summertime picnics.

**Cook:** 1-1/2 hours  
Serves 4

**2 lbs. beef ribs**  
**1/4 cup peach preserves**  
**1/2 cup water**  
**juice of 1 lemon**  
**1-1/2 Tbsp. brown sugar**  
**1 Tbsp. vinegar**  
**1/2 tsp. paprika**  
**freshly ground black pepper**  
**2 Tbsp. Worcestershire sauce**

Preheat oven to 450°F. Place the ribs on a rack in a shallow baking pan and roast in oven for 30 minutes. In a small saucepan, combine all other ingredients and cook over medium heat until thickened, stirring constantly. Set sauce aside.

Remove the ribs and rack from pan and pour off the fat. Reduce oven heat to 350°F. Return ribs to the pan, and pour the sauce over them. Bake uncovered, basting occasionally, until ribs are tender, about 1 hour.

## **Barbecued Spareribs**

**4 lbs. Spareribs, cut to serve**  
**1 C Brown sugar, firmly packed**  
**1/4 C Catsup**  
**1/4 C Soy sauce**  
**1 t Dry mustard**  
**1/2 C Chili sauce**  
**1/4 C Dark rum**  
**1/4 C Worcestershire sauce**  
**2 Cloves garlic, crushed**  
**Dash of pepper**

**Preheat oven to 350°F.**

Wrap ribs in double thickness of foil and bake for 1-1/2 hours.  
Unwrap and drain drippings.

Combine all ingredients and pour over ribs.  
Marinate at room temperature for 1 hour.  
Bake in open pan at 350°F for 30 minutes,  
basting with sauce, or grill 30 minutes,  
4 inches above coals, turning and basting.

## Beef and Dry Spice

<b>3 T. firmly packed brown sugar</b>	<b>4 cloves garlic</b>
<b>1 T. black peppercorns</b>	<b>1-1/2 to 2 lbs beef top round or London broil</b>
<b>1 T. yellow mustard seeds</b>	<b>(about 1-1/2 inches thick)</b>
<b>1 T. whole coriander seeds</b>	<b>Vegetable or olive oil</b>
	<b>Salt</b>

Place brown sugar, peppercorns, mustard seeds, coriander seeds and garlic in a blender or food processor, process until seeds and garlic are crushed Rub beef with oil, then pat on spice mixture. Season generously with salt.

Oil hot grill to help prevent stiching. Grill beef, on a covered grill, over medium-low briquet fire, 16-20 minutes for medium doneness, turning once. Let stand 5 minutes before slicing. Cut across the grain into thin diagonal slices.  
(Makes 6 servings)

## Ginger-Orange BBQ Beef Back Ribs

East meets west in this Oriental BBQ.

**Serves 8**

**6 lbs. beef back ribs**  
**1 cup orange juice**  
**1/3 cup lemon juice**  
**1/3 cup honey**  
**2 Tbsp. soy sauce**  
**1 Tbsp. fresh ginger, peeled and grated**  
**1 Tbsp. garlic, peeled and minced**  
**2 tsp. lemon zest, grated**  
**1 tsp. salt**  
**-- hot chili oil to taste**

Trim excess fat from back ribs. Combine all other ingredients. Mix well and pour over ribs. Cover and marinate in refrigerator overnight but no longer than 24 hours. Preheat oven to 425°F.

Remove ribs from marinade. Reserve marinade in a saucepan. Place ribs on a rack over a pan of hot water in oven. Roast 1 hour, turning once halfway through the cooking until browned and crisp.

Reduce marinade to a glaze-like consistency (about 1-1/2 cups). Reduce oven heat to 375°F. Brush ribs with glaze, roast 15 minutes, turn, brush with glaze and roast 15 minutes more.

## **Pork Kabobs with Mustard-Bourbon Glaze**

**1 boneless pork loin roast (1 to 1-1/4 lbs.)**

**Salt and Pepper**

**3 T. dijon mustard**

**3 T. bourbon or water**

**1/4 cup soy sauce**

**1/4 cup firmly packed brown sugar**

**1 T. worcestershire sauce**

Cut pork into 1" cubes, season with salt and pepper. Combine mustard bourbon, soy sauce, brown sugar, and worcestershire in a shallow dish or large heavy plastic bag. Add pork, cover or close. Marinate in refrigerator up to 4 hours.

Remove pork from marinade, discard marinade. Thread meat onto skewers and grill on a covered grill over medium coals 8-12 minutes until pork is cooked through turning once.

(Makes 4 servings)

## Pork Tenderloin with Orange Glaze

1 cup orange juice  
1/4 cup apple cider vinegar  
1 T. finely grated fresh ginger  
1 t. finely grated orange peel  
1 pork tenderloin (about a pound)  
Orange Glaze (recipe below) Salt and pepper

Combine orange juice, vinegar, ginger and orange peel in a shallow glass dish or large plastic bag. Add pork tenderloin, cover dish or close bag. Marinate in refrigerator at least 4 hours, turning several times. Meanwhile, prepare orange glaze.

Reserve about 1/4 cup for brushing on meat. Remove pork from marinade, discard marinade. Season pork with salt and pepper.

Grill pork on a covered grill, over medium fire 18-25 minutes.

Brush with with reserved glaze the last 5-10 minutes of cooking.

Let meat stand 5-10 minutes before slicing. Serve with glaze. (4 servings)

### Orange Glaze

1 cup orange marmalade  
1 T. finely grated ginger  
2 T. soy sauce  
2 T. apple cider vinegar  
1 T. dijon mustard  
1/4 t. salt and 1/4 t. pepper

Melt orange marmalade in a small saucepan. Stir in remaining ingredients, reduce heat to low. Cook about 10 minutes. Place in a small bowl to serve as accompaniment. Makes about 1 cup.

## Margarita Shrimp Kabobs

**1/4 cup tequila**  
**1/4 cup red wine vinegar**  
**1 T. ground red chiles**  
**1 T. cooking oil**  
**2 T. lime juice**  
**1/2 t. salt**  
**2 cloves garlic, chopped**  
**1 red bell pepper**  
**finely chopped (1 cup)**  
**1-1/2 lbs. raw shrimp (24)**

Peel and devein the shrimp, leaving the tails intact. Mix all ingredients except shrimp, in a bowl. Blend well and stir in shrimp. Cover and refrigerate for 30 minutes.

Remove shrimp from marinade, reserve marinade.

Thread shrimp on metal skewers. Grill over medium coals, 4-6 minutes, turning and brushing with marinade until pink. In a medium saucepan bring remaining marinade to a boil.

Reduce heat and simmer for 5 minutes. Serve sauce and shrimp with cooked rice and Grilled vegetables.

## **Spicy Rib Roast with Black Bean Salsa**

Elegance with a Southwestern flair.

**Serves 16**

**1 beef rib roast (8-10 lbs. bone in),  
fat trimmed to 1/8-inch thick**

**2 Tbsp. chili powder**

**2 tsp. ground cumin**

**2 tsp. salt**

**1 tsp. ground red pepper**

**1 can (15 oz) black beans, drained and rinsed**

**1 medium tomato, chopped**

**1 small red onion**

**3 Tbsp. fresh cilantro, chopped**

Build a medium-low fire in a covered grill. Add coals every 45 minutes as necessary to maintain heat during cooking. Or preheat oven to 325°F if roasting indoors. Mix chili powder, cumin, salt and red pepper. Reserve 2 tsp. for salsa. Rub roast with remaining seasoning.

Cook roast, bone side down, 4-5 inches from heat for 2-1/2 to 3 hours or 16-20 minutes per pound in covered grill. Meanwhile, in a medium bowl, combine black beans, tomato, onion, cilantro and reserved seasoning mix.

Check doneness with meat thermometer inserted in center not touching bone or fat. Remove roast when temperature reaches 135°F for medium-rare or 150°F for medium doneness. Let roast stand tented with foil for 15 minutes before carving.

Serve sliced roast with the black bean salsa.

## **Texas Steak Sandwich**

**2 beef flank steaks**  
**1/2 cup lime juice**  
**2 T. dried oregano**  
**2 T. cooking oil**  
**1/2 t. salt**  
**1/2 t. redpepper sauce**  
**4 cloves crushed garlic**  
**Hard rolls or tortillas**

Mix together marinade ingredients in a shallow dish.  
Add steaks to marinade and turn to coat. Cover and refrigerate for 30 minutes, turning steaks once.  
Remove steaks from marinade. Grill over medium coals for 10 to 15 minutes, turning once. Cut steaks across the grain in strips. Serve on hard rolls or tortillas with cucumber salsa. (8 servings)

## **Cucumber Salsa**

**1 cup sour cream**  
**1 cup plain lowfat yogurt**  
**1/4 cup chopped parsley**  
**1/4 cup chopped cilantro**  
**1 t. ground cumin**  
**1/2 t. salt**  
**2 medium cucumbers**

Peel and remove seeds from cucumbers. Shred cucumber in a food processor. Whip together sour cream, yogurt, parsley, cilantro, cumin and salt. Stir in cucumbers. Cover and refrigerate for 30 minutes before serving.

## Teriyaki Glazed Beef Kabobs

**1-1/2 lbs. beef sirloin, cut into 1" cubes**  
**1/2 cup bottles teriyaki baste & glaze**  
**1 t. olive oil**  
**1 clove garlic, minced**  
**8-12 green onions**  
**1 or 2 tomatoes, cut into slices**

Thread beef cubes on skewers. Combine teriyaki glaze, olive oil and garlic in a small bowl. Brush beef and onions with part of the glaze, saving some for grilling. Let stand 30 minutes.

Grill beef on a covered grill over medium coals 6-9 minutes turning several times and brushing with glaze. Add onions and tomatoes 3-4 minutes after the beef. Grill until onions and tomatoes are tender. Remove from grill, brush everything with remaining glaze.

(Makes 4 servings)

## Grilled Steak and Potatoes

**Olive oil**  
**1-1/2 t. cracked pepper**  
**2 cloves garlic, pressed**  
**1/2 t. salt**  
**1/2 t. dried thyme**  
**leaves, crushed**

**3 beef filet or striploin**  
**steak (1-1/2 inches thick)**  
**4 medium potatoes, sliced**  
**into 1/2 inch thick rounds**  
**Additional salt and pepper**  
**4 lime wedges**

Combine 2 T. oil, 1-1/2 t. pepper, garlic, 1/2 t. salt and thyme in cup  
Brush over steaks to coat both sides. Brush potato slices with additional  
oil, season to taste with additional salt and pepper

Grill beef and potatoes, on a covered grill over medium-hot coals, 10-12 minutes, turning once. Beef should be medium-rare and potatoes golden brown and tender. Squeeze lime over steaks and serve.

(Makes 4 servings)

## Fajitas-On-A-Stick

Great fajita recipe for the grill.

Serves 4

**1-1/4 lbs. top sirloin steak, cut 1-inch thick**  
**1/3 cup bottled Italian dressing**  
**3 Tbsp. fresh lime juice**  
**2 green or red bell peppers,**  
**each cut into quarters**  
**2 medium onions, cut crosswise**  
**into 1/2-inch slices**  
**8 medium flour tortillas, warmed**  
**-- prepared salsa**  
**8 bamboo skewers**  
**8 medium flour tortillas, warmed**  
**Soak 8 (9-inch) bamboo skewers in**  
**water for 10 minutes; drain.**

Trim fat from steak. Cut steak crosswise into 1/2-inch thick strips. Thread an equal amount of beef, weaving back and forth onto each skewer. In a small bowl, combine dressing and lime juice, mixing well. Brush onto beef, peppers and onions.

Place vegetables on grid over medium ash-covered coals. Grill peppers uncovered 12-15 minutes and onions 15-20 minutes or until tender, turning both once. Approximately 10 minutes before vegetables are done, move vegetables to outer edge of grid.

Place beef in center of grid and grill 8-12 minutes for medium rare to medium doneness, turning once. Season beef with salt as desired. Remove beef from skewers. Serve beef and vegetables in tortillas with salsa.

## Lemon-Herb Chicken Breasts

**6 chicken breasts**  
**3 large cloves garlic**  
**Juice of 3 lemons**  
**1/2 cup olive oil**  
**1 tsp rosemary**  
**1-1/2 tsp pepper**  
**1-1/2 tsp salt**

Rinse chicken breasts with skins on, pat dry and set aside. Combine remaining ingredients and mix well. Using a large freezer bag, combine chicken with liquid mixture and marinate for 12 hours. Turn bag occasionally. Remove chicken from bag and drain. Grill over wood (or charcoal) chips, or bake uncovered at 350 degrees for 1 hour.

Serves 6.

(This recipe takes only a few minutes in the morning to prepare, making the supper hour more relaxed and enjoyable)

## Grilled Pizza

2 loaves (1 lb each) frozen bread dough, thawed  
Olive oil  
barbecue sauce or pizza sauce

**Seasonings:** finely chopped garlic  
and fresh or dried herbs

**Toppings:** any combination of slivered ham, leftover shredded barbecued chicken and grilled vegetables, such as thinly sliced mushrooms, zucchini, yellow squash, bell peppers, eggplant, pitted olives, pineapple chunks, sliced tomatoes, Salt and Pepper

Cheese: any combination of shredded mozzarella, provolone, monterey jack, grated parmesan or crumbled feta

Divide each loaf of dough into 4 balls. Roll on cornmeal or lightly floured surface and pat out dough to 1/4 inch thickness to make small circles. Brush each circle with oil.

Arrange hot briquets on one side of the grill or (light half your gas grill) Oil hot grid to help prevent sticking. Vegetables, such as mentioned above need to be grilled until tender before using them as toppings (See Note Below)

Place 4 circles directly over the heat, (the dough will not fall through the grid) Grill circles, on an uncovered grill, until dough starts to bubble in spots on the top and bottom gets lightly browned. Turn over using tongs. Continue to grill until the other side is lightly browned, then move to the cool part of the grill.

Brush each crust lightly with barbecue sauce or pizza sauce, top with garlic and herbs, then meat or vegetables. Season with salt and pepper, then top with cheese. Cover pizzas and grill about 5 minutes until cheese melts, bottom of crust is crisp and pizza looks done. Repeat with remaining dough.

**NOTE:** Vegetables such as mentioned need to be pre-grilled, if used raw, they will not have enough time to cook through. To grill, thread cut-up vegetables on skewers. Brush lightly with oil. Grill on an uncovered grill over hot fire until tender, turning frequently.

## Cajun Fried Turkey

Yes I do realize this has nothing to do with cooking barbecue, but if you're making a day of cooking outside, why not try this.

My All-time favorite for Thanksgiving or any other time. Give it a try. Once you do it, it will be a tradition.

First make sure you have at least a 22 qt pot with a lid, high temp thermometer and a fire source. All kinds of things are on the market for this, but if you have a propane campstove it will do just fine. This process must occur outdoors because of the potential boilovers. Put your 12-15 lb. turkey in pot measuring water enough to cover bird by about 1 inch. Remember how much water you put in. This will be the amount of oil you will put in pot to eliminate some of the dangers of boilover.

Soak turkey over night covered in salt water if desired. When ready fill pot with measured amount of cooking oil. Pre-heat to 375 deg. Tie a clean piece of heavy wire through cavity of turkey, liberally rub with creole seasoning "Carefully" lower into hot oil, this will boil like crazy so please be extremely careful and move slowly. Put on cover.

Let fry for about 3 minutes per lb. (45-50 minutes) Once turkey floats, it is done. Remove and drain. Serve when cool enough to slice. Excellent with everything!!!

## Couldn't be Easier Brisket

**Cook:** 2-3 hours  
**Servings:** Serves 6

**3-4 lbs. boneless beef brisket**  
**1 bottle chili sauce**  
**1 can Coke**  
**1 packet dry onion soup mix**

Preheat oven to 300°F. Combine chili sauce, Coke and soup mix.  
Place brisket in a foil-lined baking pan. Pour sauce mixture over brisket and cover with another sheet of foil sealing edges. Bake at 300°F for 3 to 3-1/2 hours until tender. Carve brisket against the grain and serve the pan juices as a sauce.

## **Mustard Glazed Brisket**

**Starts on the stove top, finishes in the oven for tender, perfect every time**

**Serves 6**

**3-4 lbs. boneless beef brisket**  
**2 cloves garlic, peeled**  
**1 large onion, sliced**  
**2 stalks celery**  
**8 black peppercorns**  
**4 whole allspice**  
**1 bay leaf**  
**3/4 cup brown sugar**  
**3 Tbsp. prepared mustard**

Place brisket, garlic, onion, celery, peppercorns, allspice and bay leaf in a large soup pot. Cover with water. Simmer covered 3 to 3-1/2 hours until tender, adding water as necessary.

Remove brisket and place in a roasting pan with 1/2-cup of the cooking liquid. Combine brown sugar and prepared mustard. Salt and pepper brisket and spread with the mustard glaze.

Bake for 15-20 minutes at 350°F until glaze bubbles and is browned.

## Texas BBQ Brisket

An oven version of a Texas favorite

Serves 8

1-4-1/2 to 5 lb. beef brisket  
5 large cloves garlic, sliced  
1 can (12 ounce) beer  
1 bottle (18 ounce) Your Favorite Barbecue Sauce  
1 can (4 ounce) chopped green chilies, drained

With a small knife, pierce top and sides of brisket 1 inch deep every 2 inches. Insert garlic slice in each cut. Place meat, fat side up, in shallow baking pan. Pour 1 cup beer over meat. Cover with foil and bake at 300°F for 2 hours.

Remove meat from pan. Drain liquid, reserving 1/2-cup. Return meat and reserved liquid to pan. Combine remaining beer, barbeque sauce and green chilies. Pour over meat. Continue baking, uncovered, for 1 hour or until meat is tender.

With knife slanted at 45° angle, carve meat across the grain into thin slices. Serve with remaining sauce.

## Peppered Beef Brisket

Overnight marinating makes for lots of flavor.

Serves 8

4-5 lbs. boneless beef brisket  
¼ cup coarsely ground black pepper  
1/3 cup soy sauce  
½ cup vinegar  
1 Tbsp. catsup  
1 tsp. paprika  
1 clove garlic, crushed

Trim all fat from beef. Spread pepper on waxed paper and place brisket on pepper. Turn to coat all sides with the pepper.

Combine all other ingredients. Place brisket in a shallow dish and pour marinade over it. Cover and refrigerate overnight, turning meat occasionally. When ready to cook, line a large pan with foil.

Place the brisket in the pan and pour marinade over meat. Cover with another large piece of foil and securely fold it into the bottom foil to seal. Bake at 300°F for 3 hours, or until tender.

## Texas Style Beef Brisket

Although this recipe requires a covered grill and lots of time, it is well worth the effort.

**Serves 10**

6-8 lbs. boneless beef brisket 3/4 cup onion, finely chopped 2 tsp. paprika 1/2 tsp. freshly ground black pepper 1/2 cup water 2 cups prepared steak sauce	1/2 cup onion, finely chopped 2 Tbsp. butter 1 cup catsup 1 Tbsp. brown sugar 1/4 tsp. crushed red pepper
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Trim fat from brisket to 1/4-inch. Combine 3/4-cup onion, paprika and black pepper. Rub mixture evenly over surface of brisket.

Place brisket, fat side up, in large disposable pan. Add 1/2 cup water. Cover pan tightly with aluminum foil. Place in center of grid over very low coals. (Single layer of coals with space in between each.)

Close cover on grill and cook 5 hours, turning brisket over every 1-1/2 hours. Remove fat as it accumulates in pan with a baster. Add additional 1/2-cup water, as needed to pan. Add briquets as needed to keep coals at a very low temperature. Remove foil from pan. Remove brisket and place on grid directly over very low coals.

Remove and reserve 1-cup of the pan drippings. Mix remaining pan drippings with 1-cup of the prepared steak sauce. Brush mixture over brisket. Close grill cover and continue cooking 1 hour, brushing occasionally with sauce.

Meanwhile, cook 1/2 cup finely chopped onion in the butter until tender. Stir in remaining 1-cup steak sauce, reserved pan drippings, catsup, brown sugar and crushed red pepper. Simmer 10 minutes. Serve with the brisket.

## Texas Smoked Barbecue Brisket

To insure tenderness and doneness it's a good idea to double wrap the meat in heavy duty foil after a few hours of smoking and finish the cooking process with the meat wrapped tightly.

1 beef brisket (10-12 lbs.)	1/4 cup chili powder
1/4 cup kosher salt	1/4 cup freshly cracked black pepper
1/4 cup sugar	2 Tbsp. cayenne pepper
1/4 cup brown sugar	1/2 cup paprika
1/4 cup cumin	

In a large bowl, combine the salt, sugar, brown sugar, cumin, chili powder, black pepper, cayenne pepper and paprika and mix well. Rub brisket thoroughly with this mixture and set aside.

Build a fire in one half of a large grill. For best results, use an aromatic wood such as mesquite. When fire is ready, place brisket on grill, making sure that it is not above any part of the fire. Close grill cover and open vent about 1/2-inch.

Feeding the fire periodically, cook for 8 to 10 hours or until the internal temperature is 165° to 170°F and the meat is very tender. The exterior of the meat should be very black. Remove from the fire, trim off excess fat and carve against the grain into very thin slices.

## **Smoking Brisket My Way "Always Cook Brisket Fat Side Up"**

This information is great for Large Briskets or Small Large being greater than 12#, It works on all sizes. For greater savings, smoke 2 at a time if you have 2 racks and freeze 1 (leave in foil, just off grill) for later.

Smoking brisket is always a matter of personal choice and since it's difficult to go wrong, it's just a matter of what you want to taste and see I always buy the untrimmed brisket with fat on one side. A very good choice now is spicy italian dressing, just rub it all over so it will cook through the fat. Salt and cayenne sprinkled generously over the fat side only is also tasty.

These spices may be added just before wrapping in foil or from the start.

If you use No Spice at all on the meat, it'll still be great.

Keep in mind that smoke is a very strong spice. Use mild wood.

Plan to start the cooking the evening before you want to eat it. In your smoker start about 10 lbs of charcoal, soak mesquite or hickory chip in water at least 30 minutes. (any wood that loses it's leaves in the winter can be used for smoking, pecan, mesquite or fruit woods are good choices.

It will take 2 fires (consecutive). Be sure to check your waterpan level.

Line outer edge of charcoal with wood chips to start then add as necessary.

Throw some in the middle too, if you feel the urge. It's hard to go wrong.

This entire process will require 20 lbs of charcoal and some twigs or woodchips.

Add some soaked chips to coals, put on meat. Let smoke for about 4-6 hours adding chips as necessary. Then double wrap the meat in heavy-duty aluminum foil, build totally new fire (no chips). Let meat cook undisturbed for another approx 8 hours or until you're almost ready to serve it. Remove it from smoker and let stand for at least 15 minutes before slicing. Slice diagonally across the grain and trim off fat. (Serves a lot)

Note: You can throw this in an old ice chest immediately after coming off the grill and it will stay "Hot" for several hours. Careful when unwrapping !!



## **Basic Beef Marinade**

2 cups Burgundy  
1 Bay leaf  
3 Tablespoons olive oil  
1/2 teaspoon coriander  
10 or 12 Peppercorns

Combine all ingredients and mix well. Meat should stay in marinade for 24 hours, in the fridge, of course. This marinade is suitable for steaks and the more tender cuts of beef. If you are doing a brisket or a large chuck roast, you might try the heavy-duty version.

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## Heavy Duty Beef Marinade

2 cups Water	1 medium Onion, chopped
1 cup Worcestershire sauce	1 teaspoon Thyme (dried)
1 cup Vinegar	2 stalks Celery, with leaves
2 Bay leaves	6 Juniper berries, crushed
2 cloves Garlic, crushed	

Combine all ingredients, bring to a boil and then simmer 10 to 15 minutes. Cool. Apply to meat and refrigerate from 2 to 48 hours.

Tradition calls for marinating in a shallow, covered bowl, turning the meat to evenly distribute the marinade. Better is to seal the meat and marinate in a large zip-lock plastic bag. Then you can just squish it around from time to time.

Most marinades can be strained and used for your basting or mop sauce while cooking. If the recipe does not call for cooking the marinade, you should bring it to a boil before using it as a mop sauce. (Can't be too careful with them little germs.)

If you are using a very lean cut of beef, you should put a small amount of oil in your marinade to keep the meat from getting too dry. Olive oil is good, if you can afford it, or any vegetable oil, if not.

## Dry Rubs

### **Garlic Rosemary Rub**

Simple, but elegant

Makes enough to season 2 lbs. of beef

4 cloves garlic, crushed  
2 tsp. salt  
2 tsp. rosemary leaves  
2 tsp. cracked black pepper

Combine all ingredients.

Mix until well blended.

Rub evenly over the surface of your favorite meats for grilling.

### **Italian Grilling Rub**

Simple rub with Old World flavor.

Makes enough to season 2 lbs. of beef

6 cloves fresh garlic, minced  
1 tsp. salt  
1 tsp. pepper  
1 tsp. oregano

Combine all ingredients.

Mix until well blended.

Rub evenly over the surface of your favorite meats for grilling.

### **Lemon-Rosemary Rub**

Try this rub for a gourmet flavor.

Makes enough to season 2 lbs. of beef

1-1/2 tsp. grated lemon zest  
1 tsp. dried rosemary leaves, crushed  
1/4 tsp. salt  
1/4 tsp. dried thyme leaves  
1/4 tsp. coarse ground black pepper  
2 large cloves garlic, minced

Combine all ingredients. Mix until well blended. Rub evenly over the surface of your favorite meats for grilling.

### **Southwestern Rub**

Only 4 ingredients make this an easy way to spice up a steak.

Makes enough to season 2 lbs. of beef

1-1/2 tsp. chili powder  
1 tsp. garlic powder  
1/2 tsp. dried oregano leaves, crushed  
1/4 tsp. ground cumin

Combine all ingredients.

Mix until well blended.

Rub evenly over the surface of your favorite meats for grilling.

### Quick Barbecue Sauce

1/4 C Onion, finely chopped	1/4 C Lemon juice (fresh)
1 Clove garlic, minced	1 T Worcestershire sauce
2 T Butter	1 t Prepared mustard
1 C Catsup	1/8 t Tabasco sauce
1/4 C Brown sugar, firmly packed	

In a small saucepan, sauté onion and garlic in the butter until tender. Add the remaining ingredients and bring to a boil. Reduce heat and simmer uncovered for 15 to 20 minutes.

## Texas Mopping Sauce

- 1 c Strong black coffee
- 1 c Tomato catsup
- 1 Tbsp Freshly ground black pepper
- 1 Tbsp Salt
- 1/2 c Worcestershire sauce
- 1/4 c Butter or margarine
- 1 Tbsp Sugar

Combine all ingredients and simmer for at least 30 minutes, stirring frequently. Store in a tightly covered jar in refrigerator. Heat before using. For ribs, I dunk the ribs in the sauce each time I turn them. This sauce is very spicy and some people think it's too strong for poultry; I strongly disagree.

The coarser the pepper is ground, the better it is.  
Warning: if this is used on country style pork ribs it will make you throw rocks at steak!

## TexasCook Barbecue Sauce

10 Cloves garlic, baked  
(at 350° for 30 minutes, then peel)

2 C Ketchup	1/2 C Apple cider vinegar
2 Celery stalks, chopped	3 T Chili powder
1 C Sweet or yellow onion, chopped	2 t Instant coffee
1 C Water	1/2 t Cayenne pepper
1/2 C Brown sugar, firmly packed	1/2 t Dried crushed red pepper
1/2 C Butter	1/2 t Salt
1/2 C Worcestershire sauce	1/2 t Ground cloves

Combine all ingredients in a saucepan. Slowly bring to a boil, reduce heat and simmer for 20 minutes. Allow to cool.

Pour mixture into blender container. Process until smooth, scraping down side of container as necessary.

Makes about 5 cups.

## A Word about Sauces

**Sauces**--rich and thick, savory or sweet, add delicious flavors to almost any grilled fare. Use a premium sauce of your choice and capture real homemade taste. Serve warmed sauce on the side for added zest. Here's how to protect the rich, deep color and spicy flavor of barbecue sauce, especially tomato and molasses based ones that can burn if applied too early.

**For grilled steaks and chops:**

Baste with sauce after meat has been turned for the last time. About the last 3 minutes of grilling.

**For hot dogs and sausage:**

Baste with sauce the last 5 or 6 minutes. turning often

**For grilled chicken:**

Baste with sauce the last 10 minutes of grilling. Turn once.

**For barbecued meats:**

(cooked by indirect heat) baste the last hour of cooking.

Basting sauces made from seasoned oils and butters may be brushed on throughout the grilling adventure

## Dry Rubs and Marinades

**Dry Rubs** are combinations of seasonings and spices rubbed onto meat before grilling. Basic rubs often include coarsely ground pepper, paprika and garlic powder. Some include mustard, brown sugar, dried jalapeno or cayenne pepper. Crushed herbs, such as sage, basil, thyme and oregano are also good choices.

**Marinades** add flavor, but they also help tenderize less tender cuts of meat. Basic marinades include an acidic ingredient, such as wine, vinegar, soy sauce or lemon juice, combined with herb, seasonings and oil. Always marinate in the refrigerator, turning meat occasionally. Reserve some of the marinade before adding the meat to use as a baste while the meat is cooking.

## Grilling Basics

For **direct cooking**, food is placed directly over the coals.

Make sure there is enough charcoal in a single layer to extend 1-2" beyond the area of the food on the grill. Pour briquets into the grill to determine quantity needed then stack them into pyramid to start until you can "just tell by lookin".

For **indirect cooking**, food is placed over a drip pan and the coals are banked to one or both sides of the pan.

This method is recommended for large cuts of meat, such as roasts, and fatty meats to eliminate flare-ups. On a 26" grill, it will take approx 30 coals on each side of pan to cook for 45 minutes. Add 9 or 10 coals every 45 min. for additional cooking time.

**How Hot is the Grill?** If you don't have a grill thermometer and (most don't). Here's a quick way to estimate your heat. Hold your hand palm-down, just above the grill. Count "one-thousand=one" etc....

If you can keep your hand in place before pulling away:

2 seconds-it's a hot fire.....(375)

3 seconds-it's medium hot...(350)

4 seconds-it's medium.....(300)

5 seconds-it's a low fire.....(250)

## Grilling Tips

To keep food from sticking to the grill and make it easy to turn, brush the hot grill with vegetable oil before cooking.

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"Line" your food with appetizing grill marks, allow the grill to heat thoroughly before adding the food

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The secret to evenly cooked vegetable kabobs is to parboil solid or starchy veggies before they are threaded onto skewers for grilling. For best results grill veggies on skewers separate from meat.

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Always use tongs or a spatula when handling meat. Piercing meat with a fork allows delicious juices to escape and makes the meat less moist.

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If you use wooden or bamboo skewers when making kabobs, be sure to soak them in cold water at least 20 minutes before grilling.

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## Smoking Turkey

This process is one that needs to be started the night before you plan on eating the bird. Soak for at least 30 minutes some mesquite or hickory wood chips. Start approx 1 lb. of coals per 1 lb. of meat, adding coals as necessary to keep heat at around 225 degrees. Add soaked wood chips occasionally to smoke, but not to overpower the meat.

We smoke our turkeys about the same way as briskets, but we don't wrap in foil. Cook at least 12 hours, you may go more if you want, but be warned, too long equals dry meat. Some folks like to smoke the turkey on the bottom rack while cooking a ham or pork roast on top to let the juices drip on the turkey.

The cajun way is also to add spices, (wine, bell pepper, mint, garlic, parsley, worcestershire, liquid smoke) and whatever else sounds good to the water. Did I mention to be sure and use your waterpan? and keep plenty of water in it.



From the Kitchens of

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Be sure to eat your veggies  
We love the meat, but sure  
want to keep you heart-  
healthy. Eat wisely.



### **Cookbook Summary**

It's our sincere desire that you enjoy the recipes as much as we do. This will not fill up your recipe books, but will give you the basic ammo to experiment and create you own favorites. If you feel the need to ask questions, give us praise or give us hell, feel free to do so on the feedback on the webpage at TexasCook.Com. We'll get to work on the next PDF edition and will notify subscribers of it's completion.

These are not new eBooks, but have been put into the universal PDF format. Use the bookmarks in the side frame to navigate and enjoy.

*Eddie and Marilyn Stoddard*

## Arroz Blanco

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3 tablespoons olive oil  
1 ½ cups long grain rice  
1/4 cup minced white onion  
1 clove garlic, minced  
3 cups chicken, turkey or pork broth, or water  
1 teaspoon salt

Place the oil in a heavy pot or Dutch oven over medium heat, add the rice and cook, stirring frequently, for 3 – 4 minutes. The rice should not be allowed to brown. Add the onion and garlic and cook one minute more, stirring almost constantly. Stir the salt into the broth, add it to the rice, bring to a boil, cover the pot, turn the heat to very low, and cook for 15 minutes. Stir the rice, carefully, replace the top, turn off the heat and allow the rice to steam for 10 – 15 minutes.

# Baked Tamales

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2 Pound Ground beef  
1 Can Tomatoes (14 oz)  
2 Tablespoon Chili powder OR  
5 Teaspoon Ground ancho (pasilla) chile PLUS  
1 Teaspoon Cumin AND  
1/4 Teaspoon Cinnamon  
1 Garlic clove, crushed  
1 Teaspoon Salt  
1 Cup Black olives

## CORN MEAL DOUGH:

4 Cup Corn meal  
2 Teaspoon Salt  
8 Cup Water  
2 Eggs, well beaten  
4 Tablespoon Butter

In skillet, sauté beef in pan until brown. Add tomatoes, chili powder, garlic, salt and olives. Cook 15 minutes.

Grease 9x13" baking dish and line bottom with 1/2 Corn Meal Dough. Add meat mixture and cover with remaining 1/2 Corn Meal Dough. Bake 20 minutes at 325°F. or until browned.

## CORN MEAL DOUGH:

Add corn meal and salt to water in pot. Bring to boil and cook over medium heat until thick, 5–10 minutes. Add eggs and butter. Stir well.

## Carne Asada

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- 1 20 Ounce top sirloin steak
- 2 Tablespoon Vegetable oil
- 1/2 Teaspoon Dried leaf oregano, crushed
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Coarsely ground pepper
- 1/4 Cup Orange juice
- 1 Tablespoon Lime juice
- 2 Teaspoon Cider vinegar
- 2 Orange slices, 1/2" thick

Place steak in a shallow glass baking dish. Rub with oil on each side. Sprinkle with oregano, salt and pepper. Sprinkle orange juice, lime juice, and vinegar over the steak. Cover and refrigerate overnight for best flavor or several hours, turning occasionally. To cook, bring meat to room temperature. Prepare and preheat charcoal grill (or gas grill). Drain meat, reserving marinade. Place steak on grill. Top with orange slices. Occasionally spoon reserved marinade over steaks as they cook. Grill 3–4 minutes on each side, or until medium– rare. Cook longer if desired. Remove orange slices to turn steak. Replace orange slices on top of steak.

# Chalupas

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Vegetable oil  
12 Corn tortillas (the thinner the better)  
6 Cups Refried Beans (or less)  
1/2 Pound Cheddar cheese (sharp), grated  
1 Large Tomato, chopped  
3 Cup Lettuce, shredded

In a small skillet, heat about 1/2 inch of vegetable oil. Test the oil for proper temperature by putting in a small piece of tortilla. When the oil reaches the temperature where it immediately begins to bubble frantically over the tortilla as soon as it is put in the oil and the tortilla piece becomes crisp quite quickly, you are ready to cook the chalupa shells. This is important because there is nothing worse than a soggy chalupa shell which results from the oil not being hot enough.

Fry tortillas completely flat on both sides until very crisp. Drain and keep warm on a newspaper covered cookie sheet in a warm oven.

Spread about 1/4 inch thick layer of refried beans on each fried tortilla. Top with a generous amount of grated sharp Cheddar cheese and about 1 T chopped onion.

Place assembled chalupas on a cookie sheet and brown under broiler until cheese melts. Watch them carefully under the broiler, they can burn quite quickly. Top with shredded lettuce and tomato and serve.

# Chiles Rellenos

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12 Large Mild, green chiles w/stems  
1/2 Pound Jack cheese cut into long narrow, strips.

## BATTER:

1 Cup All purpose flour  
1 Teaspoon Baking powder  
1/2 Teaspoon Salt  
3/4 Cup Yellow or white cornmeal  
1 Cup Buttermilk  
2 Eggs, slightly beaten

Parch and peel chiles leaving stems on. Cut small slit below the stem, removing seeds if desired. Insert strips of Jack cheese being careful not to split chile.

Prepare batter: Sift flour with baking powder and salt, then add cornmeal. Blend buttermilk and slightly beaten eggs, then combine milk mixture with dry mixture and blend together. Slightly moisten each chile with water dip in plain flour, then in batter. Allow to drain slightly and drop in deep fat which has been heated to 375 F.

Fry until golden. Drain on paper towels. Keep warm on platter in 300 F. oven while completing frying and serve immediately.

## Chipotle Sauce

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2 Chipotle Chiles;  
2 Bacon; Slices, Finely Cut Up  
1/4 Cup Onion; Finely Chopped, 1 small  
3 Cup Tomatoes; Finely Chopped  
1 Cup Beef Broth  
1/4 Cup Carrot; Finely Chopped  
1/4 Cup Celery; Finely Chopped  
1/4 Cup Fresh Cilantro; Snipped  
1/2 Teaspoon Salt  
1/4 Teaspoon Pepper

You can make this sauce as hot as you want by adding up to a total of 4 dried Chipotle chiles. Cover chilies with warm water. Let stand until softened, about 1 hour. Drain and finely chop. Cook and stir bacon and onion in a 2–quart saucepan until bacon is crisp; stir in chilies and remaining ingredients. Makes about 4 cups sauce.

# Enchiladas

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1 Tablespoon Shortening  
1 pound Ground beef  
3 Tablespoons Flour  
1 8-oz. can Tomato sauce  
Water  
2 Tablespoons Chili powder  
Salt, to taste  
3/4 teaspoon Garlic powder  
12 Corn Tortillas  
1 pound Cheese, longhorn – coarsely grated  
1 large Onion, chopped fine

Melt shortening in heavy skillet. Add the ground meat and brown. Sprinkle meat with flour; mix in skillet. Add tomato sauce and 1 cup water. Mix 1/2 cup water with the chili powder to form a smooth paste; add to the meat mixture. Add salt to taste and garlic powder. Cook over medium heat, uncovered, until it is of gravy consistency. Cover and simmer over very low heat. Add more water if the chili gravy becomes too thick.

Dip tortillas one at a time in the hot chili gravy with a wide metal spatula. The tortillas will become pliable almost immediately, which will make rolling the enchiladas easier. Soaking too long will cause the tortillas to fall apart.

Place a good sprinkling of grated cheese and minced onion and about a tablespoon of the meat mixture to one side of the center of the tortilla. Roll tortilla tightly around the filling and place loose side down in a glass casserole baking dish. For best results place the enchiladas in a row with sides touching.

When all enchiladas have been formed, pour the remaining hot chili gravy over all, and sprinkle generously with grated cheese, and top with chopped onion. Bake at 350 degrees. F until the cheese is melted. Serve immediately.

## Frijoles Charros

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1 to 2 onions, minced  
2 tablespoons lard  
3 cups cooked pinto beans  
4 to 6 slices bacon, minced  
1 slice ham, diced (optional)  
½ cup chorizo or hot italian sausage  
1 16-ounce can tomatoes, drained and chopped  
6 serrano chiles, minced, or to taste  
1 tablespoon comino (cumin)  
salt to taste

Add onions and lard to pinto beans and cook over medium heat 5 minutes, stirring occasionally. in another skillet, fry bacon, ham and chorizo. Add to beans with tomatoes, chiles and spices. Heat thoroughly.

# Guacamole

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6 California avocados, peeled & pitted  
1–1/2 White onions, chopped  
1/2 Cup Cilantro, chopped  
Juice of 2 Limes, or to taste  
1 Small Zucchini, pureed  
6 Tablespoons Olive oil  
6 Chiles serranos, finely chopped  
Salt to taste  
2 Large Tomatoes, chopped  
1 Green onion, finely chopped  
2 Chiles serranos, finely chopped  
1/2 Cup Cilantro leaves  
Totopos (crispy fried tortilla wedges)

Put avocados in a glass bowl, mash them with a fork. Add onion, cilantro, lime juice, zucchini, oil, chiles, and salt. Mix the ingredients thoroughly to form a puree.

Put the avocado pits in the guacamole to prevent darkening. To serve, spoon the guacamole into a flat bowl, and decorate with tomato on one side, chiles, and cilantro leaves in the center. On the other side, place the totopos.

# Menudo

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2 1/2 Pound Tripe  
1/2 Calf's foot  
1/3 Cup Vinegar  
Cold water  
2 Cloves garlic  
1/2 Small Onion  
3 Quart Water (approx.)  
Salt  
1–1/2 Cup Hominy  
Red Chile Puree (see below) OR 1 cup canned red chile sauce  
Finely chopped green onions  
Chopped cilantro leaves  
Lemon wedges  
Corn tortillas, heated  
Red Chile Puree:  
8 California chiles (1/4 lb)  
2/3 Cup Water

Scrape off any fat from tripe. Cut tripe into 1–inch squares. Place tripe and calf's foot in a large bowl. Add vinegar and cold water to cover generously. Let stand 3 hours. Drain. Rinse tripe and calf's foot thoroughly. Place in a large pot. Add garlic and onion. Pour in water to cover ingredients plus 1 to 1 1/2 inches, about 3 quarts. Add salt to taste. Bring to a boil; reduce heat. Cover and simmer about 6 hours or until tripe is tender. After 1 hour, skim foam from surface of soup. Skim again as needed. Add more water if liquid evaporates. Prepare Red Chile Puree. Add hominy and Red Chile Puree during last hour of cooking. Ladle into large bowls. Serve chopped green onions, cilantro, lemon wedges and hot corn tortillas separately. Makes 10 to 15 servings. Red Chile Puree: Remove stems from chiles. Break chiles open and rinse out seeds. Place in a saucepan with water to cover. Bring to a boil. Continue to boil until chiles are softened, about 5 minutes. Drain; discard water. Place chiles in blender; puree. Add enough water to make puree the consistency of tomato sauce. Press pureed chiles through a sieve to remove bits of peel. Makes about 1 cup. Variation: Substitute 1 1/2 cups nixtamal (cooked dried corn) for canned hominy. Combine with soaked tripe and calf's foot, garlic, onion and water. Cook as directed above.

# Paella

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- 1 Chicken broiler, cut up
- 2 Cloves garlic
- 1/4 Cup Oil
- 1 Pound Raw shrimp
- 4 Sliced tomatoes
- 1 Pound Peas
- 12 Artichoke hearts
- 1-1/2 Cup Brown rice
- 6 Strands saffron
- 1 Cup Onion, diced
- 1 Green bell pepper, diced
- 1 Red bell pepper, diced
- 1 Teaspoon Paprika
- 1 Cup White wine
- 2 Cup Water

Brown chicken and garlic in oil; remove chicken to large casserole dish. Add shrimp, tomatoes, peas and artichoke hearts to dish. In oil used to brown chicken, sauté rice, saffron, onion, green and red bell peppers for 7 minutes. Add to casserole dish, sprinkle on paprika, and pour in wine and water. Bake uncovered at 350 degrees for 1 hour, or until rice is ready.

## Pay De Nuez Pecan Pie

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1 unbaked pie crust, homemade or bought  
1 egg yolk beaten with a pinch of salt until it is thick and creamy  
1 cup milk  
4 tablespoons granulated, white sugar  
2 tablespoons light brown sugar  
2 cups chopped pecans  
1 pound pitted dates, finely chopped  
1/4 teaspoon salt  
2 tablespoons honey  
4 tablespoons butter, cut into 4 pieces  
1 teaspoon vanilla  
32 pecan halves

Line a pie pan with the crust and press a piece of aluminium foil on top of it to conform to its shape and covering the edges of the dough. Pour 1 pound rice or an appropriate amount of pie weights into the foil and mound along the edges to keep the sides of the crust from losing their shape. Place the dough in the oven and bake for 20 minutes. Take the dough out of the oven and remove the foil and its contents. Prick the bottom of the crust all over with a fork, brush the top and half way down the sides with the beaten egg yolk and replace the pan in the oven until it is a golden brown all over, about 5 – 7 minutes longer.

To make the filling place the milk and sugars in a large saucepan, bring to a boil and simmer until the mixture thickens and produces large bubbles, about 15 minutes. Stir in the chopped pecans, dates, salt and honey and cook until the mixture is thick, just a few minutes more. Stir in the butter, then when it has melted add the vanilla. Spoon the mixture into the pie crust and place the pecan halves in eight lines going from just off the center to the side of the pie, so that each piece, when it is cut, will have a line of nuts down the center. Allow the pie to cool, then refrigerate overnight. Before serving bring the pie to room temperature.

# Pork Carnitas

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## Guacamole

4 Poblano Chiles; roasted and peeled

1 Onion; Medium, Cut in halves

1 Pound Center Loin Roast; boneless and cut into 2 X 1/4-inch strips

1 Clove Garlic; Finely Chopped

2 Teaspoon Vegetable Oil

2 Teaspoon Tomato Paste

1 Teaspoon Red Wine Vinegar

1/4 Teaspoon Salt

1/2 lb. plum tomatoes, finely chopped

Flour Or Corn Tortillas

Dairy Sour Cream

Prepare Guacamole; set aside. Cut chiles and onion halves lengthwise into 1/4-inch strips. Cook pork, chiles, onion and garlic in oil in a 10-inch skillet over medium heat, stirring occasionally, until pork is no longer pink, about 12 minutes. Stir in tomato paste, vinegar, salt and tomatoes; cook until hot. Serve with tortillas, Guacamole and sour cream.

## Pork Loin Vampiro

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3 medium-sized ancho chiles, stems, seeds and veins removed  
2 cups fresh squeezed orange juice  
3 tablespoons lime juice  
1/4 cup grenadine  
1/2 cup tequila  
1 teaspoon salt  
1 teaspoon thyme  
1 cup sliced white onion  
3 pound, lean boneless pork loin, (either a single loin or two loins tied together)  
salt and pepper to taste  
2 tablespoons lard or olive oil

Preheat your oven to 350 degrees

Toast the chiles on a skillet over medium heat for 30 seconds to 1 minute on each side, but do not allow them to scorch. Tear the chiles into pieces, place them in a bowl, cover them with boiling water, and allow them to rehydrate and soften for 15 minutes. Drain the chiles and place them in the bowl of a blender. Add the orange juice and lime juice and blend for 1 minute. Strain the mixture through the fine blade of a food mill, then add the grenadine, tequila, salt, thyme and onion, and reserve.

Salt and pepper the pork. In a Dutch-oven or heavy baking dish, heat the oil over medium high heat until it is very hot but not quite smoking. Add the pork and sear it, turning as necessary, until it is golden brown on all sides, about 4 minutes. Remove the pork to a plate and the pot from the heat and allow it to cool, briefly. Add the chile mixture, stirring well to incorporate any caramelized pieces of pork and juices from the bottom of the pot. Put the pork back in the pot, fat side up, replace it on the burner and heat until the sauce just begins to bubble lightly, but do not bring it to a complete boil. Place the pot in the preheated oven and bake, uncovered, until pork reaches an internal temperature of between 145 and 150 degrees, (about 30 minutes per pound for a roast with two loins tied together, or a total of about 1 hour for a single loin) spooning some of the sauce over it every 15 minutes. Remove the pork from the pot, and allow it to rest for 5 minutes, then slice it into servings. While the meat is resting you can reduce the sauce if it is too thin.

Spoon some sauce on each of 4 serving plates, and top with a slice of pork. Mexican style white rice and sauteed nopalitos or squash go well with this dish.

# Puchero

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1/2 Cup Chickpeas  
2 Small Zucchini  
1/4 Pound Boneless lamb  
2 Small Sweet potatoes  
1/4 Pound Boneless beef  
1 Cup Corn cut from the cob  
3 Pound Chicken  
2 White potatoes, boiled in jackets  
1/2 Pound Ham  
3 Barely ripe bananas  
1 Large Onion  
1/2 Teaspoon Coriander seeds, crushed  
3 Cloves garlic  
1/4 Teaspoon Pepper  
1 Veal knuckle, split  
3 Tablespoon Oil (or butter)  
1 Teaspoon Salt  
2 Pears  
2 Quart Chicken broth  
3 Peaches  
1/2 Small Cabbage  
2 Limes  
2 Small Turnips  
1 Large Carrot

Place the chick peas in a kettle, cover with broth, and soak overnight.

Cut the lamb and beef into 2-inch cubes, cut the chicken into serving pieces, and dice the ham. Peel and slice the onion and garlic. Combine the drained chick peas, all the meats, the veal knuckle, onion, garlic, and salt in a large soup kettle. Cover with 2 quarts of cold water and bring to a full boil. Skim off the froth. Lower the heat, cover, and simmer for 45 minutes.

Cut the cabbage into eight wedges. Peel and slice the turnips and carrot. Slice the zucchini. Peel and dice the sweet potatoes. Cut the corn from the cob. Add the cabbage, turnips, carrot, zucchini, sweet potatoes, and corn to the kettle. Cover and simmer about 20 minutes or until meats and vegetables are tender.

Peel the boiled white potatoes and cut into thick slices. Peel bananas and

cut into 2-inch slices. Sauté potatoes, sprinkled with crushed coriander seeds and pepper in oil. Remove the potato slices with a slotted spoon. Keep warm. In the same oil sauté the bananas until golden. Keep warm with the potatoes.

Peel, core, and slice the pears and peaches. Put in a small pan with a little water and poach for 10 minutes. Do not overcook. Drain the fruit.

Adjust the seasonings. Serve each bowl of soup with the juice from one lime wedge and a tablespoon of Guacamole.

# Ropa Vieja

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3 pounds flank steak  
1-1/2 cups water  
6 whole garlic, peeled  
6 whole black peppercorns  
salt to taste  
8 poblano peppers, fresh  
1/2 cup lard, bacon drippings, or veg.oil  
2 garlic clove, peeled and sliced  
1 large onion, sliced 1/8" thick  
flour tortilla

1. Cut the flank steak in half horizontally so it will fit into a large Dutch oven. Place it in the pot and cover it with the water. Add the six whole cloves of garlic, along with the peppercorns and salt as desired. Place over low heat and bring the liquid to a simmer. Cover and continue cooking over low heat, turning the meat occasionally, until it is tender and well done, about one and a half to two hours.
2. While the meat is stewing roast, peel and seed the peppers and slice each pepper lengthwise into strips an eighth of an inch wide. Set aside.
3. When the meat is tender, remove the Dutch oven from the heat and let the meat cool in its own broth. When it cools enough to handle, remove it from the broth and place it on a cutting board. Slice the meat across the grain into strips about two inches across. Using your fingers, pull the meat into fine shreds. Return it to the broth.
4. Heat the lard or other fat in a large heavy skillet over medium heat until it is rippling. Crush the sliced garlic cloves and add to the hot fat. Saute for one minute, stirring frequently. Add the sliced onions and saute until it's somewhat soft, about three minutes. Add the reserved pepper strips to the pan and continue sauteing and stirring for about two minutes.
5. Using a slotted spoon, transfer the peppers, onion and garlic to the Dutch oven. Cook the meat mixture, uncovered, over medium heat, stirring frequently until the flavors are blended about 10 to 15 minutes. Serve the meat hot, rolled up in heated flour tortillas.

# Salpicon

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3 pounds brisket  
2 onions, 1 halved, 1 chopped  
1 large carrot, quartered  
1 stalk celery, quartered  
2 cloves garlic  
1 cup chopped fresh cilantro  
1 12-ounce can whole tomatoes  
Salt and pepper to taste  
1 large tomato, chopped  
1 4-ounce can chile chipotle, drained and chopped (reserve liquid)  
¼ cup light olive oil  
¼ cup vinegar  
½ pound Monterey Jack cheese, cut in ¼-inch cubes  
2 large avocados, sliced length-wise

Oven: 325 degrees

Place brisket in heavy pot and cover with water. Add halved onion, carrot, celery, garlic, ½ cup chopped cilantro, canned tomatoes, salt and pepper. Cover and cook in oven approximately 4 hours until very tender, Remove from liquid, cool slightly and shred thoroughly with a fork. In large bowl, combine shredded beef, chopped onion, chopped tomato, remaining cilantro, chile chipotle, and liquid to taste, oil, vinegar, salt and pepper. Let cool in refrigerator at least 4 hours. Before serving, toss with cheese and turn into a decorative bowl. Garnish with sliced avocado. Serve with warm corn or flour tortillas, pinto beans and guacamole or tossed green salad. For spicier flavor, use more chile chipotle or pickled jalapenos or chopped or fresh green chile strips.

# Sopaipillas

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4 Cup Flour  
2 Teaspoon Sugar  
1/4 Cup Shortening or lard  
1 Tablespoon Baking powder  
1–1/2 Teaspoon Salt  
1 1/4 Cup Water or more if needed

Sift dry ingredients together. Cut in shortening until crumbly. Add water and mix until holds together. Knead 10–15 times until dough forms a smooth ball. Cover and let set for 20 minutes. Divide dough into two parts. Roll dough to 1/8" thickness on lightly floured board. Cut into 3" squares or triangles. Do not allow to dry; cover those waiting to be fried. When ready to fry, turn upside down so that surface on bottom while resting is on top when frying. Fry in 3" hot oil until golden brown, turning once. Add only a few at a time to maintain proper temperature. Drain on paper towels.

# Taco Salad

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1-1/2 Pound Ground beef  
Bottled French dressing  
1/4 Cup Onion, chopped  
1/2 Teaspoon Salt  
1/4 Teaspoon Pepper  
1/2 Teaspoon Dried oregano, crushed  
1/2 Head iceberg lettuce, finely shredded  
2 Tomatoes, cut in wedges  
8 Ounce Can corn, drained  
8 Ounce Can garbanzo beans, drain  
1/2 Cup Radish slices  
1-6 1/2 oz Package Tortilla or corn chips  
1 Avocado, peeled and sliced  
4 Ounce Cheddar cheese, shredded  
Pitted black olives, sliced  
Sour cream

Brown meat and drain off fat. Add 1/3 cup French dressing, onion, salt, pepper and oregano. Simmer 5 minutes. Combine lettuce, tomatoes, corn, beans, radishes and enough dressing to moisten. Toss lightly. For each salad, serve meat mixture over tortilla chips. Top with lettuce mixture, avocado, cheese, olives and sour cream, as desired.

## Verde Azzor

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2 Tablespoon Olive oil  
1 Cup White rice  
1/4 Cup Onions, chopped  
2 Pablano chillies, roasted, peeled, deseeded & chopped  
6 Green onions, thinly sliced  
1 Garlic clove, minced  
1/4 Teaspoon Salt  
1/4 Teaspoon Cumin  
1 3/4 Cup Vegetable broth  
1/3 Cup Cilantro, coarsely chopped

Preheat oven to 375F. Heat oil in a wok over medium heat until hot. Add rice & cook, stirring, for 2 minutes or until rice turns opaque. Add the onions, cook and stir for 1 minute. Stir in green onions, garlic, salt & cumin; cook & stir for 20 seconds. Stir in broth & bring to a boil over high heat. Lower the heat & simmer, covered, for 15 minutes or until the rice is almost tender.

Remove skillet from heat & transfer to greased 1 1/2 qt. baking dish. Bake uncovered for 15 minutes or until the rice is tender. Garnish with cilantro & serve hot.

## Pork Chops

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6 Thick pork chops  
2 Medium acorn squash  
3/4 teaspoon Salt  
2 tablespoons Margarine, melted  
3/4 cup Brown sugar  
3/4 teaspoon Kitchen Bouquet  
1 tablespoon Orange juice  
1/2 teaspoon Orange peel, grated

Trim excess fat from pork chops. Cut each squash into 4 or 5 crossways slices; remove seeds. Arrange 3 chops on bottom of crockpot. Place all squash slices on top; then another layer of three remaining chops. Combine salt, butter, sugar, bouquet sauce, orange juice and orange peel. Spoon over chops. Cover and cook on low 6–8 hours or until done. Serve one or two slices of squash with each pork chop.

# Beef Bourguignon

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4 pounds lean beef, cubed  
1 cup red wine  
1/3 cup oil  
1 teaspoon thyme  
1 teaspoon black pepper  
8 slices bacon, diced  
2 cloves garlic, crushed  
1 onion, diced  
1 pound mushrooms, sliced  
1/3 cup flour

Marinate beef in wine, oil, thyme and pepper 4 hrs at room temp. or overnight in the fridge. In large pan, cook bacon until soft. Add garlic and onion sauteeing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all. Cook on LOW 8–9 hrs.

## Chicken Livers

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1 pound Chicken livers  
1/2 cup Flour  
1 teaspoon Salt  
1/4 teaspoon Pepper  
3 Bacon slices, diced  
3 Green onions, with tops, chopped  
1 cup Chicken bouillon  
1 can (10 1/2 oz.) Golden Mushroom soup  
1 can Sliced mushrooms, 4-ounce (drained)  
1/4 cup White wine -- dry or sauterne

Cut chicken livers into bite-size pieces; toss in flour, salt and pepper. Fry bacon pieces in large skillet; remove when brown. Add flour-coated chicken livers and green onion to bacon grease in skillet; saute until lightly browned. Pour chicken bouillon into skillet and stir into drippings. Pour all into crockpot. Add browned bacon bits and all remaining ingredients. Cover and cook on Low 4 to 6 hours. Serve over rice, toast or buttered noodles.

## Country Ribs

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2 cups Ketchup  
2 tablespoons Honey  
2 tablespoons White Vinegar  
2 tablespoons Soy sauce  
1/4 teaspoon Five spice powder, (opt.)  
1 small Onion: finely chopped  
2 teaspoons Fresh ginger, minced  
1 Garlic clove, minced  
1 teaspoon Cornstarch, dissolved in 1 Teaspoon cold water  
4 pounds Country ribs:, cut into individual  
Hot cooked rice

In a 3–1/2 quart slow cooker, combine ketchup, honey, vinegar, soy sauce, five–spice powder, onion, ginger and garlic. Position a broiler rack 6 inches from the source of the heat and preheat the broiler. Broil the ribs, turning once, until browned. About 10 minutes. Transfer the ribs to the slow cooker. Stir to coat the ribs with the sauce. Cover and slow cook until ribs are tender, 5–6 hours on LOW. Transfer the ribs to a platter and cover with aluminum foil to keep warm. Skim the fat from the surface of the sauce. In a medium saucepan bring the sauce to a simmer over a medium heat. Cook until reduced to about 1 cup. (6–8 minutes) Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over ribs and serve immediately with hot cooked rice.

## Coca-Cola Pot Roast

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3 pounds Beef  
2 tablespoons Oil  
1 can Tomatoes  
1 cup Coca-Cola  
1 each Onions, chopped  
1 package Spaghetti sauce mix  
1-1/2 teaspoons Salt  
1/2 teaspoon Garlic salt

Brown meat in oil for ten minutes on each side; remove to crockpot. Drain fat. Break up tomatoes in their juice; add remaining ingredients, stirring until spaghetti sauce mix is dissolved. Pour over meat. Cover; simmer until meat is tender. Thicken gravy; serve over sliced meat.

## Corned Beef And Cabbage

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- 2 medium Onions, sliced
- 2 1/2 pounds Corned beef brisket
- 1 cup Apple juice
- 1/4 cup Brown sugar, packed
- 2 teaspoons Orange peel, finely shredded
- 2 teaspoons Prepared mustard
- 6 Whole cloves
- 6 Cabbage wedges

Place onions in crockpot. Trim away any fat that might be present on the brisket. If needed, cut brisket to fit into crockpot; place on top of onions. In a bowl, combine apple juice, sugar, orange peel, mustard, and cloves; pour over brisket. Place cabbage on top of brisket. Cover; cook on low setting for 10 to 12 hours or high setting for 5 – 6 hours.

## Crockpot Corn

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1 large Bag frozen corn  
8 ounces Pkg. cream cheese  
1 Stick margarine  
Salt and pepper to taste

Melt cream cheese and margarine in microwave. Spray crockpot with vegetable spray. Put melted cream cheese and margarine in crockpot. Add corn, salt and pepper. Cook in crockpot for two hours on low.

# Enchiladas

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1 pound Hamburger  
1 Onion, chopped  
4 1/2 ounces Can chopped chilies  
1 can Mild enchilada sauce  
10 1/2 ounces Golden mushroom soup  
10 1/2 ounces Cheddar cheese soup  
10 1/2 ounces Cream of mushroom soup  
10 1/2 ounces Cream of celery soup  
1 package tortilla chips

Brown hamburger and chopped onion, pour off grease. Put all ingredients in crock pot except Doritos chips. Mix and cook low 4 to 6 hours. Last 15 minutes before you are ready to eat, add tortilla chips and stir.

## Fall Lamb And Vegetable Stew

---

2 pounds Lamb stew meat  
2 Tomatoes  
1 Summer squash  
1 Zucchini  
1 Potatoes  
1 can Mushrooms, sliced  
1/2 cup Bell peppers, chopped  
1 cup Onions, chopped  
2 teaspoons Salt  
1 each Garlic cloves, crushed  
1/2 teaspoon Thyme leaves  
1 each Bay leaves  
2 cups Stock, chicken  
2 tablespoons Butter  
2 tablespoons Flour

Peel, seed, and chop tomatoes. Slice summer squash and zucchini. Dice potatoes. Place lamb and vegetables in crockpot. Mix salt, garlic, thyme, and bay leaf into stock; pour over lamb and vegetables. Cover and cook on low 8 hours. (Don't peek. Lifting the lid prolongs cooking time.) Turn to high. Blend flour and butter, then shape into small balls. Drop into stew and cook, stirring several times, until thickened. Serve over hot noodles or rice.

## French Onion Beef

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- 1 1/4 pounds Boneless beef round steak
- 1 package (8 oz) fresh sliced mushrooms
- 1 large Onion sliced into rings
- 1 can French onion soup condensed
- 1 package 15 minute herb stuffing mix
- 1/4 cup Margarine or butter, melted
- 4 ounces Shredded mozzarella cheese

Cut beef into 6 serving-size pieces. Layer half of the beef, mushrooms and onion in 3 1/2 to 4-quart slow cooker; repeat layers. Pour soup over ingredients in slow cooker. Cover; cook on low setting for 8 to 10 hours or until beef is tender and no longer pink. Before serving, toss stuffing mix and contents of seasoning packet with melted margarine and 1/2 cup liquid from pot. Place stuffing on top of contents in slow cooker; cover. Increase heat to high setting. Cook 10 minutes or until stuffing is fluffy. Sprinkle with cheese; cover. Cook until cheese is melted.

## Fresh Artichokes

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2 large Fresh artichokes  
6 cups – Water, hot  
4 slices Lemon, thin slices  
1/3 cup Butter; or margarine, melted  
3 tablespoons Lemon juice  
1/4 teaspoon Seasoned salt

With sharp knife, slice about 1" off top of each artichoke; cut off stem near base. With scissors, trim about 1/2" off top of each leaf. With sharp knife, halve each artichoke vertically; then scoop out and discard the fuzzy center or choke. Place artichoke halves in slowcooker; add hot water and lemon slices. Cover and cook on HIGH 4 to 5 hrs. or until done. Drain; serve with sauce. Lemon butter sauce – combine all ingredients.

## Ham And Scalloped Potatoes

---

8 slices Of ham  
10 medium Potatoes, thinly sliced  
1 cup Grated Cheddar  
2 Onions, thinly sliced  
1 can Cream of mushroom soup  
Paprika  
Salt and pepper to taste

Toss sliced potatoes in 1/2 teaspoon cream of tartar and 1 cup water. Drain. Put half of ham, potatoes, and onions in crockpot. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8 to 10 hours. (High: 4 hours).

## Hawaiian Chicken Breasts

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4 Green onions  
3 Tablespoons Butter  
4 Chicken breast halves  
Flour seasoned with  
salt and pepper  
1 Can sliced pineapple, (14 Ounces)  
1 Avocado  
Rice; hot, buttered

Chop onions using only 1" of green tops. Saute in 1 T of butter until glazed. Transfer to crock pot. Coat chicken breasts in seasoned flour. Saute in butter until brown on both sides. Transfer to crock pot. Drain pineapple. Pour juice over chicken. Cover and cook on low 3–4 hours (high 1 1/2 – 2 hours) or until breasts are tender. Saute pineapple slices in butter until golden. Place on heated plater. Top each with a chicken breast. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast. Serve pan drippings over rice.

## Home–Style Bread Pudding

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2 Eggs, slightly beaten  
2 1/4 Cup Milk  
1 Teaspoon Vanilla  
1/2 Teaspoon Cinnamon  
1/4 Teaspoon Salt  
2 Cup 1–inch bread cubes  
1/2 Cup Brown sugar  
1/2 Cup Raisins or chopped dates

In medium mixing bowl, combine eggs with milk, vanilla, cinnamon, salt, bread, sugar, and raisins or dates. Pour into 1 1/2–qt. baking dish. Place metal trivet or rack in bottom of crockpot. Add 1/2 cup hot water. Set baking dish on trivet. Cover pot; cook on high for about 2 hours. Serve pudding warm or cool.

## Hungarian Goulash

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2 Pounds Round steaks, cut in 1/2" – cubes  
1 Cup Chopped onion  
1 Clove garlic, minced  
2 Tablespoon Flour  
1 Teaspoon Salt  
1/2 Teaspoon Pepper  
1–1/2 Teaspoon Paprika  
1/4 Teaspoon Dried thyme, crushed  
1 (14 1/2 oz) can tomatoes  
1 Cup Sour cream  
Noodles

Put steak cubes, onion, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low 8–10 hours Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 4–5 hours, stirring occasionally.)  
Serve over hot buttered noodles.

## Italian Chicken

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1 frying chicken, cut into pieces  
1 teaspoon seasoned salt  
1/4 cup flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons Parmesan cheese, grated  
1/2 cup chicken stock  
1 can mushrooms, drained  
1/2 teaspoon paprika  
zucchini, sliced into medium pieces  
freshly ground black pepper  
parsley to garnish

Sprinkle chicken with seasoned salt. Combine flour, salt, pepper, cheese, and paprika. Coat chicken pieces with mixture. Place zucchini in bottom of Crockpot. Pour stock over zucchini. Arrange chicken on top. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high, add mushrooms, cover, and cook on high for another 10–15 minutes. Garnish with freshly ground black pepper and parsley.

# Lemon Roast Chicken

---

Chicken whole

1 dash Salt

1 dash Pepper

1 teaspoon Oregano

2 Cloves minced garlic

2 tablespoons Butter

1/4 cup Water

3 tablespoons Lemon juice

Wash chicken, pat dry, season with salt and pepper. Sprinkle 1/2 oregano and garlic inside cavity. Melt butter in large frying pan. Brown chicken on all sides. Transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan, stir to loosen brown bits. Pour into crock pot. Cover. Cook on LOW 8 hours. Add lemon juice in the last hour of cooking. Transfer chicken to cutting board. Skim fat. Pour juice into sauce bowl. Carve bird. Serve with some juice spooned over chicken.

## Marinated Beef Pot Roast

---

3 pounds roast, trimmed  
2 tablespoons oil  
Flour and water paste, optional  
1 cup tomato juice  
3 tablespoons mustard, prepared  
4 tablespoons worcestershire sauce  
1 teaspoon basil  
1 teaspoon oregano  
1 teaspoon onion powder  
1 teaspoon garlic salt  
1/4 teaspoon fresh ground black pepper

Combine marinade ingredients and pour over roast in a shallow bowl. Cover and refrigerate overnight or for 24 hrs. Remove meat from marinade and pat dry with paper towels. Heat oil in large skillet and brown meat on all sides. Place in cooker. Cover and cook on LOW 8–10 hrs. serve with accumulated gravy. (This may be thickened in a saucepan with flour and water paste if you wish.)

# Meatloaf

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1/2 cup whole milk  
2 white bread slices  
1–1/2 pounds ground beef  
2 eggs  
1 small onion, peeled  
1–1/2 teaspoons salt  
1/2 teaspoon pepper  
1 teaspoon dry mustard  
12 ounces tomatoes, whole

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours. Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

## New England Boiled Dinner

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- 3 pounds Corned beef
- 6 Carrots, cut in half Lengthwise
- 6 Potatoes, cut in half Lengthwise
- 1 medium Size head of cabbage
- 3 cups Water
- 6 Turnips, cut in quarters

Place corned beef and water in Crock Pot Cooker. Cover. Set on high. When steaming vigorously, set to medium and continue cooking 2 1/2 hours. Remove meat from cooker. Put potatoes, turnips, carrots and cabbage in Cooker. Place meat on top of vegetables. Cover and when mixture is steaming briskly, set to medium. Cook for 45 minutes. Ham may be used in place of corned beef, if desired.

# Potato Stuffed Cabbage

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1 head cabbage  
5 pounds potatoes, peeled  
2 onions  
1/2 cup rice, raw  
1 teaspoon dried dill weed  
1/4 teaspoon black pepper, ground  
2 egg whites  
28 ounces tomatoes  
1 apple, peeled and sliced  
1/4 teaspoon ground ginger

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf). Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture. Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 tablespoons of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary. Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot. Cook at low heat for 4 to 5 hours.

## Savory Swiss Steak

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1–1/2 pounds Round steak  
1/4 cup Flour  
2 teaspoons Dry mustard  
1 teaspoon Salt  
1/4 teaspoon Pepper  
2 tablespoons Butter  
2 tablespoons Oil  
1 Onion, finely chopped  
2 Carrots, peeled and grated  
2 Stalks celery, finely chopped  
1 can (16 oz) tomatoes  
2 tablespoons Worcestershire sauce  
1 tablespoon Brown sugar

Cut steak into 6 serving–size portions. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown meat in half the butter and oil. Transfer to crockpot. Heat remaining butter and oil in frying pan. Saute onions, carrots and celery until glazed. Add tomatoes, Worcestershire and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low, 6 to 8 hours, or until tender. Serve meat with sauce spooned over. Sprinkle with parsley.

## Slow Cook Jambalaya

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1 Bell pepper, chopped  
1 Onion, chopped  
2 Medium tomatoes, chopped  
1 cup Chopped celery  
1 Clove garlic, crushed  
2 tablespoons Minced parsley  
2 teaspoons Chopped thyme leaves  
2 teaspoons Oregano leaves, chopped  
1/8 teaspoon Cayenne  
1/2 teaspoon Salt  
4 ounces Smoked sausage, chopped  
8 ounces Chicken breast, chopped  
2 cups Beef broth or bouillon  
1/2 pound Cooked shelled shrimp  
1 cup Cooked rice

Shell shrimp, halve lengthwise. In slow cooker, combine all ingred. except shrimp & rice. Cover & cook on low 9–10 hours. Turn slow cooker on high, add cooked shrimp & cooked rice. Cover; cook on high 20–30 minutes.

## Super Easy Crockpot Roast

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- 1 beef roast, any kind
- 1 package dried brown gravy mix
- 1 package dried Italian salad dressing mix
- 1 package dried ranch dressing mix
- 1/2 cup water

Place beef roast in crockpot. Combine the dried mixes together in a bowl and sprinkle over the roast. Pour the water around the roast. Cook on low for 7–9 hours.

## Sweet & Sour Chicken

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1 each Carrot, cut in pieces  
1 each Green pepper, cut in pieces  
1 each Onion, quartered  
2 tablespoons Tapioca, quick-cooking  
4 each chicken breast, cut  
8 ounces pineapple chunks in juice, canned un  
1/3 cup Dark brown sugar, firmly pa  
1/3 cup Red wine vinegar  
1 tablespoon Soy sauce  
1 teaspoon Chicken bouillon, instant g  
1/2 teaspoon Garlic powder  
2 tablespoons ginger root, minced  
1 teaspoon cilantro, dried  
Fresh cilantro  
Rice, hot cooked

Put vegetables in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken on top of vegetables. Combine all other ingredients except rice in a small bowl. Pour over chicken. Cover crockpot and turn to low and cook for 8–10 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave.