

## Meats

This section went the way of my section on Chicken. You'll find many more recipes for beef, and pork throughout the other ethnic sections of this collection.

### Garlic & Herb Oven Roasted Turkey

For one turkey roast (4 lbs).

- 1 frozen whole boneless turkey, 4 lbs. thawed as package directs
- 8 to 10 large cloves garlic
- 3 tablespoons rosemary
- 1 teaspoon paprika
- 1 tablespoon coarsely ground black pepper
- 1 teaspoon coarse Kosher style salt
- 2 tablespoons olive oil
- Rosemary sprigs, for garnish (optional)
- Red pepper, for garnish, (optional)

Remove mesh from the turkey. Lay turkey out as flat as possible on a cutting board, placing the skin side down. Combine the garlic, rosemary, pepper and salt in the work bowl of the food processor with the steel blade in place, or in blender. Turn motor on. Add the oil, processing until coarsely chopped.

Spread half the garlic mixture over the inside of the turkey. Reroll the turkey. Tie firmly with string every two inches to return the meat to its original log shape. Spread evenly with the remaining garlic mixture.

Place on rack in roasting pan. Roast at 350° for 1 ½ to 2 hours until a meat

thermometer inserted in the center registers 170°. A long log shape takes less time than a more compact roast.

Remove from oven. Let stand 20 minutes before removing string. Cut thin

Turkey Roasting Guide			
Type of turkey	Ready-to-cook weight	Oven Temperature	Roasting Time
Stuffed whole turkey (open roasting)	8 to 12 lbs.	325°	3 to 3.5 hrs.
	12 to 14 lbs.	325°	3.5 to 4 hrs.
	14 to 18 lbs.	325°	4 to 4.25 hrs.
	18 to 20 lbs.	325°	4.25 to 4.75 hrs.
Stuffed whole turkey (in oven cooking bag)	20 to 24 lbs.	325°	4.75 to 5.25 hrs.
	12 to 16 lbs.	350°	2.5 to 3 hrs.
	16 to 20 lbs.	350°	3 to 3.5 hrs.
	20 to 24 lbs.	350°	3.5 to 4 hrs.

slices to serve. Garnish with rosemary and red pepper. Scrape up cooking juices from bottom of pan. Spoon over meat, or thicken with flour and add chicken broth for a gravy, if desired. As you can see, the turkey pictured below was so moist and tender the legs fell right off without cutting.



Deboning a turkey is actually fairly simple. Using a VERY sharp knife, slit open the turkey up its back and scrape away the meat from the ribs and spine. Work your fingers between the bone and flesh. Sever the cartilage between the

joints on the wings and ribcage, remove the little bones. Search the open carcass for any remaining bones or cartilage.



Either sew the bird shut or do what I do, stuff the bird, then run a bamboo skewer up its back piecing the skin and zigzagging back and forth closing the



bird. Put the bones from the big into a large stock pot and boil. This 14 pound bird yielded 4 quarts of broth.

Salt and season the inside of the bird. Spread the inside with my turkey rub



recipe or use roasted garlic, butter, and your favorite herbs.



After stuffing the bird, place it backside down, filling up the stuffing between the legs and the cavity opening, then roast.



## Lamb Kefta

A wonderful alternative to the typical hamburger grilled on the barbecue. Kefta is the Moroccan word for ground meat. These patties, laced with aromatic herbs and spices, are traditionally placed on skewers and then grilled. Lamb was on sale when I came up with this menu item.

1 medium onion, grated (3 Tbsp.)  
2 tablespoons snipped parsley  
2 tablespoons snipped fresh cilantro  
½ teaspoon ground cumin  
½ teaspoon ground cinnamon  
¼ teaspoon salt  
¼ teaspoon ground red pepper  
1 lb. ground lamb (or a mixture of lamb or beef)

Thinly sliced cucumber (optional)  
Chicory leaves (optional)  
Grilled lemon wedges (optional)

In a medium bowl combine onion, parsley, snipped cilantro, cumin, cinnamon, salt, and pepper. Add lamb and mix well. Shape about ¼ cup of the mixture into an oval about ¾ inch thick; repeat to make 8 patties total. Grill patties on the rack of an uncovered grill directly over medium coals for 10 to 12 minutes or till no pink remains, turning once. Or, place patties on the unheated rack of a broiler pan. Broil patties 3 to 4 inches from the heat for 10 to 12 minutes or till no pink remains, turning once.

If desired, place on a bed of cucumber slices, garnish with chicory, and serve with grilled lemon wedges. Makes 4 servings.

## Open Faced Turkey Sandwich with Chevre

1 lb lean ground turkey  
1 small onion, yellow, sliced  
6 med Portobello mushrooms, sliced  
1 tablespoon extra-virgin olive oil  
1 tablespoon Italian Seasoning  
¼ teaspoon salt  
2 roasted garlic cloves (per sandwich)  
½ cup chevre cheese (goat cheese)  
Handful of mixed spring greens  
Thick sliced sourdough bread

For the roast garlic – start the garlic (tops cut off) wrapped in foil with some olive oil in the toaster oven. 375 – 400 degrees, 30 minutes.

While the garlic is cooking, brown the ground turkey in a large skillet with the olive oil. When the turkey is just about browned, add the onions and mushrooms to the pan, along with the salt and herbs. Sauté until the onions are nearly clear and the mushrooms are cooked.

Meanwhile, prepare your thick slices of sourdough bread. Buy a sourdough round and cut the slices yourself – about an inch thick is perfect! Spread the chevre cheese on the bread as evenly as you can. Let your taste dictate the thickness of the cheese. Then, typically, I pop the slices in the toaster oven with the garlic for the last five minutes. When you remove the toast, the cheese should be soft and even more spreadable. Spread the roasted garlic in with the cheese.

Place bread cheese side up on a plate. Take a handful of mixed greens and toss them on top of the cheese bread. Then, scoop out the meat, onions, and

mushroom mixture on top of the greens and cheese bread.

Drink with lemonade or a cranberry juice – something tart & tangy.

Easily serves 4 sandwiches

### Pesto-Packed Pork Chops

Jalapeno jelly packs a peppery punch. To tone down the heat, use apple jelly instead.

3 tablespoons crumbled feta cheese  
 4 to 5 tablespoons refrigerated pesto  
 1 tablespoon pine nuts, toasted  
 2 tablespoons jalapeno jelly  
 1 tablespoon balsamic vinegar  
 4 pork loin chops or boneless pork loin chops, cut 1 ¼ inches thick  
 1 teaspoon minced garlic  
 1 teaspoon freshly ground black pepper  
 ½ teaspoon each ground red pepper, celery seed, and fennel seed, crushed  
 ¼ teaspoon dried thyme, crushed  
 ¼ teaspoon ground cumin  
 Fresh basil leaves (optional)

For filling, in a small mixing bowl, stir together feta cheese, 2 tablespoons of the pesto, and pine nuts. Set aside. For glaze, in a small saucepan melt jelly over low heat. Stir in the remaining 2 to 3 tablespoons pesto and the balsamic vinegar; heat through. Set aside.

Trim fat from meat. Make a pocket in each chop by cutting horizontally from the fat side almost to the bone or the opposite side. Spoon filling into each pocket. If necessary, secure the opening with a wooden pick.

For rub, in a small mixing bowl combine garlic, black pepper, red pepper, celery

seed, fennel seed, thyme, and cumin. Rub evenly onto all sides of meat.

In a covered grill arrange preheated coals around a drip pan for indirect grilling. Test for medium heat above the pan. Place chops on the grill rack over the drip pan. Cover; grill for 35 to 40 minutes or till juices run clear, turning once and brushing occasionally with glaze the last 10 minutes of grilling. Garnish with basil, if desired. Makes 4 servings.



### Tracy's Shepard's Pie

1 pound ground beef  
 1 package brown gravy  
 1 medium yellow onion, diced or 1 package onion soup mix\*  
 1 can corn  
 3 cups mashed potatoes

In a skillet, brown ground beef and onion. Just before it is finished browning, add brown gravy mix and half the amount of water required.

In a glass pie pan, pour skillet contents and evenly cover the bottom of the pie pan. Open can of corn, straining most but not all of the water. Pour can of corn on top of the meat mixture. Top corn with mashed potatoes.

Bake in at 350° in oven until potatoes acquire a golden brown color on their

peaks and juices can be seen bubbling around the meat.

Scope into a bowl and serve upside down, meat on top so the juices and gravy run down onto the potatoes.

\*If you use the onion soup mix, don't use the package of gravy or it will be WAY too salty.

Great meal for hungry college students living on canned food and boxed instant mashed potatoes. It's been at least 12 years since I have seen Tracy make it, so I hope I got it right! It was a filling and quick meal back in the days when I still could eat red meat. Coming home late from opera rehearsal, Tracy and I would bang around in the kitchen to make something yummy. Here's to my old roommate and her way with meat and potatoes.

### Crown Roast of Pork



This is the simplest and most elegant looking meal EVER.

Buy a Crown Pork Roast from your butcher department at your grocery store. Place it inside an oven roasting bag on a large pan. Add a cup of water and two tablespoons of flour to the bag – this will become the makings of gravy.

Toss in a chopped up apple, a shot of liquid smoke and cook it for 35 to 45 minutes per pound at 350°. OR follow the directions on the oven roasting bag box.

When it comes out, place it on top of greens on a large platter and put little golden or white booties on the individual bones. Have your father-in-law cut in between the bones and serve luscious, thick and juicy chops to everyone at the table. They won't need sauce as this will be super moist.

Reserve the liquid contents of the bag for au jous or for gravy makings to go on your mashed potatoes. Too yummy!

### Grammy Robbins Crazy Crust Tex-Mex Beef

- 1 lb. Ground beef, lightly browned and drained
- 1 tsp. salt
- 2 tsp. chili powder
- ¼ to ½ tsp. Tabasco or hot pepper sauce (optional)
- ½ cup chopped onion or 2 tbl. minced dried onion
- 2 cups kidney beans, undrained
- 6 oz. can of tomato paste
- ½ cup EACH finely chopped lettuce and tomato
- ½ to 1 cup shredded Monterey jack, Cheddar or American cheese

Prepare Crazy Crust recipe (See section 15 on Breads). Combine all ingredients except lettuce, tomato and cheese. Mix thoroughly and spoon into crust. Bake 20-30 minutes until crust is golden brown. Sprinkle with lettuce, tomato and cheese; serve with taco sauce if desired.

### Grammy Robbins Crazy Crust Beef & Bean Dinner

1 lb. Ground beef, lightly browned and drained  
 1/8 to 1/4 tsp. Tabasco or hot pepper sauce (optional)  
 2-3 tsp. Worcestershire sauce  
 1/4 cup chopped onion or 1 Tbl. minced dried onion  
 1 can (10-13 oz.) baked beans  
 6 oz. can of tomato paste  
 1-1 1/2 cups shredded Cheddar or American cheese

Prepare Crazy Crust (See section 15 on Breads). Combine all ingredients except cheese. Mix thoroughly and spoon into crust. Bake 18-28 minutes until crust is golden brown. Sprinkle with cheese and return to oven to melt cheese. Sprinkle with paprika or parsley flakes if desired.

### Grammy Robbins Crazy Crust Barbeque Beef Dinner

1 lb. Ground beef  
 1/2 cup chopped green pepper or celery  
 1 Tbl. mustard  
 2 tsp. Worcestershire sauce  
 1/4 cup chopped onion or 1 Tbl. minced dried onion  
 1/2 cup ketchup  
 1 1/2 -2 cups shredded Cheddar or American cheese

Prepare Crazy Crust (See section 15 on Breads). In large fry pan, brown ground beef and green pepper/celery; drain. Stir in remaining ingredients except 1 cup cheese and spoon into crust. Bake 18-28 minutes until crust is golden brown. Sprinkle with remaining cheese and return to oven to melt cheese. Sprinkle with paprika or parsley flakes if desired.

### Grammy Robbins Crazy Crust Italian Beef & Cheese Dinner

1 lb. Ground beef, lightly browned and drained  
 1 tsp. salt  
 1 tsp. oregano  
 1/4 tsp. garlic powder  
 1/2 cup chopped onion or 2 Tbl. minced dried onion  
 1/2 cup chopped olives, if desired  
 6 oz. can tomato paste  
 4 oz. can mushrooms, undrained  
 1-1 1/2 cups shredded mozzarella, Cheddar or American cheese

Prepare Crazy Crust (See section 15 on Breads). Combine all ingredients except cheese. Mix thoroughly and spoon into crust. Bake 18-28 minutes until crust is golden brown. Sprinkle with cheeses and return to oven to melt cheese. Sprinkle with paprika or parsley flakes if desired.

### Grammy Robbins Crazy Crust Corny Spam Dinner

1 1/2 cups cubed Spam  
 1/2 cup whole kernel corn  
 1/4 cup chopped onion or 1 Tbl. minced dried onion  
 1 cup shredded Cheddar or American cheese  
 1 egg  
 1 Tbl. flour  
 3/4 cup milk  
 1/2 tsp. Worcestershire sauce

Prepare Crazy Crust. In the following order, layer meat or tuna, corn, onion, and cheese in crust. In small bowl combine egg with flour; blend in milk and Worcestershire sauce. Pour mixture over cheese. Bake 20-30 minutes until

filling is firm. Sprinkle with paprika or parsley flakes if desired.

### Spiced Pork Tenderloin with Honey Mustard



Since pork tenderloin is low in fat, it tends to dry out, so be careful not to overcook it – this recipe needs just 20 minutes in the oven. Serve the honey mustard alongside it to add moisture and sweet-spicy flavor. After you're done making this, you'll realize I had a lot of seeds and spices on my spice rack needing to be used, and not much in the way of flavorings in my cupboard for this meat. It turned out fabulous!

- 3 tablespoons mustard seeds
- 1 tablespoon fennel seeds
- ½ teaspoon crushed red pepper
- Two 14-ounce pork tenderloins
- Kosher salt and freshly ground pepper
- ½ cup grainy Dijon mustard
- ¼ cup traditional Dijon mustard
- ¼ cup honey

Preheat oven to 375 °. In a mortar, lightly crush the mustard and fennel seeds with the crushed red pepper. Set the pork tenderloins on a rimmed baking

sheet and season them with salt and pepper. Spread the crushed spices on the baking sheet and roll the pork tenderloins in the crushed spices to coat them.

Roast the pork tenderloin for about 20 minutes, until an instant-read thermometer inserted in the thickest part of the tenderloin registers 145°. Transfer the pork tenderloins to a cutting board and let them rest for 10 minutes.

In a small bowl, mix the mustards with the honey and season with salt and pepper. Slice pork ½ inch thick and serve with the honey mustard.

### Turkey Meatloaf



Preparation time: 15 minutes  
Baking time: 35 to 45 minutes

- 1 ½ lbs. lean ground turkey
- ½ cup tomato ketchup
- ½ cup tomato juice
- ½ each salt and black pepper
- ¼ teaspoon red pepper
- 2 eggs, beaten
- ¾ cup fresh Italian bread crumbs
- ¼ cup finely chopped onions
- 2 tablespoons prepared mustard

Topping:  
¼ cup tomato ketchup  
½ teaspoon prepared mustard  
2 teaspoons brown sugar

Fresh herbs, for garnish, optional

In a large bowl, combine ketchup, tomato juice, salt, black and red peppers, eggs, bread crumbs, onions and mustard. Mix until thoroughly blended.

Add ground turkey. Mix gently but thoroughly.

Line a 9 x 5 inch loaf pan with foil. Press in the turkey mixture.

In a separate bowl, combine the topping ingredients, mixing well. Spread topping over the meat loaf.

Bake at 400° for 35 to 45 minutes or until done.

Drain off fat. Rest meat loaf 5 minutes before serving. Garnish with fresh herbs, if desired.

### “I’ve got a craving and they don’t deliver” Chinese Food

Yes, I certainly thought this recipe might fit better in the Asian cuisine section, but it really is not Chinese Food. In addition, since this has meat in it, I thought it would fit here. Serves 2 hungry teenagers.

2 packs Chicken Ramen noodles

2 thin sliced pork chops *or* 1 can of cooked chicken *or* 3 chicken tenders

1 bag frozen vegetables such as:

- a) Broccoli, carrots, cauliflower, yellow squash
- b) “Chinese Stir Fry”
- c) California Medley

1/3 bottle ginger salad dressing

1 tablespoon crushed ginger (raw or from a tube)

Several twists black pepper grinder

Sesame seeds, sesame oil (optional)

Soy sauce to taste

4 cups water

Boil water in a large quart pan and add frozen vegetables. Meanwhile, put meat in frying pan with the ginger salad dressing on medium heat. When meat looks cooked on the outside, slice it into strips in the frying pan.

Back to vegetables in the pot, add the two packs of noodles and bring back to a boil (about 3 minutes at most or so). Stir around.

Meat in pan should be fully cooked and cut into long thin strips. Keep warm on low heat.

Strain noodles and vegetables through a spaghetti strainer in the sink and place back in pot on low heat, add two packets of chicken flavoring from the Ramen noodles package. Add crushed ginger, sesame seeds, a few drops of sesame oil. Stir thoroughly until the residual water is gone and the flavoring has soaked in and colored everything tinged yellow.

Pour contents of frying pan into the noodle and veggie pot. Stir thoroughly. Spoon into bowls and serve with soy sauce to taste.

This recipe is specifically dedicated to Kyle and Michelle, my wonderful children, who had a craving and didn’t know what they wanted for dinner one Friday night during a “House M.D.” marathon on NetFlix 04/25/14. I opened the refrigerator and found dressing and pork chops, opened the freezer and found vegetables, and noticed a box of Michelle’s favorite ramen in the butler pantry. Voila! Inspiration ☺