

# Meatloaf

## Ingredients:

- 1 1/2 pounds ground beef
- 20 saltine crackers, crushed
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1 large egg
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon ground black pepper
- 1/3 cup ketchup
- 2 tablespoons milk
- 1 teaspoon Worcestershire sauce
- 1/2 to 3/4 cup ketchup or barbaque sauce

## Directions:

Gather the ingredients. Pre-heat the oven to 350 F. Grease an 8 1/2 x 4 1/2-inch loaf pan or line it with foil and then lightly grease it. Alternatively, for a free-form loaf, line a rimmed baking pan with foil.

In a large bowl, combine the ground beef with the crushed saltines, onion, green pepper, egg, paprika, garlic powder, salt, thyme, black pepper, 1/3 cup of ketchup, milk, and Worcestershire sauce.

Pack the meat mixture into the loaf pan or shape it and place it on the baking pan.

Bake the meatloaf for 1 hour. Carefully pour excess grease into a can or jar for later use.

Spread the meatloaf with 1/2 to 3/4 cup of ketchup or barbecue sauce and continue baking for 15 minutes longer, or until the meatloaf registers at least 160 F on an instant-read food thermometer inserted into the center. (If you have instead swapped ground turkey or chicken for the beef, cook the loaf to an internal temperature of 165 F.)

Let the meatloaf rest for ten minutes before slicing so it holds together well. Then, serve and enjoy!

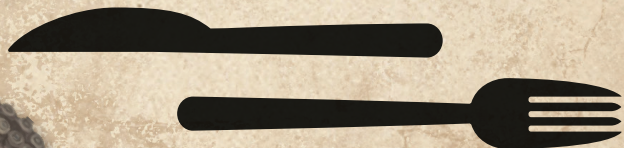
# Reuben

## Ingredients:

- 2 slices rye bread
- 1 tablespoon unsalted butter
- 1/4 pound corned beef, thinly sliced
- 1/2 cup sauerkraut
- 2 slices Swiss cheese
- Thousand island Dressing

## Directions:

Spread butter on one side of each slice of rye bread. Place corned beef, sauerkraut and cheese on one slice of bread and top with other slice. Grill, butter side down, on skillet or griddle until bread is toasted and cheese is melted. Serve with thousand island dressing.



## Egyptian Barley Stew

### Ingredients:

- 3 tablespoons beef fat (you can substitute with beef tallow, lard or butter)
- 2 pounds beef chuck roast (1-inch cubes)
- 1 sweet onion diced
- 4-5 sliced carrots
- 4 stalks sliced celery
- 2-4 garlic cloves
- 64 ounces beef broth
- 2 diced tomatoes
- 1 and 1/2 cups dried barley
- 2 fresh thyme Leaves
- 2 tablespoons fresh chopped rosemary leaves
- 2 tablespoons crushed red pepper
- Salt and pepper to taste

### Directions:

Saute the onions in a sauce pot for a couple of minutes then stir in the carrots, celery, and garlic and cook for a few more minutes.

While that is cooking, cut the beef into chunks, then push all the vegetables to the side of the pot and add the beef chunks to the center of the pot. Brown the meat for about five minutes.

Once the beef is browned, add in the broth, tomatoes, and all the seasonings. Stir it all together.

Cover the pot and bring it to a boil. If you need to, you can lower the heat to simmer. Once covered, let this soup simmer until the barley and beef are tender. Make sure to stir occasionally, but let simmer for about 30 minutes.

Salt and pepper to taste and serve warm!

## Hearty Stew

### Ingredients:

- 3 tablespoons beef fat (you can substitute with beef tallow, lard or butter)
- 4 ounces bacon
- 3 pounds boneless short ribs, cut in 1 1/2-inch chunks (4 1/2 pounds on the bone)
- Kosher salt and freshly ground black pepper
- 1/4 cup Cognac or brandy
- 1 cup hearty red wine,
- 2 cups chopped yellow onions (2 onions)
- 2 cups chopped fennel, trimmed and cored (1 large bulb)
- 2 tablespoons minced garlic (6 cloves)
- 1 (14.5-ounce) can diced tomatoes, including the juices
- 2 tablespoons tomato paste
- 2 cups beef broth
- 1 pound carrots, scrubbed and cut 1/2 inch thick diagonally
- 1 pound Yukon Gold potatoes, scrubbed, 1-inch diced
- 10 ounces frozen peas

### Directions:

Preheat the oven to 300 degrees F.

Heat the oil in a large (11 to 12 inch) Dutch oven over medium heat. Add the pancetta and cook for 4 to 5 minutes, until browned. With a slotted spoon, transfer the bacon to a plate lined with a paper towel and set aside.

Meanwhile, season the short ribs all over with 2 teaspoons salt and 1 teaspoon pepper. Brown half the meat in the Dutch oven over medium heat, turning occasionally, for 5 to 7 minutes, until browned on all sides. Transfer the meat to a bowl and brown the second batch. Don't cook them all in one batch or they won't brown! Transfer the second batch to the bowl and set aside.

Off the heat, add the Cognac and 1/3 cup of the wine to the pot, scraping up any browned bits, then simmer over medium heat for one minute. Add the onions and fennel and sauté, stirring occasionally, for

7 to 8 minutes, until the vegetables are tender. Add the garlic and cook for one minute.

Stir the tomatoes and tomato paste into the vegetables. Add the remaining 2/3 cup of wine, the beef broth, the seared meat (and juices), 2 teaspoons salt and 1 teaspoon pepper. Bring to a simmer, cover and bake for 1 hour and 15 minutes checking occasionally to be sure the liquid is simmering.

De-grease the stew, if necessary. Stir in the carrots and potatoes, cover and bake for one hour longer, until the vegetables and meat are very tender when tested with a fork. Just before serving, stir in the peas and bacon, taste for seasonings and serve hot in large, shallow bowls.

## Velma's Cherry Pie

### Crust:

- 1 stick very cold unsalted butter
- 2 tablespoons lard
- 3 cups all-purpose flour
- 1 teaspoon kosher salt
- 1 tablespoon sugar
- 1/3 cup very cold vegetable shortening
- 6 to 8 tablespoons (about 1/2 cup) ice water

### Filling:

- 1 1/4 cups sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 tablespoon butter (softened)
- 15 ounces pitted tart cherries
- 1/2 cup cherry juice
- 1/4 teaspoon almond extract
- 2 teaspoons lemon juice

### Directions:

- Dice the butter and mix with lard. Then return it to the refrigerator while you prepare the flour mixture. Place the flour, salt, and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix. Add the butter and shortening. Pulse 8 to 12 times, until the butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out on a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes.
- Cut the dough in half. Roll each piece on a well-floured board into a circle, rolling from the center to the edge, turning and flouring the dough to make sure it doesn't stick to the board. Fold the dough in half, place in a pie pan, and unfold to fit the pan. Repeat with the top crust.
- Preheat oven to 400 degrees. Combine sugar, cornstarch and salt.
- Combine cherry juice, almond extract and lemon juice.
- Add to dry ingredients, mixing well.
- Add cherries and mix well again.
- Add butter and let stand for 15 minutes.
- Pour cherry mixture into pie crust and finish top with lattice work pie crust.
- Bake for 50 to 55 minutes.

Serve with Velma's famous coffee.



## Ma Mathison's Apple Pie

### Crust:

- 2-1/4 cups all-purpose flour
- 2 teaspoons sugar
- 3/4 teaspoon kosher salt
- 1 cup cold unsalted butter, cubed
- 6 to 8 tablespoons ice water

### Filling:

- 5 medium Braeburn apples (about 1-1/2 pounds), peeled and cut into 1/4-in. slices
- 4 medium Granny Smith apples (about 1-1/2 pounds), peeled and cut into 1/4-in. slices
- 1/2 cup sugar
- 3 tablespoons lemon juice
- 2 tablespoons all-purpose flour
- 1/2 teaspoon kosher salt
- 3/4 teaspoon ground cinnamon
- Dash ground nutmeg
- 3 tablespoons unsalted butter, cut into pieces
- 1 egg, lightly beaten
- 1 to 2 tablespoons superfine sugar

### Directions:

- In a large bowl, mix flour, sugar and salt; cut in butter until crumbly. Gradually add water, tossing with a fork until dough holds together when pressed. Divide dough in two portions so that one is slightly larger than the other, wrap each in plastic wrap. Refrigerate for 1 hour or until easy to handle.
- Preheat oven to 425 degrees. In a large bowl, combine apples, sugar, lemon juice, flour, salt, cinnamon and nutmeg.
- On a lightly floured surface, roll out larger portion of dough to 1/8-in. thick circle. Transfer to a 9-in. pie plate, trimming even with edge. Fill with apple mixture, mounding in the center. Dot apples with butter. Lightly brush rim of pastry with some of the beaten egg.
- Roll out remaining dough to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in pastry. Brush top with egg; sprinkle with superfine sugar. Place on a foil-lined 15x10x1-in. baking pan.
- Bake 20 minutes. Reduce heat to 375 degrees. Bake 50-60 minutes or until crust is golden brown and filling is bubbly. Cool on a wire rack 2 hours before serving.

