

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 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

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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

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

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are that you will already be anticipating the next time you have it!

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Baked Garlic Parmesan Chicken

Baked Garlic Parmesan Chicken



- 6 skinless chicken breast halves
- 2 tbsp olive oil
- 1 glove garlic
- 1 cup dry bread crumbs
- 2/3 cup grated parm cheese
- 1 tsp basil
- 1/4 tsp ground black pepper

1. Preheat oven to 350 degrees F.

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Lightly grease a 9 x 13 baking sheet.

2. Blend Olive Oil and Garlic

Blend dry ingredients in a separate bowl.

3. Dip chicken breast in oil mixture then coat with dry ingredients.

Place on baking sheet.

Top chicken with left over dry ingredients

4. Bake for 30 minutes in preheated oven.

Sweet Potato Cubes

We were introduced to these by my Granddaughter.

Sweet Potato Cube



These make a great substitute for fries.

- 4 potato , sweet

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- 2 tbsp Olive Oil
- 1/2 cup Brown Sugar (more depending on sweetness)
- 2 tbsp Cinnamon
- 1 teaspoon salt

1. Peel, cube sweet potatoes.
2. Toss in olive oil
3. Coat with brown sugar and cinnamon. lightly salt
4. Bake in 350 degree oven for 20 minutes. Test with fork. NOTE: You can also do this in a microwave oven. I would cook for about 8 minutes and then check for tenderness.

Sweet Potato Cubes

Healthy Diabetes Recipe – Watch What You Eat

Diabetes Recipe Books may be hard to understand but there are sites in the internet that offer different kinds of recipes that taste good. There are tips to help prepare their meals since you have to set aside some portion for them if they are

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on a strict sugar-free, salt-free and cholesterol-free diet. If you have a diabetic in your family, dining out at fast-foods may become a constant argument since they will tell you that their doctor said this their doctor said that so to cut the exchange of words, why not prepare food that is intended for people like them.

Diabetes Recipe meals are not exclusively made for them. You could also enjoy such meals if you think you are on the borderline to being a diabetic, diabetes runs in your family or you just want to loose weight. It would be best to inform and educate other members of the family that you are preparing a healthy concoction for the coming weeks so they would not be shocked that you seem to have forgotten that food has flavors. There will come a time that you may have exhausted all the fish in the sea to make several of the offered menus. Worry not since you still can introduce red meat to your diabetic mother or father and your whole family.

Did you know that eating red meat once in a while can be good for the body too? There are some people who get hungry more faster if they live on fish and if they are diabetics, it would be wiser to shift to something filling in order to avoid blood sugar drops. Keep in mind that when you prefer to serve meat, you must get the lean cut so as to not introduce fat in the diet. According to the Diabetes Recipe, a good way to cook meat is by grilling so excess fat just drips. Don't gather the drippings to make gravy! It's just like squeezing lemons on an open wound. Caring for a diabetic has its fair share of ups and down after all.

For more information on Diabetes Recipe visit the author's diabetes blog at <http://www.diabetesblogging.com>

Things I've Learned About Dutch Oven Bread That You Won't Find in the Recipe

Over the past year, I've learned some things about bread making. And along the way, I assumed that these were things that everybody knew, and I had just been the slow one. I didn't really talk about it much with people, because I assumed that they'd just say, "Well, duh, when did you figure THAT one out?"

But I discovered that most dutch oven chefs also didn't know a lot of the things I was learning, so I started to come out of my shell and share.

So, here are the things I've learned about baking yeast bread in a dutch oven:

* The Recipe is Only Half What You Need

Baking good bread is half ingredients, and half technique. It's as important to learn how to combine the ingredients and what to do with them as it is what ingredients to combine. This is where so many simple recipes fail you.

* Enrichments are great, but not always necessary

Really, all you absolutely need to make bread are four basic ingredients: Flour, salt, yeast, and water. If you can do it with those, you can do it with anything else you wanna add.

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I've learned that with just those ingredients, you can make a very fluffy and tasty bread!

* You Need to Knead

Kneading is not only a great way to mix in the right amount of flour, it also develops the gluten strands and makes it so that the bread can trap the gas that the yeast makes. That makes the bread rise. For so long, I would be frustrated that my bread wasn't rising. It would take FOREVER. I didn't know what was wrong with me. I'd knead the bread as long as the recipe said to, so why wasn't it working?

Just like different flours absorb water differently, they also take varying amounts of kneading. You can't definitively say, "knead for 8 minutes" and know that it'll be enough. You need to do the "Windowpane Test". That's the only way to know.

Cut off a small piece of the dough you're kneading. Roll it into a ball in your palms. Then, working it in a circle, begin to stretch it out flat in the air. Pull it evenly apart, like you're stretching out a pizza dough. Keep stretching it thinner and thinner. Watch how long it takes to tear. If you can stretch it out so thin it becomes translucent, like a window pane, without it tearing, then you've kneaded it enough. If not, put that piece back in the dough ball and keep kneading.

* Pre-Heat the Oven

It turns out that when you shove a ball of dough into an already heated oven, that initial blast of heat will make the dough "spring". The trapped gas expands, the moisture in the dough turns to steam, and the whole ball just poofs. You get a bigger loaf, with a softer crumb.

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One simple method is to pre-heat the lid of the dutch oven. After your bread has risen and you've shaped it, put it in an oiled dutch oven to proof. In the meantime, put some (a lot) of coals on the lid and set it aside. When the loaf is ready, take some of the coals off the lid and put them in a ring. Set the dutch oven on the ring of coals, and put the lid on. The advantage of this method is that you're not handling the bread much, and so there's less of a chance of punching it down as you're trying to maneuver it into a hot dutch oven. You can also do some fun shapes, like braids and rings. It's much easier to do rolls this way, too.

* Use a Thermometer

It can be difficult to strictly regulate the internal temperature of a dutch oven. Counting coals is a good idea, but if it's cold out, or windy, or any of a number of factors, the heat can vary. That means, I'm never sure when it's done. Cooking a certain length of time is no guarantee. Looking at the "golden brown" of the crust doesn't work, because I can never tell if it's done inside. In a dutch oven, it's not always practical to reach in, lift out the loaf and thump it.

My solution? Stick a meat thermometer in it. If it's between 180 and 200, it's done. 180 for the lighter types of breads, 200 for heavier breads.

So, there you have my ideas on making breads in a dutch oven. Follow the recipe, and follow these hints, and you'll do better than you did before, I can almost guarantee!

Mark Hansen

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Easy Chicken Recipe – Chicken Pies With Rice Crusts (And it is Diabetic Friendly!)

Chicken is economical, easy to prepare, and healthy, making it one of the most often prepared items in our kitchens. If you are tired of serving chicken the same old ways, check out this recipe for a new idea in your family meal planning. This recipe for Chicken Pies in a Rice Crust is a great way to serve chicken.

CHICKEN PIES WITH A RICE CRUST

Rice Crust:

1 cup raw brown Basmati rice

2 cups chicken stock

1/3 cup chopped pecans or almonds

2 tbsp chopped chives or green onion tops, finely chopped

2 tbsp toasted sesame seeds

Salt and pepper to taste

2 egg whites

Wash rice. In a large saucepan with a lid, bring the chicken stock to a boil. Stir rice into boiling stock and bring back

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to a boil. Lower heat to simmer, add lid to pan and cook 45 minutes, until rice is tender and stock is absorbed. Preheat oven to 375 degrees. Cool rice to lukewarm and add pecans, chives, sesame seeds, salt, pepper, and egg whites. Pat onto the bottom and sides of 4 individual quiche dishes to form crusts. Bake in a 350 degree oven for 10 minutes.

Chicken Filling:

4 large skinless, boneless chicken breasts

1 tbsp olive or canola oil

1/2 tsp salt

1/4 tsp fresh ground black pepper

1 cup water


8 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 garlic cloves, crushed

Cut chicken into small chunks. In a large frying pan, heat oil. Add chicken and cook to a golden brown. Season with salt and pepper. Remove chicken from pan and allow to drain on paper toweling. Wipe any excess oil from the pan. Return pan to heat and deglaze with water and Worcestershire sauce. Add mustard and garlic; bring to a boil. Lower heat to simmer, add chicken back to pan and cook for 5 minutes. Fill the rice crusts with the chicken mixture.

Yield is 4 servings at 490 calories, 45 g carbs, and 37 g protein each making this a good chicken and rice dish for

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diabetics.

Enjoy!

For more of Linda's recipes and diabetic information go to <http://diabeticenjoyingfood.squarespace.com>.

Samgyeopsal Gui – Korean Bbq Pork Belly Recipe

This delectable Korean BBQ recipe will comfortably feed 6 people.

Samgyeopsal Gui

4 pounds of fresh pork belly

Green onions

Green chili peppers

Mushrooms

Carrot

Garlic

Lettuce

Hot pepper flakes

Soy sauce

Sugar

Honey

Hot pepper paste

Soybean paste

Sesame seeds and sesame oil

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Cooking Method

First, brush your table-top BBQ grill lightly with oil and then bring it up to a high heat, place the pork belly onto the grill and then cook it until it is done.

Once cooked, the pork can be removed, sliced and then instantly served into lettuce wraps alongside the accompaniments. They are best eaten straight away, in one mouthful as is typical of the way the meal is eaten in Korea.

To make the Ssamjang

To make the ssamjang, take the following ingredients and simply mix them together thoroughly in a bowl and then transfer to dipping dishes and serve with the meal.

- 1/4 cup soy bean paste
- 2 tbs hot pepper paste
- 1 chopped green onion
- 1 minced clove of garlic
- 2 tsp. of honey
- 2 ts sesame seeds
- 1 tbs sesame oil

To make the Green onion salad

To make the green onion salad, thinly slice 2 handfuls of green onions and then soak them for 10 minutes in cold water. Take a large mixing bowl and then add 1/4 cup soy sauce, 2 tbs. of pepper flakes, 2 tsp. sugar, 1 tbs. of sesame seeds, and 1 tbs. of sesame oil.

Now simply drain the sliced onions and then add them to the sauce and combine together.

To make the vegetables

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This part is quick and easy, all you need to do is thoroughly rinse and drain a head of lettuce, and then take the mushrooms, carrot and chilli, and chop them into small pieces and place them in a bowl ready to serve alongside the dip and accompaniments.

Samgyeopsal Gui Accompaniments

The most popular accompaniments for samgyeopsal are lettuce and garlic, though it is also commonly served with other sides, such as perilla leaves, sliced green peppers, green onion salad, and kimchi.

Garlic, onions, and kimchi can be either grilled with the meat or consumed raw with the cooked meat.

Samgyeopsal is often served with at least two types of dipping sauces which are ssamjang (a fairly hot paste consisting of Korean chili paste), soybean paste, sesame oil, and a variety of other ingredients.

The other most common dipping sauce is called gireumjang which consists largely of a combination of salt and sesame oil, along with a small amount of ground black pepper.

Eating Samgyeopsal Gui

Prior to consumption, the large slices of meat are cut into small pieces. The best way to eat samgyeopsal is to place a slice of the cooked meat on a leaf of lettuce and/or a perilla leaf with some cooked rice and ssamjang, and to roll it into a wrap.

This is called sangchu-ssam.

When enjoying Samgyeopsal Gui at home, try roasting some garlic and spicy chilies on your grill / hibachi, and then

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add them to the lettuce wrap as it adds another layer of texture and flavor to the dish.

I have found it useful to BBQ the meat fairly quickly on a high heat, this helps to ensure that the flavorsome meat juices do not cook out and this results in a much better taste.

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Chicken Manchurian Recipe

Chicken Manchurian is very famous dish from Chinese cuisine, it is prepared in variety of ways with different meats either chicken, prawns or beef. I usually make chicken Manchurian with pineapple because it enhances its taste many times and gives extra sweet flavor to the sauce. Vinegar is not used in this recipe since I used chili garlic sauce which has sweet and sour taste but you may add vinegar if you want more strong sour taste. This chicken Manchurian recipe is prepared in just under 30 minutes and best for 4 people serving.

Ingredients:

For Fried Chicken:

500 gm boneless chicken (cut in small cubes)
1/2 cup all purpose flour
2 tbspn corn flour
Pinch of salt
1 egg
Oil for deep frying

For Manchurian Sauce:

1/2 cup chopped pineapple
2-3 garlic cloves (finely chopped)
1/2 cup tomato paste
1/4 cup ketchup
1/4 cup chili garlic sauce
1 tspn crushed red pepper
1 tspn red pepper powder
Salt to taste
1/2 cup water
1/4 cup oil
Cornstarch as required

Cooking Instructions:

1. Marinate chicken in flour, corn flour, salt and egg. If you feel that the batter is thick, then add cold water accordingly make sure that the batter would be of normal consistency and just enough to coat the whole chicken pieces.
2. Heat oil in a a deep sauce pan and put the marinated chicken pieces one by one in the oil for deep frying on medium flame. Take out the fried chicken pieces when they turn into

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light golden in color.

3. To make sauce for Manchurian, heat oil in a sauce pan and fry garlic for just a minute.

4. After that add pineapple, tomato paste, tomato ketchup and chili garlic sauce. Mix all of them together and cook on medium heat for 2-3 minutes.

5. Now add fried chicken pieces, red chili powder, crushed red chili, salt and water. Stir the sauce and chicken and let it cook for few minutes by covering the pan until the sauce starts to boil.

6. In the end, add cornstarch according to your need that how much thick sauce you want. Cook the Manchurian for 2-3 minutes more and then switch off the flame.

7. Take out the delicious chicken Manchurian in a sizzling dish and serve it with vegetable fried rice.

For more recipes Visit: [Easy recipes Blog](http://EasyRecipesBlog.com) The author of this article runs a cooking blog where he and many other food lovers post various easy to cook food recipes including vegetable recipes, beef, snacks, chicken, BBQ & grill, desserts, cakes, drinks, salads, and many other meal ideas. The aim of his blog is to deliver the best easy to make cooking recipes to all foodies.

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)

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- 8oz Onions
- 4oz Carrots
- 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.

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9. Pour the deglazing liquid and mirepoix into a saucepot with the remaining stock. Simmer until mirepoix is soft and liquid 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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Chicken Parmigiana Recipe

Recipe Story

Chicken Parmigiana (short from parma) is actually an Australian pub favorite. It is typically a piece of chicken breast or a slice of eggplant which is crumbed, unfathomable cooked and topped with an optional cut of ham, tomato sauce and cheese. It is then grilled until the cheese is foamy and brown. The dish is often served with chips and a crisp salad. It is same to a Wiener schnitzel, but comes with a topping. Notwithstanding, in the United States, chicken parmigiana is commonly served both the centerpiece of a meal usually accompanied with a spaghetti like pasta and on sandwiches,

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especially subs. It mostly consists of a fried, breaded cutlet, a marinara or spaghetti sauce, and mozzarella cheese. "Parmigiana" is oftentimes used to relate to other sandwiches with marinara sauce and cheese, such as meat, eggplant and meatball. Inferior frequent ingredients include shrimp and sausage and peppers. Though parmigiana means literally "from Parma" (a town in Italy), the name derives from parmigiana a Italian recipe prefab with cooked aubergine, tomato sauce and mozzarella. Even though my Quick Bite recipe calls for any grated Parmesan cheese, there's no actual Parmesan cheese in the traditional Sicilian Parmigiana recipe.

Ingredients

1-1.5 pound. of thinly sliced boneless, skinless chicken breasts

1 beaten egg

2 cups of Italian breadcrumbs

1/4 cup of grated Parmesan cheese

4 slices of fresh part skim mozzarella cheese

1 cup of tomato sauce

salt and pepper to taste

How to make Baked Chicken Parmigiana


1) Preheat oven to 425. Combine breadcrumbs with cup of Parmesan cheese.

2) Season breasts with salt and pepper.

3) Dip chicken into egg mixture and then coat with breadcrumb mixture.

4) Place chicken on baking shape and heat for 8 minutes on each side.

5) Take from oven and top with your favorite tomato sauce and a cut of fresh mozzarella cheese before popping back in the

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oven for two minutes or until cheese is liquefied.

6) Attend along with few complete grain spaghetti

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