

## KARL'S SMOTHERED SPARERIBS

You've got to check out these ribs. 1 slab spareribs ½ cup flour ¼ cup vegetable oil 1 chopped red onion 1 chopped green bell pepper 2 diced carrot 2 tablespoon fresh minced garlic 2 bay leaves 2 teaspoons salt 1 cup dry red wine 1 can (28 oz.) crushed tomatoes 1 can (6 oz.) tomato paste 1 quart spring water 1 teaspoon Creole Seasoning Cut ribs into 2-rib portions. Season the flour with salt and pepper. Heat the oil in a heavy pan. Dredge the ribs in the flour and brown them in the oil, a few at a time if necessary. Remove the ribs from the pan and add the onion, bell pepper and carrot (what no celery?), saute. Stir in the garlic, bay leaves, salt and wine, simmer for a few minutes. In a large oven-proof pan with a lid place the contents of the skillet. Add the crushed tomatoes, tomato paste, water and Creole Seasoning. Stir. Submerge the ribs in the mixture. Cover and place in a 300 degree oven for 2-3 hours. -----

THE EATERY'S FAMOUS MEAT LOAF Produces 8 to 10 Servings INGREDIENTS 1 lb. hot Italian sausage (or use jimmy deans in a roll) 2 lb. ground chuck 1 medium red onion-chopped 5 cloves of garlic-chopped finely 1-¼ cups dry italian stylebread crumbs 1 cup fresh Italian parsley-chopped 2 brown eggs-beaten ½ cup tomato sauce ½ cup red wine 1 t dried oregano (or 2 t of fresh) 1 t salt 1 t pepper 2 cups fresh spinach-chopped 4 ounces oil-pack sun-dried tomatoes-drained ½ cup black olives-chopped (optional) 1 lb. mozzarella cheese-sliced thinly PREPARATION Remove the sausage from the casings and crumble. Combine with the ground chuck, onion, garlic, bread crumbs, parsley, eggs, tomato sauce, wine, oregano, salt and pepper in a bowl; mix well. Spread into a 12" x 15" rectangle on a large sheet of waxed paper. Spread the spinach on the rectangle, leaving the edges uncovered. Top with the tomatoes and olives; layer ¾ of the cheese over the filling. Roll the meat loaf to enclose the filling, using the waxed paper to begin the roll. Remove the waxed paper; press the edges to seal. Place seam side down in a foil-lined baking pan. Bake at 350 degrees F for 1 hour or until cooked through (internal meat temperature of 140 degrees F). Top with the remaining cheese. Bake just until the cheese melts. Serve hot or cold.

----- PORK CHOPS WITH SHALLOT-MUSTARD SAUCE 2 tablespoon unsalted butter, divided 4 bone-in pork chops 3 large shallots, minced ½ cup chicken stock or broth 1 tablespoon grainy mustard (course) 4 tablespoons heavy (whipping) cream Salt Freshly ground black pepper In large skillet over medium-high heat, melt 1/2 tablespoon butter. Add pork chops; cook, turning once, until brown on both sides and almost cooked through, about 6 minutes. Transfer pork chops to a plate; cover to keep warm. Add remaining 1/2 tablespoon butter to skillet. When butter melts, add shallots. Cook, stirring frequently, until lightly golden, about 2 minutes. Add stock and mustard; cook, stirring, until incorporated. Bring to a boil; cook for 1 minute. Add cream, reduce heat to medium-low and simmer until

reduced slightly, about 3 minutes. Season with salt and pepper to taste. Return pork chops to the skillet, turn to coat with sauce and simmer until cooked through, about 3 minutes.

Transfer the pork chops to individual plates and spoon the sauce over the top.

Yield: 4 servings. ----- BRAISED BEEF BRISKET 3 tablespoons canola oil 1 whole beef brisket (3 to 4 pounds) Salt Freshly ground black pepper 3 tablespoons butter 1 1/2 cups red minced onions 3 tablespoons ketchup 4 cloves garlic, minced 3 1/2 cups beef stock or broth 1 1/2 cup red wine (preferably Zinfandel or Pinot Noir) Preheat oven to 325 degrees.

Heat oil in a large ovenproof-flameproof casserole or Dutch oven over medium-high heat. Add brisket; brown on all sides, about 5 minutes per side. Season with salt and pepper to taste. Transfer brisket to a platter or cutting board; set aside.

Pour out all but 1 tablespoon oil and discard. Place casserole over medium heat; add butter. Add onions and cook, stirring occasionally, until lightly browned, about 10 minutes. Stir in ketchup, garlic, beef broth and wine, combining well. Return meat to casserole. Cover tightly, transfer to oven and cook, turning the meat once every hour, for 2 1/2 to 3 hours.

Transfer meat to a cutting board; set aside to cool slightly.

To thicken sauce, place the casserole over high heat, bring liquid to a boil and cook until it has reduced to the desired consistency. Season with salt and pepper to taste.

Slice meat against the grain; pass the sauce separately.

Note: Brisket goes from tough to meltingly tender when it's cooked in liquid for a long time. Serve over buttered noodles.

----- PORK CHOPS BRAISED IN RED WINE WITH CABBAGE AND APPLES 6 center-cut, 1-inch-thick boneless pork chops (2 1/4 to 2 1/2 pounds total weight) Kosher salt Freshly ground black pepper 1/2 cup all-purpose flour 4 tablespoons canola oil, plus more if needed 1 medium red onion (8 ounces), thinly sliced 3 1/2 tablespoons unsalted butter 1 (2 1/2-pound) head red cabbage, halved, cored and cut into 1/2-inch-wide strips 3 tart apples (1 1/2 pounds), such as Cortlands, Granny Smiths or Winesaps, peeled, halved, cored and thinly sliced 1 tablespoon granulated sugar, plus more if needed 2 tablespoons balsamic vinegar 2 cups dry red wine 2 cups reduced-sodium chicken stock 1/2 cup raisins 1 1/2 tablespoons chopped parsley, preferably flat leaf Trim and discard excess fat from chops. Generously salt and pepper both sides of chops. Spread flour on dinner plate; lightly coat each chop with flour.

Heat 3 tablespoons oil over medium-high heat in large, heavy nonreactive skillet with lid. Add chops; cook until bottom is rich golden brown, 3 to 4 minutes. Turn chops; cook 3 to 4 minutes until browned on other side. Remove from skillet; set aside.

If needed, add more oil to skillet to film bottom. Add onion; cook, stirring, until lightly browned and softened, about 3 minutes. Add butter; when melted, add cabbage and apples. Cook, stirring, until cabbage has wilted somewhat, 6 to 8 minutes. Season with 1 1/2 teaspoons salt and pepper to taste. Sprinkle 1 tablespoon sugar and vinegar over cabbage and apples; stir to mix. Pour in wine and stock.

Nestle pork chops in cabbage. Bring liquids to a simmer. Lower heat, cover and cook 1 hour. Remove lid; stir in raisins. Raise heat to medium and cook, uncovered, until most of liquid in skillet has evaporated, 20 to 30 minutes. Taste; season with more salt and pepper as needed and with more sugar, if desired. (Dish can be prepared 1 day ahead. Let cool, cover and refrigerate. Reheat over low heat, stirring. Or transfer to baking dish, cover with foil and bake on center shelf of 350-degree oven until hot, 20 to 30 minutes.) To serve, arrange chops and cabbage on serving platter. Sprinkle with parsley. Please Enjoy... Karl