

The DISH



VICKI RASMUSSEN

FOOD COLUMNIST
vickir@windomnews.com

Did you know that May is National Beef Month? I was raised a city girl, but married a farmer who just happens to raise crops and cattle. So, you can bet I'm going to promote some delicious beef recipes.

One of my favorite ways to make a chuck roast is the Mississippi Pot Roast listed below. After it's been cooking in the crockpot for hours, I just shred it and put it on hoagie buns and then dip in the au jus sauce — so delicious!

And steaks, how can you go wrong? There are so many delicious and easy options! So, get to the store or find a local farmer and buy a quarter or half a beef and have it processed to your liking. Enjoy!

Mississippi Pot Roast

6 Tbsp. unsalted butter, divided
1 tsp. sea salt
1 tsp. black pepper
2 to 3 lbs. beef chuck roast, boneless
1 Tbsp. onion flakes, minced
1 packet Ranch seasoning mix
1 packet Au Jus seasoning
6 to 10 pepperoncini, whole

Heat 1 to 2 Tbsp. butter in a skillet over medium-high heat. Lightly salt and pepper each side of the chuck roast. Add the meat to the skillet and sear each side of the roast until browned.

Transfer the browned roast to the Crock-Pot and pour all the excess butter and browned bits from the skillet into the Crock-Pot. Sprinkle minced onions over the meat. Add contents of ranch seasoning and au jus packets. Top with remaining butter, cut into pieces. Add pepperoncini to the pot and place the lid on top.

Cook on low heat for 8 hours or until meat falls apart easily when pulled with a fork. Shred the meat into large chunks and stir everything together. Serve with chopped parsley for garnish, if desired.

Steak Bites

1 lb. top sirloin steak
Salt and pepper
1 tsp. olive oil
3 Tbsp. butter or ghee
4 garlic cloves, minced
Fresh parsley for garnish

Cut steak into 1-inch cubes and season them with salt and pepper; set aside. Mince garlic and set aside.

Heat oil in a large skillet and add the steak, cooking over medium heat for 3-4 minutes. Then, add the but-

ter and garlic and continue cooking the steak for 1-2 minutes or until it's done to your liking. You want the butter to be completely melted and the steak to be browned on all sides.

Sprinkle fresh parsley on top, and serve steak with your favorite sauce.

Mongolian Beef

1½ lb. flank steak, cut in ¼-inch strips against the grain
1/3 cup cornstarch
1 Tbsp. soy sauce
1 tsp. baking soda
SAUCE AND STIR FRY
6 Tbsp. canola oil
2 tsp. garlic, crushed
2 tsp. ginger, finely minced
½ cup dark brown sugar, packed
½ cup soy sauce
½ cup beef broth (or water)
2 tsp. sesame oil
½ bunch green onions, cut into 2-inch sections
¼ cup dried red chili peppers (opt.)

Combine the thinly-sliced flank steak with the cornstarch, 1 Tbsp. soy sauce and baking soda. Use your fingers to lightly coat the beef, shake off any excess cornstarch, if necessary. Set aside and let sit for 10 min.

Heat 2 Tbsp. of oil in a wok over medium heat. Once nice and hot, begin to sear the flank steak in batches, about 1 minute each side or until crisp and golden. (Beef won't cook all the way, that's OK because it will cook further in the sauce later). Set aside on a plate and repeat with remaining beef, adding in more oil as needed.

Add garlic and ginger to the wok and cook, 45 seconds to 1 minute, stirring to en-

sure it doesn't burn. Add in the brown sugar, soy sauce, beef broth and sesame oil. Whisk to combine and bring to a simmer.

Add the beef back into the wok, toss to coat in the sauce. Add in the green onions and dried red chilies. Cook until sauce thickens and becomes glossy, about 3-4 minutes. Garnish with sesame seeds and serve over rice and broccoli.

Notes: Be sure to choose the right cut of meat: Flank steak or sirloin. Filet can also be used, but is usually more expensive. (Avoid tougher cuts like stew meat).

Skillet Bourbon Steak

STEAKS

4 (4-oz. each) top sirloin steaks, about 1-inch thick, at room temperature

Coarse salt and fresh ground pepper, to taste

2 Tbsp. dijon mustard, divided

2 Tbsp. butter, divided

BOURBON SAUCE

1/3 cup bourbon

¼ cup low sodium soy sauce

1 tsp. low sodium Worcestershire sauce

¼ cup packed light brown sugar

½ tsp. dried basil

½ tsp. dried rosemary

2/3 cup half and half (you can also use evaporated milk or light heavy cream)

Dried parsley for garnish

STEAKS: Prepare steaks by seasoning with salt and pepper; set aside for 20 minutes. Rub steaks with dijon mustard. Heat a large cast-iron skillet over medium-high heat. Transfer steaks to a heated skillet, two steaks at a time and add 1 Tbsp. butter.

Cook steaks until browned and cooked to desired doneness, about 3 to 4 minutes per each side for medium-rare. Remove steaks from skillet and set aside. Repeat with the remaining steaks.

BOURBON SAUCE: In a small mixing bowl combine bourbon, soy sauce, Worcestershire sauce, light brown sugar, basil and rosemary; whisk to combine. Add the bourbon sauce mixture to the hot skillet and cook over medium heat for about 2 minutes or until slightly reduced. Stir in half-and-half or light cream and cook for a minute or two or until thickened. Remove from heat and place steaks back in skillet; turn to coat. Garnish with dried parsley.