

Sheet1

NAME,C,41	TIME,C,15	YIEI	CALCQ1,C,6Q2,CQ3,CQ4,CQ5,C,6Q6,CQ7,C,6Q8
RIB EYE ROAST	1 3/4 HOURS	16	425 1/4 2 1/2 1 8
BEEF STROGANOFF	45 MINUTES	6	580 1 1/2 1 1/2 2 1 1
CLASSIC FILET MIGNON	45 MINUTES	4	540 1/4 1 1 4 1/2 2 4
STEAK BITS	20 MINUTES	8	530 1 1/4 2 2 1/2 2
DAVE'S LEMON PEPPER STEAK	35 MINUTES	8	220 1 1 1 1 1 1
GOULASH	2 1/2 HOURS	8	445 3 6 2 1/4 1 1/2 1 4
LONDON BROIL	20 MINUTES	6	190 1 1 1 1 1
SPICE AND BEEF BRISKET	4 HOURS	16	215 2 1 10 2 1/2 1 1/2 1
MEATBALLS	45 MINUTES	6	385 1 1/2 1/2 1 1 2 2 1
VEAL PARMIGIAN	1 HOUR	6	910 2 1 1 1/8 2 6 3 1
PORK TENDERLOIN	30 MINUTES	4	360 1 2 1/2 4 2 3/4 2

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Q9,CQ10,C,6	M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,1M6,C,12	M7,C,1M8,C,12
1/2	CUP	TSP.	TSP.	4 POUND	TSP.	TSP.
	POUNDS			POUND	TSP.	TSP.
	POUND				CUP	TBS.
		CUP	TBS.	TSP.	CUP	TBS.
	TBS.	TBS.	TSP.	TSP.		TSP.
	TBS.		POUNDS	CUP	TSP.	8 OZ. PKGE.
		TBS.	TBS.	TSP.	TBS.	CUPS
		4 POUND			TBS.	CUP
1	POUND	CUP	TBS.			TSP.
1/4	CUPS	CUP	TSP.	TSP.		TBS.
1/8			CUP		TBS.	TBS.
					TBS.	TBS.
						TSP.
						TSP.
						TBS.
						8 OZ. PKGE.
						CUP
						TBS.

Sheet1

M9,C,1M10,C,12	I1,C,47	I2,C,47	I3,C,47
CUP	PREPARED MUSTARD	GARLIC SALT	PEPPER
	BEEF TENDERLOIN	BUTTER	DICED ONION
	MUSHROOMS	TOMATOE	BUTTER
	BONELESS SIRLOIN STEAK	SOY SAUCE	CHILI SAUCE
	GRATED LEMON PEEL	BUTTER	CRACKED PEPPER
	BUTTER	ONIONS, THINLY SLICED	BEEF, IN 1 INCH CUBES
	BEEF FLANK STEAK	ONION, MINCED	VEGATABLE OIL
	ONIONS	BEEF BRISKET	WHOLE CLOVES
CUP	GROUND BEEF	DRIED BREAD CRUMBS	GRATED ONION
CUP	MARINARA SAUCE	DRIED BREAD CRUMBS	SALT
TSP.	PORK TENDERLOIN	EGGS	ALL-PURPOSE FLOUR

Sheet1

I4,C,47

RIB EYE ROAST
SLICED MUSHROOMS
ONION, CUT IN SLICES
CORNSTARCH
SALT
PAPRIKA
SALT
WATER
EGG
PEPPER
SALT

I5,C,47

POTATOES, CUT INTO 1 INCH CHUNKS
DRY MUSTARD
FILET MIGNON STEAKS
VEGATABLE OIL
MINCED GARLIC CLOVE
SALT
BUTTER
VEGATABLE OIL
SALT
EGGS
BUTTER

I6,C,47

SALT
WATER
ONIONS, CUT INTO WEDGES
BEEF TOP ROUND STEAK
SOUR CREAM

CHILI SAUCE
BUTTER
VEAL CUTLETS
VEGATABLE OIL

Sheet1

I7,C,47

BEEF BROTH
PREPARED MUSTARD

I8,C,47

ALL-PURPOSE FLOUR
DRAINED CAPERS

I9,C,47

SOUR CREAM

I10,C,47

BUTTERED HOT NOODLES

SUGAR
ALL-PURPOSE FLOUR
BUTTER
WATER

WORCESTERSHIRE SAUCE
MILK
MOZZARELLA CHEESE
DRY SHERRY

WATER
GRATED PARMESAN CHEESE
PEPPER

Sheet1

ST1,C,142

STIR FIRST 3 INGREDIENTS INTO BOWL UNTIL SMOOTH. PLACE ROAST, FAT SIDE UP, ON ROASTING PAN RACK. S
TRIM FAT AND CUT MEAT INTO 2 INCH BY 1/2 INCH STRIPS.

CUT FOR THICK SLICES FROM TOMATOE. HEAT BUTTER IN SKILLET AND ADD TOMATOES, HEAT WELL. REMOVE T
CUT STEAK INTO 1 1/2 INCH CUBES. COMBINE MEAT, SOY SAUCE, CHILI SAUCE AND CORNSTARCH IN BOWL.

PREHEAT BOILER IF NECESSARY. MIX FIRST 5 INGREDIENTS IN BOWL.

COOK ONIONS AND BUTTER IN 5 QT. DUTCH OVEN OVER MEDIUM HEAT UNTIL LIGHT BROWN.

PREHEAT BROILER IN REQUIRED. SCORE MEAT ON SIDES WITH KNIFE. PLACE STEAK ON BROILING PAN.

CUT 1 ONION INTO QUARTERS. HEAT BRISKET, CLOVES, QUARTERED ONIONS AND WATER ON HIGH HEAT IN 8 Q

MIX GROUND BEEF, BREAD CRUMBS, ONION , EGG AND 1 TSP. SALT IN BOWL. SHAPE INTO 24 MEATBALLS.

MIX BREAD CRUMBS, SALT AND PEPPR IN DISH. BEAT EGGS IN BOWL. DIP MEAT INTO EGGS, THEN BREAD CRUM

CUT TENDERLOIN CROSSWISE INTO 1/4 INCH THICK SLICES. POUND EACH SLICE WITH MEAT Mallet TO 1/8 INCH

Sheet1

ST2,C,142

PLACE THERMOMETER IN CENTER OF ROAST AND COOK AT 350F FOR 1 HOUR AND 20 MINUTES.

HEAT 1 TBS. BUTTER IN SKILLET, COOK HALF OF MEAT UNTIL BROWNED. POUR MEAT AND DRIPPINGS INTO BOWL.

IN 12 INCH SKILLET ADD 2 TBS. BUTTER AND COOK ONION UNTIL TENDER. REMOVE TO A BOWL. COOK MUSHROOMS.

HEAT OIL IN SKILLET AND COOK ONIONS UNTIL CRISP OVER MEDIUM HEAT.

PLACE STEAK ON BROILING PAN. SPREAD HALF OF SAUCE ON TOP OF STEAK. BROIL 8 MINUTES.

ADD MEAT, PAPRIKA AND SALT. REDUCE HEAT TO LOW. COVER AND LET SIMMER 1 1/2 HOURS.

IN BOWL, MIX ONION, VEGETABLE OIL AND SALT. RUB ONTO BOTH SIDES OF STEAK.

REDUCE HEAT TO LOW, COVER AND LET SIMMER UP TO 3 HOURS.

HEAT BUTTER IN SKILLET AND BROWN MEATBALLS. REMOVE FROM SKILLET. POUR ALL DRIPPINGS FROM SKILLET.

OVER MEDIUM HEAT IN SKILLET, HEAT BUTTER. COOK MEAT UNTIL BROWNED ON BOTH SIDES - ABOUT 10 MINUTES.

BEAT EGGS WITH FORK IN BOWL. MIX FLOUR AND 1/2 TSP. SALT ON WAX PAPER. DIP MEAT IN EGG, THEN COAT IN FLOUR.

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ST3,C,142

HEAT POTATOES AND WATER TO BOILING IN SAUCEPAN. REDUCE HEAT, COVER AND COOK 10 MINUTES - DRAIN
ADD 2 TBS. BUTTER TO SKILLET AND COOK ONIONS, MUSTARD, MUSHROOMS AND SALT. COOK UNTIL TENDER.
REMOVE STEAKS AND MUSHROOMS TO PLATE, AND PLACE TOMATOE SLICE WITH EACH.
INCREASE HEAT TO HIGH AND ADD MEAT MIXTURE. COOK 5 MINUTES OR UNTIL DESIRED DONENESS.
TURN STEAK AND APPLY REMAINING SAUCE. BROIL 8 MORE MINUTES, OR UNTIL DESIRED DONENESS.
STIR IN SOUR CREAM, HEAT BUT DO NOT BOIL. IT'S NOW READY TO EAT!
BROIL STEAK 5 MINUTES, TURN AND BROIL 5 MORE MINUTES OR UNTIL DONE.
DICE REMAINING ONION. IN SKILLET, HEAT VEGATABLE OIL OVER MEDIUM HEAT AND COOK ONION UNTIL TENDE
STIR FLOUR AND 1 TSP. SALT INTO SKILLET. COOK 1 MINUTE. SLOWLY STIR IN MILK AND WATER, COOK UNTIL TH
SPOON SAUCE OVER EACH CUTLET. PLACE SLICE OF CHEESE OVER EACH AND SPRINKLE WITH PARMESAN.
HEAT BUTTER AND OIL IN SKILLET. ADD MEAT AND COOK UNTIL LIGHTLY BROWNEED. REMOVE MEAT.

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ST4,C,142

ARRANGE POTATOES AROUND ROAST IN PAN, COAT THEM WITH DRIPPINGS. BAKE 50-60 MINUTES LONGER. DRAIN MEAT DRIPPINGS INTO CUP. ADD BEEF BROTH TO MAKE 1/2 CUP. STIR FLOUR INTO SKILLET MIXTURE. STIR WATER, MUSTARD AND CAPERS INTO SKILLET. STIR UNTIL MIXTURE THICKENS AND BOILS. PLACE ONIONS

PLACE STEAK ON CUTTING BOARD AND SPREAD WITH BUTTER. CUT INTO THIN SLICES AND SERVE.

ADD CHILI SAUCE, SUGAR, WORCESTERSHIRE AND 1/4 CUP WATER. COVER AND SIMMER FOR 5 MINUTES.

ADD MEATBALLS TO SKILLET AND BRING TO A BOIL. REDUCE HEAT, COVER AND SIMMER FOR 10 MINUTES.

REDUCE HEAT TO LOW, COVER AND COOK UNTIL CHEESE MELTS.

STIR WATER, SHERRY, PEPPER AND 1/4 TSP. SALT INTO SKILLET. RETURN MEAT TO SKILLET. HEAT TO BOILING P

Sheet1

ST5,C,142

REMOVE MEAT TO PLATTER AND LET STAND 15 MINUTES BEFORE CARVING.

SLOWLY STIR IN BROTH MIXTURE, STIRRING OFTEN UNTIL THICK. STIR IN SOUR CREAM AND MEAT. HEAT BUT DO NOT BOIL.
POUR SAUCE OF STEAKS AND SERVE.

PREHEAT OVEN TO 325F. PLACE MEAT IN 13X9 BAKING PAN, POUR GLAZE OVER MEAT. BAKE 15 MINUTES OR UNTIL DONE.

SPOON MEAT AND SAUCE ON PLATES TO SERVE.

