

Beef Jerky Food Dehydrators

There are a multitude of beef jerky food dehydrators on the market. You can select from small three or four round tray, air up from the bottom, type dehydrators to the larger square or rectangle style with back to front heated air circulation. Both will do the job. Well, just doing the job is not sometimes enough. Round units are not conducive to jerky for lack of good spacing of the product. Yes you can use a round one and get the most excellent jerky. However, if I am going to invest the time to make jerky or anything else, then I want the maximum result. Square or rectangle food dehydrator trays increase the productivity of the unit itself. The meat can be placed evenly on the tray. Drying is also more effective. There are three or four units that I believe meet the standards to do jerky drying with efficiency and turn out an excellent product. These are in random order.

The Good4U Food Dehydrator: This dehydrator is a little new twist to old designs. The unit is door-less. The manufacture took a different approach to the unit, very clean and very inventive. For ten shelves and horizontal drying this is a good value. It can be found on the internet for around \$ 170.

The Excalibur 2900 Food Dehydrator: This is the grand daddy of the food dehydrator industry. Well built with ease of use. This will dry all day and dry all night. A great addition to any kitchen. Can be found on the internet for \$ 190.

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The Weston Products 10-tray stainless steel dehydrator: This, by far, is some serious piece of commercial grade equipment. While it is the highest cost at approximately \$ 250. This is the Cadillac and Caterpillar combined. If you want to do multiple different tasks with one machine then consider this one. It lets you perform bread dough rising for proofing. Remove the shelves and use it to dry arts and crafts. Dry your own artisan pasta. This is a great choice if you are willing to go the extra expense.

Lequip Food Dehydrator: This unit is the least costly of the four, but do not underestimate the abilities of this machine. The FilterPro will supply endless clean heated air to create an excellent result your family will enjoy. Design is easy to clean up and a 24 hour timer shutoff is standard. The unit can be increased to 20 trays if so desired. This will give you a maximum of 24 feet of drying surface. The FilterPro is on the internet right now for around \$ 140.

Please remember when comparing the machines, keep in mind your needs now and in the future. Most of the folks we talk with will comment they should have gone with the larger machine. Once you use one and reap the benefits it will be in almost constant use. Eat right and eat well.

Mary Dahlberg

Mary Dahlberg has been active with food preparation her whole life. Her mother had a step stool for Mary to be right by her

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side in the kitchen learning good techniques early on. Her delight to please the palettes of others took Mary into healthcare management of food and nutrition services for over 20 years. Mary and her husband now own Food Tools Plus, an e-commerce site to offer quality food preparation equipment. They carry a range of Home Food Dehydrators to fit the need of anyone.

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Tips to grill your beef

Do you attempt to grill your beef and expect to get perfect results? Were you successful in your previous attempts? Do not worry. Once you get a hang of it, it will be an easy task and you should not be finding it difficult anymore. You can try getting some tips from experts regarding grilling Angus and steak beef. This is very good for your health. Preparing these items requires lot of patience on your part and you need to have hands on experience to have the best of beef.

It is important to decide the kind of beef you want. If you prefer steak or angus, then make sure to choose a thick and well marbled slab of meat. These food items will need preliminary preparation such as trimming and boning. So what are the steps involved in grilling your beef? It is important to pre-heat the grill to the accurate level. You can choose either charcoal or the gas grill depending upon your comfort level. Remember that briquettes are required for charcoal grills to build up the flame.

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You can coat the steak beef in olive oil and dip it in a container having pepper and coarse salt. Place it on the grill once the preliminary preparations are done. If you want to use a marinade, then you can soak the meat in it for 3 to 4 hours prior to grilling. However, most of the people do not prefer this option. Make sure you do not place it directly over the fire. If you are using gas grill, then turn on one side and leave the other side unlit.

A thicker steak is ideal to grill and it should be well marbled. This will make sure there is some fat content present throughout the steak which will make it juicier and tastier. Allow the beef to reach the normal room temperature before you start cooking. The cooking time is dependent on the thickness of beef. Avoid flipping the meat frequently and refrain from using forks. You can use tongs instead of forks or alternatively you can use your finger to test if cooking is done. Allow it to reach the desired doneness and remove the beef from grill. Do not worry if you have started cooking for the first time. Experience is the best teacher. You will learn lessons by making mistakes.

Make sure you buy the beef from a reputable shop. The quality should not be comprised under any cost. It is highly recommended to learn the tricks and lessons on grilling the beef. It will be very helpful when you have a team outing in the office or when you go on a vacation with your family members. Angus beef is preferred over steak beef by some people because of its taste. Healthy cooking habits will lead to better lifestyle. Health is wealth. Hence, prefer food items that are good to health and cooked in a hygiene atmosphere.

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Santa Maria Beef Tri-Tip Recipe

Ingredients

1 tablespoon salt
1/2 teaspoon black pepper
1/2 teaspoon garlic salt
1 top sirloin steak (3" thick), or tri-tip
Red oak logs, or charcoal and oak chips (soaked in water)

Method

Combine the salt, pepper, and garlic salt together, and thoroughly rub the mixture over the meat.

Place the meat on grill and adjust it's position so that it sits around 2 or 3 inches from the charcoal/heat source.

Sear each side of the meat over hot coals 5 to 8 minutes to seal in juices, turning them only once.

Now re-position the meat so that it is positioned about 6 to 8 inches from the heat source. Cook the meat for another 20 to

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30 minutes, turning every 7 or 8 minutes until the beef is cooked to the desired degree of doneness.

Allow the meat to rest in foil for 30 minutes before slicing and serving.

Tri-Tip facts

In the United States, Tri-Tips were usually ground up, or sliced into steaks, until the early 1960's when it became synonymous with Santa Maria, CA, as a local speciality food.

Tri-Tips were, and still are today, rubbed with a spice blend, or dry rub, that includes salt, pepper and other seasonings including garlic salt. The meat is then cooked and smoked over a pit of red oak wood, or more commonly, on a rotisserie, BBQ grill, or broiled in a large covered cooking vessel.

Even today, the Tri-Tip cut of beef is still referred to as the Santa Maria Steak.

This cut is very versatile in how it can be prepared.

The traditional Santa Maria style of cooking is grilling at low heat over a red oak pit but the tri-tip can be slow-smoked, marinated or seasoned with a dry rub.

The Tri-Tip is cooked over high heat on a grill, on a rotisserie, or in an oven and after the meat has been cooked it is normally sliced across the grain before serving.

Tri-Tip doneness temperature guide

Rare (Red with cold, soft center) – 125 to 130 degrees

Medium-Rare (Red with warm, somewhat firm center) – 135 to 140 degrees

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Medium (Pink and firm throughout) – 140 to 150 degrees

Medium-well (Pink line in center, quite firm) – 150 to 155 degrees

Well-done (Gray-brown throughout and completely firm) 160 to 165 degrees

I never get tired of eating Tri-Tip as this cut of beef is simply fantastic served up on it's own, or with a gutsy BBQ sauce. Once you've smoked Tri-Tip and enjoyed it, the chances are that you will already be anticipating the next time you have it!

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Quick And Impressive Moroccan Beef

This Moroccan beef dish is impressive to serve and yet simple to make. If you expect guests and yet feel that you have no time for a home cooked meal, this may be a good bet. This dish comes from the North Africa tradition where most meat dishes are cooked long and slow. They are not cooked in what we would recognize as a slow-cooker, however, this recipe is adapted to a slow-cooker or crock pot and maintains the flavors of North Africa.

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To serve a family of four, plan on cooking about three pounds of beef, an extremely generous serving. However, your mileage may vary depending on the size of your crockpot. As for cuts of beef, try roasts, steak cuts, or even tenderized round steak. You cannot miss with this recipe. The slow cooking is extremely forgiving.

Steps

1. If your meat is not already in pieces as stew meat would be, then cut your meat into serving-sized pieces.
2. For each pound of beef peel and grate one large onion. The onion not only adds flavor, but also thickens the broth because it is grated so finely.
3. Place the grated onion in a bowl with
teaspoon salt
teaspoon pepper
teaspoon ground ginger
teaspoon saffron threads
4. Mix the seasonings and onion thoroughly.
5. Toss the onion mixture with the meat in the slow cooker.
6. Add one cinnamon stick.
7. Dot the top of the mixture with butter, about three tablespoons.
8. Pour in about 2 cups of water and cover with one bunch of cilantro, spread over the top.
9. Cover and cook on low for 6-8 hours depending on how much meat you have in the pot. Six hours is adequate for a pound.

10. For each additional pound duplicate the amount of seasonings listed here. You don't want to skimp. The succulence of this dish has been a winner with everyone to whom we have fed it.

11. In the last hour of cooking add some dried prunes to the pot, about 6 prunes per pound of meat. This may sound strange if you grew up on pizza, but the end result is splendidly flavorful.

12. When ready to serve, lift off the cilantro and discard. Place the pieces of meat on your favorite serving platter and sprinkle with toasted sesame seeds.

A nice menu to accompany this meat is a large green salad with vinaigrette dressing and steaming hot quinoa. You will have great company fare with little work on the part of the cook. Enjoy and rake in the compliments!

Alexander V. Martin enjoys healthy eating and cooking, especially iron-rich foods like beef, in fact foods for depression. He promotes Amazon's highly rated depression book, *Rebuild from Depression: A Nutrient Guide*.

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Ground Beef Goulash ? Make It

Healthier

Ground beef goulash is a simple dish to make more “body friendly.” This can help you to keep a good diet plan while eating foods you are used to eating. This recipe would be a perfect combination of health and flavor. This is very true if your goal is to maintain a standard weight.

Healthy recipes will always be recommended as this way you can continue eating your favorite dishes even when you’re following a diet plan. Healthier recipes are also so beneficial in preserving the weight reduction.

Ground beef goulash utilizes ground beef instead of chunks of premium beef utilized in extra customary variants of this dish because it is less expensive. That makes it possible to stay on budget. Testing with existing dish and creating new dishes all-together is extra fun. You may also provide a new name to better version.

Improved Ground Beef Goulash

So the problem comes how can we make our conventional beef recipe even better. You’ll follow the tenets of a good diet as outlined by Mediterranean diet.

To start with, one can easily try and eradicate the excess fat from your beef by draining. This easy action will eliminate much of this surplus fat. It will diminish the total amount of saturated fat making the recipe better. And which is again an excellent point.

The next move to making an improved goulash is to improve the fiber content. Toting up fiber rich foods like beans (kidney,

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navy, pinto, etc. all work well) can make your goulash right into a healthier food. Beans are incredibly flexible and thus will never change the original taste of the scrumptious recipe.

Vitamin rich foods are not a high priority at this time as goulash is really a cooked dish. Heat destroys the uncooked food enzymes found in natural foods. Nearly all of enzymes and vitamins present in raw food are destroyed while cooking. Hence, uncooked vegetable diet plan components just like a salad or raw vegetable platter must always accompany any cooked entr?e. That way you will definitely get the enzymes, vitamins, and minerals found naturally in food yet still enjoy your cooked foods.

After cooking, also be considerate while serving. Serve up goulash with a dollop of low fat sour cream as a garnish. You may also try toting up some paprika on the top of the cream. This will prepare the recipe more attractive and colorful.

For details on ground beef recipes please browse ground beef recipes. You may also have a look at some fantastic ground pork chop recipes by clicking [Chicken Recipes](#)

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Hickory Smoked Bbq Beef

Brisket

One of the greatest joys of cooking BBQ is to take a fine joint of beef and smoke it slowly with hickory wood chips. It is such a simple recipe to follow, and one that is always hugely popular at weekend grill-fests.

Hickory Smoked BBQ Beef Brisket Ingredients

6 cups hickory chips

8 to 9 pounds beef brisket, choice grade

Your favorite BBQ dry rub and BBQ sauce

Method

Remove any excess fat from the brisket, leaving a good quarter inch of fat remaining so that the brisket retains succulence during cooking. Take your BBQ rub, and rub the brisket well with your fingers until the whole joint has a good even coating.

Wrap the rubbed brisket in plastic and refrigerate it overnight.

The following day, remove the brisket from refrigerator 1 hour prior to cooking and allow it to stand until it reaches room temperature. Just prior to adding the brisket to the smoker, mop the whole joint with your favorite BBQ sauce being careful not to add too much. You just want a light even coating, and you can always add more later if you want to.

Bring your BBQ smoker up to 200 to 225 degrees F, and during this time, take the hickory wood chips and allow them to soak until your smoker is ready to start cooking the brisket.

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When you are ready to start cooking the brisket, add three or four handfuls of the hickory chips to the charcoal, and place the brisket inside.

After 2 hours, place the brisket on heavy-duty aluminium foil and pour a 1/4 cup of your sauce on top of the joint and wrap it up so that no moisture can easily escape. Continue to cook the meat in the smoker for another 2 to 4 hours, or until internal temperature reaches 185 degrees F.

Always use a meat thermometer if you can as this will ensure that your meat is properly cooked, avoiding the chance of it being underdone and losing valuable heat from the smoker which will increase the cooking time.

Remove the brisket from the foil and allow it to stand and rest for about quarter of an hour.

Slice the meat against the grain into 1/4-inch thickness and add a generous amount of your favorite BBQ sauce and serve!

Smoking Tips When BBQ'ing Beef Brisket

Don't check the joint too often you will lose cooking heat.

Wrapping the brisket in aluminium foil will allow you to increase cooking time and help keep the meat nice and moist.

Adjust cooking times to suit barbecue temperature and outside conditions.

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Beef Delicacies: A Concise Writeup On Beef Dishes

Beef recipes are packed with nutrients such as proteins, amino acids, and minerals. Beef is loaded with 10 vital nutrients, that's why it is called powerhouse of the nutrients. These nutrients promotes various body functions and maintains tissue health. You can gain a lot from beef dishes because they are healthy, nutritious and filling too. You can cook them and serve them on all special occasions or regularly.

There are 29 types of beef cuts, which can be incorporated in all healthy meals. You can try out preparing several meals using these beef cuts. All beef cuts are not healthy, so you need to choose from the healthier ones. As beef is considered to be healthier meat, still lean meats are the preferred ones, and beef is not one of the kind. The calorie conscious generation of meat eaters are literally count each calorie of the food that they eat, and keeping the needs of such eaters in mind, the food manufacturers have come up with fat-free beef meats. You can choose from different kinds of fat-free meats sold at the departmental stores. Always exercise caution while buying such meats because you need to check many things like the expiry date, amount of preservatives used, etc.

You can improvise on the health factor of fatty beefs by adding herbs, and healthy spices such as greens, lentils, legumes, etc. Fresh herbs bring out the flavor of the meat and increase the overall health content of the meat. Mostly greens

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like garlic, ginger, spinach, peas, carrot, and onion are used in preparation of the beef dishes. Dairy products such as cheese, sour cream, milk can be added to increase the richness of the beef. If you are more health conscious then you can cut on the salt, and try seasonings made from herbs such as thyme, sage, bay leaves and garlic.

As told earlier there are 29 types of beef cuts , which are used in preparation of various beef recipes. Given below are three types of beef cuts which can be used in preparation of different recipes.

Top Round Steak: You can sauté, broil and grill it for preparing some mouth-watering and nutritious beef recipes.

Eye round roast: This cut of meat is considered to be beneficial and is commonly used in low-calorie and healthy food preparations.. You can braise, sauté, and barbecue your beef to whip out nourishing beef recipes.

Flank steak: Like Eye round roast, this cut of meat is also regarded to be healthy and usually utilized in low-calorie food preparations. These beef cuts taste good when marinated with red wine vinegar and supplementary herb seasonings. Generally broiling and roasting is suggested cooking styles of this type of steak.

Beef recipes using low-calories are pretty prevalent nowadays because number of health conscious eaters is on rise.

For more details on Delicious Beef recipes please look at Beef Recipes. You can also take a peek at some fantastic ground beef recipes by clicking [Ground beef recipes](#).

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Crock Pot Corned Beef – Making it Healthier

Crock pot corned beef is an excellent recipe to use as an example of how you can make a dish more “body friendly.” That is, to make recipes healthier so you can maintain a healthy diet plan while consuming foods you like to eat.

This is important if your goal is to maintain a normal weight and your health.

The fact that crock pot corned beef is tasty and easy to prepare make it all the more enticing.

What Is Corned Beef?

Corned beef is beef brisket bathed in salt and spices. It got its name from the large grains of salt originally used for this process known as “corns.”

Beef brisket is a very tough cut of meat and boasts a large amount of fat. The salt and fat will have to be greatly decreased before you include crock pot corned beef in your healthy diet plan.

This is easy to do but takes an extra step or two in the cooking process.

Lengthy Cooking Process

Crock pot corned beef requires a lengthy cooking process.

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Don't plan on making this dish unless you have the time to invest in it.

Usually you can assemble your crock pot dish and put it on "automatic." It cooks without any further input on your part.

However, to remove the fat from your crock pot corned beef you will have to add an additional step to the cooking process. The extra time and effort is worth it to reduce your fat consumption. This will reduce the calories in this dish.

That's a good thing!

The excess salt found in this dish will remain in the juice, which will be discarded after the food is gone. You will get the flavor but will not consume the majority of the salt.

Less Fat And Reduced Salt

Remove the meat from the crock pot after 8 hours of cooking on low and allow it to cool. Once it is cool remove the large layer of fat off the top. This is most easily accomplished by using a long slicing knife to separate the slab of fat from the meat.

Discard the fat. Cover the meat and store in the refrigerator.

Pour the juice from the crock pot into a bowl and refrigerate overnight. The liquefied fat will float on top of the liquid. The cold from the refrigerator will cause the liquefied fat to congeal overnight.

In the morning remove the congealed fat from the liquid by gently lifting it off the surface with a slotted spoon or spatula. Carefully decant the liquid back into the crock pot leaving the spices in the bowl. Discard the spices.

Cooked Vegetables Supply Fiber

In addition to the cabbage this dish is traditionally made with you may opt to add red potatoes, turnips, or rutabagas that have been peeled and cut into edible chunks. Cut the vegetables you want to include and place them into your crock pot.

Pour the defatted liquid over the vegetables. Place the corned beef brisket on top and smear with 3 Tbsp. of yellow mustard.

Cover the crock pot and cook 5 hours on low. The vegetables will be soft when finished. Any raw food enzymes present before cooking will have been destroyed by heat, as will most of the vitamins. The main nutritional benefit of this dish is the fiber found in the vegetables and protein from the meat.

Raw Vegetable Diet Supplies Nutrients

The loss of raw food enzymes and vitamins is why a raw vegetable diet component for most of your meals is a good idea. By consuming raw food diets nutritional food quality is retained.

The simple corned beef meal arose from humble beginnings. There are numerous variations of this basic recipe using different meats and vegetables. Such boiled dinners are easy to make and turn good cheap food into a hearty meal.

With a little planning these inexpensive healthy recipes can be transformed into good health foods fit for a king. To add raw food enzymes lost in cooking back into your diet you can serve a raw vegetable plate before the meal.

Crock pot corned beef may be considered to be a wintertime

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meal because it is “good comfort food.” It is especially popular on St. Patrick’s Day.

However, crock pot corned beef can be graciously served anytime. Add a huge salad containing fresh, colorful summertime vegetables and it becomes a feast for any season.

Dale Heil, D.C.

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Beef Stir Fry Recipes – Steak Stir Fry With Mushrooms and Tomatoes

This hearty recipe makes a good meal for a cool fall or winter day. Lean steak is mixed with mushrooms and tomatoes in a rich sauce. To round out the meal you can serve it with wild rice or egg noodles and dinner rolls.

To make this dish you’ll need: dried porcini mushrooms, beef broth, balsamic or red wine vinegar, cornstarch, margarine, 1 pound of beef flank steak or boneless top sirloin – cut lengthwise into 2-inch wide strips and thinly sliced, salt, coarse ground black pepper, your favorite mushrooms – thinly sliced, plum tomatoes – thinly sliced and chopped fresh parsley.

In a medium bowl, soak the porcini mushrooms in 1 1/2 cups of

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boiling water for 20 minutes. Drain them and reserve 1/4 cup of the liquid. Set aside.

In a small bowl, combine the reserved mushroom liquid, 1/4 cups beef broth, 2 tablespoons of vinegar and 2 teaspoons of cornstarch. Blend thoroughly and set aside.

In a large skillet, melt 1 tablespoon of margarine over medium high heat. Add in the sliced beef strips, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring constantly, for 2 to 3 minutes or until the beef is brown. Remove beef from skillet and keep warm by covering it up.

In the same skillet, melt 1 tablespoon of margarine over medium heat. Add in the porcini mushrooms and your favorite mushrooms. Cook and stir mushrooms for 3 minutes.


Stir the mushroom broth mixture until smooth and add to skillet. Cook and stir until the sauce becomes thick and bubbly. Add in the warm beef and tomatoes. Cook some more until all is thoroughly heated. Sprinkle with fresh parsley and serve.

Makes 4 servings.

Bonus Recipe: Beef Fajitas Stir Fry

To make this dish you'll need: vegetable oil, 1/2 pound of boneless beef top sirloin steak – cut into 1-inch strips, cumin, 1 small onion – thinly sliced, 1 small red or green pepper – thinly sliced, 1 garlic clove – minced, lime juice, Worcestershire sauce, 4 flour tortillas – warmed, lime wedges, chunky salsa sauce and sour cream (optional).

In a medium sized skillet, heat 1 tablespoon of vegetable oil

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over medium high heat until hot. Add in beef strips and 1 teaspoon of cumin. Cook, stirring constantly, for 2 to 3 minutes or until the beef is brown. Remove meat from skillet and cover to keep warm.

In the same skillet, combine the sliced onion, sliced bell pepper, minced garlic, 1 tablespoon of lime juice and 2 teaspoons of Worcestershire sauce. Mix all well.

Cook, stirring constantly, for 4 to 6 minutes until vegetables are crisp and tender. Add beef to skillet and cook and stir until all is thoroughly heated.

Place tortillas on plates and spoon 1/2 cup of the beef mixture onto each tortilla. Squeeze juice from lime wedges over beef filling. Top with the salsa and sour cream as desired. Fold up tortillas.

Makes 4 servings.

Are you trying to eat healthy? Consider taking a Japanese style lunch jar packed with nutritious goodies to school or to work with you.

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Easy Recipe For Cooking a

Beef Roast

When cooking a beef roast it is important to know that seasoning added to the surface of the meat before roasting will only penetrate the meat a small fraction. Large beef roasts, like beef ribs and rounds usually have mostly fat covering or bone. The reason the seasoning of a beef roast has little effect is because the fat and bones are not commonly eaten. This is why it is important to know two alternative techniques when seasoning a beef roast right before roasting.

1. Marinate the meat or apply seasonings in advance, to give the time for flavors to penetrate.
2. Serve the beef roast with a flavorful sauce, gravy, or jus. The sauce serves as a seasoning and favoring for the meat.
3. Another way to add flavor to beef roasts is to smoke-roast them. The flavor of wood smoke in cooked meats is delicious.

When cooking beef roasts it is also important to roast them fat side up. When you roast them with the fat side up, the fat melts and runs down the sides and provides continuous basting. Also, when cooking a beef roast, it is better to cook the meat on low temperatures. This increases the tenderness in the beef roast.

ROAST RIB OF BEEF with Au Jus/Serves 20 to 25

Ingredients


- 20lb beef rib, roast ready, bone in (average size)
- 8oz Onions
- 4oz Carrots

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- 4oz Celery
- 2qt Brown stock
- Salt, to taste
- Pepper, to taste

How To Put It Together

1. Place the meat fat side up in a roasting pan.
2. Use a thermometer and insert it in the center of the roast.
3. Place meat in a preheated 300 degrees F oven. Roast until rare or medium done, as desired, allowing for carryover cooking. Thermometer readings are, Rare: 120 degrees F, Medium: 130 degrees F. Note: the outer slices will be cooked more than the center. Roasting time will be at least 3 to 4 hours.
4. Remove the meat from the pan and let stand in a warm place 30 minutes before carving.
5. Drain off all but about 3 to 4 oz of the fat from the roasting pan. Try to keep any juices in the pan. Add the mirepoix (onions, carrots, celery) to the pan.
6. Set the pan over high heat and cook until mirepoix is brown and moisture has evaporated, leaving only fat, mirepoix, and browned drippings.
7. Pour off any excess fat.
8. Pour about 1 pt of stock into the roasting pan to deglaze it. Stir over heat until brown drippings are dissolved.
9. Pour the deglazing liquid and mirepoix into a saucepot with the remaining stock. Simmer until mirepoix is soft and liquid

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is reduced by about one-third.

10. Strain through a china cap lined with cheesecloth. Season to taste with salt and black pepper.

11. When serving, cut down beside the bones to free the meat, and slice the meat across the grain.

12. Serve each slice with Jus.

See the basic procedure for roasting meats and learn more roast beef recipes.

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