



Dumbarton United Methodist Church

Seasonings of the Spirit

MEATS

"American" Beef and Peppers
London Broil
Beef Bourguignon
Five Hour Stew
Beef Stroganoff
Six-Hour Stew
Flank Steak Rose
Sharp Steak
Spicy New England Pot Roast
Barbeque
New England Boiled Dinner
Julia Cancio's Picadillo
Chili Colorado
Pastor's Chili
Sookie's Chili
Tex-Mex Chili
Olive Meat Loaf

Greek Meatballs
Swedish Meatballs
Quick Pizza
Meatza
Oriental Beef Salad, 47
Key School Spoonburger
Scrambled Barbecue Hamburger
Cantonese Style Spareribs
Mapled Pork Chops
Pork and Sauerkraut Goulash
Ragu Pork Chops Verdura
Ham Balls
Braised Lamb Chops with Vegetables
Savoury Chops
Easter Lamb
Turkish Meat Pastry
Veal Marsala with Mushrooms



BEEF BOURGIGNON

Debbie Woodcock

--This is a real "piece de resistance," if you are willing to take the time and effort to prepare it. Plan on about 2 hours for preparation plus 3½ hours baking time. Served with wild rice and the zucchini dish in the vegetables section, it makes for a great gourmet meal!

The Onions:

½ lb. salt pork, cut into 1½ inch strips 1 quart water
1 T. butter 18 to 24 peeled white onions (1 inch diameter)

Heat oven to 350° F. Blanche salt pork in water and simmer for 5 minutes. Drain on paper towel. In heavy skillet, melt butter and brown pork in it till crisp and golden. Remove from pan and drain on towels. In the fat left in skillet, brown onions lightly, rolling them around to color evenly. Transfer to large shallow baking dish. Sprinkle with some pork fat. Set rest of fat aside in skillet. Bake onions uncovered, turning once or twice, for 30 minutes, until just tender. Remove from oven and set aside.

The Mushrooms:

1 lb. mushrooms, sliced thickly
4 to 5 T. butter

While the onions are baking, melt butter in another skillet and cook mushrooms for 2 to 3 minutes. Add mushrooms to onions and set aside.

The Beef:

4 lb. boneless beef chuck or rump, cut into 2 inch cubes
bouquet of parsley and bay leaf
2 T. chopped scallions or shallots 1/4 c. finely grated carrots
3 T. flour 1 tsp. garlic powder
1 c. hot beef stock 1 tsp. dried thyme
2 c. red burgundy 1 tsp. salt
1 T. tomato paste pinch pepper
2 T. chopped parsley

Pour all but thin layer of pork fat (from skillet used earlier) into small container. Bring fat almost to smoking point. Dry beef on paper towels and brown in skillet (5 to 7 pieces at a time). Add more pork fat as needed. As meat is browned, put it in a 4 to 6 quart casserole that has chopped parsley in the bottom.

After beef is browned, add shallots and carrots to remaining fat in skillet and cook until lightly colored. Stir in flour (add fat if needed). Stir over low heat until flour browns, remove from heat, let cool a moment, then pour in beef stock, blending with a wire whisk. Blend in wine and tomato paste and bring to boil, stirring constantly as sauce thickens.

Mix in garlic, thyme, pork strips, salt and pepper. Then pour sauce over the beef--sauce should almost cover the meat. Bring to a boil in casserole on top of the stove, then cover tightly and put in 350° F. oven. Keep meat simmering for 3 hours. Add mushrooms and onions and bake another 15 to 20 minutes. Enjoy!

FIVE HOUR STEW

Jackie Mayers

1½ lb. stew meat	1 can tomato soup
3 to 4 potatoes, halved	½ can water
2 onions dash thyme	2 large carrots, sliced
salt and pepper to taste	

Put meat and vegetables into 2-quart casserole. Mix remaining ingredients and pour over meat and vegetables. Cover and cook at 275° F. for 5 hours. NOTE: This is a marvelous dish to have cooking in the oven while you are gone all afternoon and come home and dinner is ready!

BEEF STROGANOFF

Elaine Partridge

2 lb. tenderloin or sirloin	½ c. dry white wine
4 T. butter or margarine	1/4 tsp. salt
½ lb. mushrooms, sliced	dash pepper
1 c. sliced onion (1 large)	1½ c. dairy sour cream
1 10½ oz. can condensed beef broth, or 1 c. beef bouillon from cube	1 T. chopped parsley
1 T. minced chives	
hot cooked rice	

Slice meat into ½-inch slices. Cut slices into ½-inch strips. Heat butter or margarine in large skillet. Brown meat well on all sides. Remove and reserve. Saute mushrooms and onion until tender in fat remaining in skillet. Add meat, beef broth, wine or water, salt and pepper. Cover. Simmer 10 minutes. Stroganoff may be cooked to this stage and reheated. Stir in sour cream, heat to just boiling, stirring constantly. Sprinkle with parsley and chives. Serve with cooked rice. Makes 8 servings.

SIX-HOUR STEW

3 to 4 lb. boneless chuck roast, cubed
2 potatoes, cut up
4 carrots, cut up
1 c. canned tomato soup
1 large onion, cut up
1/4 c. port wine
1 c. fresh English peas
bay leaf
1 c. mushrooms
salt and pepper to taste

Put all dry ingredients in large kettle with tight lid. Combine tomato soup and port wine and pour over ingredients in kettle. Toss lightly. Place one bay leaf on top. Cover. Bake at just under 250° F. for 6 hours.

FLANK STEAK ROSE

Norma Severns

1 flank steak (1½ lbs.)
1 tsp. salt
3/4 c. rose wine
1 tsp. pepper
1 clove garlic, crushed
1/4 tsp. dried dill seed

Unroll meat and place in Pyrex dish. Combine other ingredients, pour over meat. Cover and marinate in refrigerator for 1 to 2 hours, turning meat several times. Brush with oil and broil until rare or medium rare. Cut diagonally across grain into thin slices. For the sauce, add 1 to 2 T. butter to remaining marinade, heat, and spoon over meat.

SHARP STEAK

Geoff Jameson

-My mother's recipe from New Zealand-

2 lb. stewing steak	pinch salt, pepper & nutmeg
3 T. flour	2 T. tomato sauce
2 T. Worcestershire sauce	2 T. vinegar
2 c. water (may need more or less)	

Cut meat into pieces and place in plastic bag with flour, salt, pepper, and nutmeg. Shake well, so meat is well coated. Tip all in casserole or deep saucepan with all other ingredients. Use enough water to cover meat. Cover dish and place in slow oven - 300° F. for 2 to 3 hours. Stir occasionally. Serve with vegetables and rice. If cooked on top of stove in saucepan, simmer slowly for 2 to 3 hours. Serves 6.

SPICY NEW ENGLAND POT ROAST

Beth Taylor

4 lb. boned and rolled beef arm or blade, or bottom round pot roast
3 T. bacon drippings or oil
1 c. whole cranberry sauce
3 T. flour
1 stick cinnamon
4 whole cloves
2 tsp. salt
1/4 tsp. black pepper
1 c. beef broth
1/2 c. freshly grated horseradish*
16 small white onions

1 bunch carrots, cut into 3-inch lengths

Mix flour, salt and pepper and dredge the meat in the mixture. Rub into all surfaces. Heat drippings or oil in heavy dutch oven/casserole and brown meat on all sides very well over high heat. Pour drippings into skillet and reserve.

Mix together horseradish, cranberry sauce, cinnamon (break stick in two), cloves, and broth. Add to meat. Bring mixture to a boil, cover tightly, and simmer gently for 2 hours, until meat is barely tender.

Meanwhile brown onions in reserved dripping. Add carrots and cook 2 minutes longer. Drain fat and add to the meat. Cover and cook another 25 minutes, or until vegetables and meat are tender. Makes 8 servings.

* The quantity of horseradish IS correct! It loses its pungency during cooking. You may substitute a 4-oz. jar of prepared horseradish for the fresh. Drain well before adding.

BARBECUE

Sookie Alvis

4 onions, chopped
1 T. chili powder
2 stalks celery, chopped
2 tsp. vinegar
1/4 c. Worcestershire Sauce
1 c. catsup
2 c. water
1 can corned beef

Mix ingredients together and cook for at least 2 hours. Stir occasionally.

NEW ENGLAND BOILED DINNER

Dick and Eileen Doyle

2 or 3 lb. corned beef
3 parsnips, peeled and quartered lengthwise
3 carrots, peeled and quartered lengthwise
2 white turnips, peeled and sliced
1 head cabbage, quartered
6 potatoes, peeled
6 beets

Wipe corned beef with a damp cloth. Cover with cold water and bring to a boil. Skim, cover kettle, and simmer until meat is tender (4 to 5 hours). Forty minutes before serving, add all vegetables except beets; cook the beets separately. Remove meat from liquor and place on platter. Drain vegetables and arrange around meat. Serves six.

JULIA CANCIO'S PICADILLO

Jody McPherson

1 medium onion, chopped	1 4½-oz. can chopped
1 medium green pepper, chopped	ripe olives
1 clove garlic, minced	1 12-oz. can tomato sauce
2 T. olive oil	1/8 tsp. pepper
1 lb. ground chuck	1/4 tsp. thyme
1/3 cup raisins	1 tsp. capers

Saute lightly onion, green pepper, and garlic in oil. Add ground chuck and brown. Add tomato paste, olives and raisins. Simmer gently 15 to 20 minutes. Add rest of ingredients and simmer another 15 minutes. Serve with hot rice.

CHILI COLORADO

Norma Severns

2 to 3 lbs. boneless chuck roast	2 14-oz. cans hot red enchilada sauce
1 tsp. crushed red pepper spice	2 beef bouillon cubes
1 medium onion, diced	½ tsp. garlic powder
½ tsp. black pepper	
1 c. water	

Slice meat into cubes with the grain of the meat. Place meat in deep roasting pan. Mix remaining ingredients, except water and bouillon. Pour over meat. Roast covered at 325° F. for 2 hours. Remove pan from oven; add water and bouillon; simmer covered for 30 minutes. Shred meat cubes; return meat to sauce. Serve with a salad and hard rolls.

PASTOR'S CHILI

Tom Brunkow

2 1-lb. cans kidney beans, drained
2 T. chili powder
1 large can whole tomatoes
½ c. beer
1 to 2 c. chopped leftover meat: hamburger, hot dogs, bologna, etc.
chopped raw onions

Combine beans, chili powder, - tomatoes and beer. Mix in meat and heat until chili is hot and flavors are blended. Stir occasionally with reverence. Serve with chopped onions. Serves 4.

SOOKIE'S CHILI

Sookie Alvis

--A favorite at potlucks and committee meetings! --

2½ lb. ground beef
1 large can whole tomatoes
1 c. onion, chopped
2 tsp. salt
3 cloves garlic, minced
½ tsp. black pepper
1 51-oz. can kidney beans
3 to 4 T. chili powder
3 15-oz. cans tomato sauce (according to taste)

Brown the beef. Strain off grease. Saute onion and garlic. Add to beef. Add other ingredients. Add chili powder according to your taste. Simmer for 20 minutes.

TEX-MEX CHILI

Betty Lou Winslow

3 lb. ground meat
3 large onions, coarsely chopped
3 cloves garlic, minced
3 T. chili powder
3 tsp. ground cumin
3 8-oz. cans tomato sauce

Saute meat, onions, and garlic until meat is no longer pink and onions are limp. Add other ingredients and simmer 3 hours. Taste for seasoning. You may want to add salt. If spicier chili is desired, add one 6-oz. can of Whitson's chili seasoning.

OLIVE MEAT LOAF

Suzanne Gell

3/4 c. milk	1 c. herb-seasoned stuffing mix
1½ lb. ground beef	½ lb. bulk pork sausage
½ c. sliced stuffed green olives	2 T. finely chopped onion
2 slightly beaten eggs	1 T. salt dash pepper

Pour milk over stuffing mix; set aside until milk is absorbed. Combine remaining ingredients. Add stuffing mixture; mix thoroughly. Place in 9x5x3-inch loaf pan. Bake at 350° F. about 1½ hours. Makes 6 to 8 servings.

GREEK MEATBALLS

Leah Johnson

2 lb. ground hamburger
1 finely chopped onion
2 eggs
½ to ¾ c. bread crumbs
2 tsp. salt
pepper and cinnamon to taste
spearmint
a little water

Mix ingredients and form into small meatballs or hamburgersized patties. Coat with flour and fry in oil or bake in oven at 325° F. being sure to turn over when top side is done.

SWEDISH MEATBALLS

Carolyn Long

--Carolyn prepares this as part of a traditional Swedish Smorgasbord every Christmas Eve.

1 large onion, chopped	large pinch pepper
1 lb. ground chuck	1½ tsp. nutmeg
1 lb. ground pork	6 T. sugar
1 lb. ground veal	3 tsp. lemon concentrate
3 c. bread crumbs	1½ tsp. salt
¼ lb. + 1 tsp. butter	3 eggs flour
1 pt. half & half	

Mix all ingredients except butter, flour and half & half. Roll mixture into balls. Roll balls in flour. Saute meatballs in butter in a heavy frying pan. Place in a casserole. Make gravy with pan drippings, flour and half & half. Pour over meatballs. Cover casserole. Bake in 325° F. oven for 45 minutes. Makes about 15 servings.

QUICK PIZZA

Ann McMarlin

--Ideal for a quick, easy winter evening meal--

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Crust:

1 c. flour (can use ½ white ½ wheat)

1 tsp. baking powder

Topping:

½ lb. ground beef

1/4 c. grated Parmesan

½ c. tomato sauce

1/4 tsp. salt

½ tsp. oregano

1/3 c. milk

1/4 lb. mozzarella cheese (shredded)

3 T. vegetable oil

Heat oven to 425° F. Mix first 4 crust ingredients with 2 T. oil until dough forms a ball. Pat dough into a 12-inch circle on an ungreased cookie sheet or pizza pan, roll up edge, and brush with remaining tablespoon of oil. Brown beef and set aside. Spread the remaining ingredients, one at a time, evenly over crust. Top with browned beef. Bake 20 minutes. Makes 4 servings.

MEATZZA

Judy McFarland

Mix:

1 lb. lean hamburger

1 tsp. salt

1/3 c. oatmeal

2/3 c. milk

Pack meat mixture into 8-inch square pan.

Top with:

1 8-oz. can tomato sauce

1 small can browned mushrooms

1 c. grated cheddar cheese

½ tsp. oregano garlic salt

Bake at 350° F. for 35 to 40 minutes.

KEY SCHOOL SPOONBURGER

Jody McPherson

--serve this on buns to hungry children!

1 lb. hamburger	1 can tomato soup
1 c. onion, chopped	1 c. celery, chopped
pepper to taste	

Brown hamburger; add onion and celery and cook until tender. Add undiluted tomato soup. Add pepper to taste. Simmer approximately ½ hour. Correct seasoning.

SCRAMBLED BARBECUE HAMBURGERS

Anale Yarbrough

--Sloppy Joes - 1 pound makes 8 to 10 hamburgers; the recipe is easy to double and you may have to if you have teenagers around!

1 lb. ground beef	½ c. catsup
1 onion, diced	1½ tsp. chili powder
2 T. bacon fat	1 tsp. prepared mustard
1 8-oz. can tomato sauce	1 tsp. Worcestershire sauce
water	salt and pepper to taste

Brown beef and onion in bacon grease. Add tomato sauce and one can of water to the beef mixture. Add catsup and seasonings. Simmer for 30 minutes. Serve on a bun. To serve a crowd, prepare hamburger mix ahead and heat at serving time. Put onto buns at the last minute or they'll get soggy.

CANTONESE STYLE SPARERIBS

Jaydee Hansen

3 lb. spare ribs - small ribs are best; ask the butcher to cut into 1 inch to 1½ inch lengths	
½ to 2/3 c. soy sauce	1 T. fermented black beans
1 ginger root	3 spring onions
8 to 10 cloves garlic	1 medium onion

Grate ginger or slice it into shoestring-like slices. (The size of the root you use depends on how well you like ginger, but it should be at least as long as your thumb.) Slice or press garlic and dice onion; combine with the ginger, the beans, and the soy sauce. Place ribs in pan and pour soy mixture over.* Allow to marinate 4 hours or more. Heat oven to 375° F. Slice spring onions over top of ribs and sauce. Cover pan and place in oven for 1 hour or until well done. Serve over bed of rice.

* A small roasting bag (of the kind used for chickens, turkeys, etc.) works well with this recipe. Simply pour ribs, sauce and onions into bag. Tie it up, let it sit 4 hours, then bake in a 9x13-inch pan. This same recipe may also be prepared by steaming in a wok steamer.

MAPLED PORK CHOPS

Jackie Mayers

6 pork chops
½ tsp. chili powder
¼ c. chopped onion
⅛ tsp. pepper
1 T. vinegar
¼ c. maple syrup
1 T. Worcestershire sauce
¼ c. water
1½ tsp. salt

Lightly brown pork chops. Place in flat 9x13-inch baking dish. Mix other ingredients and pour over chops. Cover and bake 45 minutes at 400° F., basting occasionally. Uncover and bake 15 more minutes.

PORK AND SAUERKRAUT GOULASH

Carolyn McIntyre

⅓ c. onion, sliced or diced
2 c. sauerkraut
2 T. fat drippings (or shortening)
1 tsp. caraway seed
2 T. paprika
¼ c. sour cream
1½ lb. pork, cubed

Brown onions in drippings. Add paprika and fry until all is dark red and steaming. Simmer pork with this, then add kraut and caraway. Simmer 1 hour. Remove from heat. Add sour cream, mix well and serve.

RAGU PORK CHOPS VERDURA

Debbie Woodcock

4 to 6½ inch thick center cut pork chops
1 10½ oz. can chicken bouillon
1 15½ oz. jar of plain Ragu sauce
1 medium onion, sliced thin (or use minced onions)
1 medium pepper, cut in strips
1 T. oil ¾ c. uncooked converted rice
½ c. sliced ripe olives (optional)
2 c. zucchini squash, sliced

Season chops, brown in oil on both sides; drain fat. Stir in broth, Ragu, onion, and pepper. Bring to boil, then lower heat and cook uncovered for 15 minutes. Stir in rice and olives, and place zucchini around edges. Cover and cook another 45 minutes. You can make this complete meal very easily in an electric skillet.

HAM BALLS

Mittie Quinn

--This is a great "make ahead" recipe. I make them up in aluminum pie plates and then wrap them and freeze them. When I want to serve them at a later date, I simply put them in the oven and bake them until warmed through.

1 tsp. horseradish Sauce:	3/4 c. cracker crumbs
1 9-oz. can crushed pineapple	2 eggs
1/2 c. milk	1/3 c. brown sugar
2 T. onion	1 T. vinegar
1 lb. ham, ground	1 T. mustard
1/2 lb. pork, ground	

Any ham or pork cut will do. Choose to your satisfaction and ask the butcher to grind them. Mix ingredients together and shape into 1 inch balls. Place in a shallow pan. Pour sauce over the top. Bake at 350° F. for 40 to 50 minutes. Can also be made into a loaf -- bake it for 1 to 1-1/4 hour.

BRAISED LAMB CHOPS WITH VEGETABLES

Suzanne Gell

4 shoulder lamb chops about 1/2-inch thick
1/2 tsp. crushed rosemary leaves
2 T. soy sauce
1 10-3/4 oz. can condensed chicken broth
1 24-oz. bag frozen stew vegetables
salt and pepper
chopped parsley

Brown chops in deep skillet about 3 minutes on each side. Season with rosemary and soy sauce. Add chicken broth and bring to boil. Add vegetables, cover, and simmer 20 minutes, or until chops and vegetables are tender. Season to taste with salt and pepper and sprinkle with parsley. Makes 4 servings.

SAVOURY CHOPS

Geoff Jameson

--Best with New Zealand lamb!!!--

4 to 6 lamb chops	water
2 T. brown sugar	2 T. flour
2 T. vinegar	2 T. tomato sauce
1/2 tsp. curry powder	1/2 tsp. ginger

Trim fat off chops and place in casserole dish with lid. Mix remaining ingredients with 1 1/2 c. cold water and pour over chops. Cover and cook for 2 to 2 1/2 hours at 350° F.

EASTER LAMB

Bart, Penny, Abigail and Hilary Finch

Get a butterflied leg of lamb. Just select whatever size leg you want, then ask the butcher to butterfly it for you. This entirely removes the bone, which you also get and can use for stock later. So you need to select a fresh leg. They cannot butterfly a frozen leg.

Mustard Sauce:

½ c. mustard (Dijon-type good)
2 T. soy sauce
1 clove smashed garlic
1 tsp. rosemary or thyme, ground
1/4 tsp. powdered ginger
2 T. oil

Blend together everything except oil. Beat in oil to make a mayo-type sauce. Paint inside and outside of butterflied leg. Roll leg together and roast until done. We like to cook ours outside on the charcoal grill until medium rare. Can paint leg earlier and refrigerate until ready to cook. Delicious!

TURKISH MEAT PASTRY

Shirley Miekka

--"Tepsi Boregi"

Filo pastry leaves

Filling:

½ lb. minced lamb
1 medium onion, chopped
1 medium potato, chopped
few sprigs parsley, chopped
salt, pepper
butter

Glaze:

6 oz. milk
3 eggs
3 oz. oil

Saute onion in butter until soft. Add meat and potato; cook until dry. Add parsley and season well. Cut 6 sheets of pastry to fit 9x13-inch baking dish. Layer three of the sheets into the baking dish, brushing each with glaze. Spread filling over third sheet. Cover with 3 more sheets, brushing each with glaze. Bake at 350° F. for 1 hour, until brown and crisp. Serve with yogurt or tomato sauce.

VEAL MARSALA WITH MUSHROOMS

Jim Quinn

--A 20 minute gourmet dish--

15 medium mushrooms, sliced thinly
½ stick butter
8 veal scallops (about 3/4 lb.)
1 clove garlic, minced
3 scallions, chopped finely
1/4 c. veal or chicken stock
1/4 c. Marsala wine or sherry
juice of 1/4 lemon
flour
salt and pepper to taste
freshly grated Parmesan cheese
1 T. fresh parsley, chopped (Italian parsley is preferable)
parsley for garnish

Pound veal scallops between waxed paper sheets until thin (1/4 to 1/8-inch thick). Saute mushrooms, garlic, and scallions in 2 T. butter for several minutes. Pour mushroom mixture into small bowl. Heat 3 T. butter in skillet. Dredge veal scallops lightly on one side with flour and saute scallops floured side down for about 3 minutes. When juices appear turn over and saute about 3 minutes on other side. Remove from pan and keep warm on a serving platter.

Add about 1 T. flour to pan and stir around. Add stock, lemon juice and wine or sherry to the pan. Heat for 1 to 2 minutes, stirring constantly to keep mixture smooth. Add mushroom mixture and reduce liquid until slightly thickened. Grate a layer of Parmesan over cutlets. Pour sauce over scallops and garnish with fresh parsley.
Serves 4.