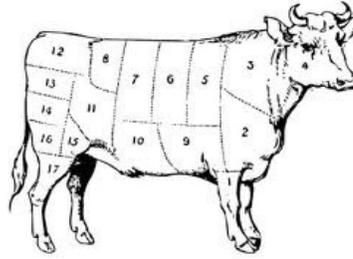


# Cooking with Beef



To get you started with locally raised beef, we've chosen three simple recipes utilizing straightforward and economical cuts - ground beef, stew beef, and minute steaks. The fourth and final recipe is a fantastic method for preparing a local beef brisket. Enjoy!

## Classic Meatloaf

2 lbs local ground beef	3 celery stalks, finely chopped
4 eggs, beaten	1/4 cup tomato paste
1/2 cup yellow onion, minced	2 Tbsp dried parsley
1 bulb garlic, finely chopped	Salt and Pepper to Taste
3 carrots, finely chopped	Ketchup

Mix the ground meat and eggs together thoroughly (Tip: Use your hands! They are the quickest, most effective mixing tool for this job). Add the vegetables, parsley, salt and pepper and continue mixing until thoroughly combined. Spread your favorite ketchup on top, and bake at 375 ° F for 45 minutes to an hour or until the juices run clear and the center of the meatloaf is cooked through.

## Slow-Cooked Hungarian Goulash

*Recipe source: Adapted from [www.eatingwell.com](http://www.eatingwell.com)*

2 lbs beef stew meat, cubed	1/2 cup chopped roasted red pepper (optional)
2 tsp caraway seeds	1 cup broth (beef or vegetable)
1 1/2-2 Tbsp Hungarian paprika	1 tsp Worcestershire sauce
1/4 tsp salt	3 cloves garlic, minced
Freshly ground pepper, to taste	2 bay leaves
2 medium onions, chopped	1 Tbsp cornstarch mixed with 2 Tbsp water
1 cup diced tomatoes	2 Tbsp chopped fresh parsley

1. Place beef in a 4-quart or larger slow cooker. Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion and bell pepper.
2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium sauce pan; bring to a simmer. Pour over the beef and vegetables. Place bay leaves on top. Cover and cook until the beef is very tender, 4 to 4 1/2 hours on high or 7 to 7 1/2 hours on low.
3. Discard the bay leaves; skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with parsley.

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## Fried Minute Steak

Recipe source: Adapted from [www.thepioneerwoman.com](http://www.thepioneerwoman.com)

2 lbs minute steaks (economical cuts, thinly sliced and extra tenderized)  
1 cup flour  
1 tsp seasoned salt  
3 tsp ground black pepper, or to taste  
1/2 cup canola oil (more if needed) + 2 Tbsp butter

Heat oil in a large skillet over medium heat. Mix together flour, seasoned salt, and pepper. Season both sides of steaks with salt and pepper. Dredge each piece in flour mixture, pressing to coat with as much flour as possible. Add butter to pan right before frying. When butter is melted, fry pieces of steak in butter/oil mixture. Flip when sides are deep golden brown and cook about 1 minute on the other side. Remove to a paper towel-lined plate. Serve immediately.



## Genius Beef Brisket

Recipe source: Adapted from [www.food52.com](http://www.food52.com)

1 6-pound beef brisket, trimmed so that a thin layer of fat remains	8 medium onions, peeled and thickly sliced
1 to 2 tsp all-purpose flour	3 Tbsp tomato paste
Freshly ground black pepper	Kosher salt
3 Tbsp canola oil	2 to 4 cloves garlic
	1 carrot, peeled

1. Heat the oven to 350°F.
2. Lightly dust the brisket with flour, then sprinkle with pepper to taste. Heat the oil over medium-high heat in a large ovenproof enameled cast-iron pot or other heavy pot with a lid just large enough to hold the brisket snugly. Add the brisket to the pot and brown on both sides until crusty brown areas appear on the surface here and there, 5 to 7 minutes per side.
3. Transfer the brisket to a platter, turn up the heat a bit, then add the onions to the pot and stir constantly with a wooden spoon, scraping up any browned bits stuck to the bottom of the pot. Cook until the onions have softened and developed a rich brown color but aren't yet caramelized, 10 to 15 minutes.
4. Turn off the heat and place the brisket and any accumulated juices on top of the onions.
5. Spread the tomato paste over the brisket as if you were icing a cake. Sprinkle with salt and more pepper to taste, then add the garlic and carrot to the pot. Cover the pot, transfer to the oven, and cook the brisket for 1 1/2 hours.
6. Transfer the brisket to a cutting board and, using a very sharp knife, slice the meat across the grain into approximately 1/8-inch-thick slices. Return the slices to the pot, overlapping them at an angle so that you can see a bit of the top edge of each slice. The end result should resemble the original unsliced brisket leaning slightly backward. Check the seasonings and, if the sauce appears dry, add 2 to 3 teaspoons of water to the pot.
7. Cover the pot and return to the oven. Lower the heat to 325°F and cook the brisket until it is fork-tender, 1 1/2 to 2 hours. Check once or twice during cooking to make sure that the liquid is not bubbling away. If it is, add a few more teaspoons of water—but not more. Also, each time you check, spoon some of the liquid on top of the roast so that it drips down between the slices.
8. It is ready to serve with its juices, but, in fact, it's even better the second day. It also freezes well.

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