



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

December 2014: Meat Medley!

Beer Braised Beef Short Ribs

- 3/4 cup canola oil
- 5 to 6 pounds beef short ribs, fat trimmed
- 4 large onions, halved lengthwise and cut crosswise into thin slices
- 2 Tablespoons sugar
- 2 Tablespoons all-purpose flour
- 4 bottles (12 oz. each) dark ale or beer
- 8 cups chicken stock or low-sodium chicken broth
- 4 bay leaves
- Salt and pepper to taste

Heat 1/2 cup of the oil in a large, heavy flameproof casserole or Dutch oven over medium-high heat. Add only enough of the short ribs to fit into the pan without crowding. Brown well on all sides, 4 to 6 minutes per side. As the ribs are browned, transfer to a platter and continue browning remaining ribs.

When all the ribs are browned and removed from pan, discard the oil, but do not wash the pan. Return pan to the stove. Add the remaining 1/4 cup oil and the onions and cook slowly, covered, over low heat until the onions are very soft, but not browned, about 20 minutes.

Uncover the pan & sprinkle the sugar over the onions. Cook, uncovered, stirring occasionally, until the onions have caramelized slightly and are just light brown, about 5 minutes. Sprinkle the flour over the onions & continue cooking, stirring frequently, until the flour turns light brown, 3 to 4 minutes. Add 1 bottle of the beer and increase the heat to medium-high. Bring to a boil, scraping the bottom of the pan to loosen up any brown bits.

Return the ribs to the pan along with the stock, remaining beer and bay leaves. Bring to a boil, skimming the top occasionally. Reduce the heat to low, cover and cook until the meat is very tender, 1-1/2 to 2 hours. You should be able to pull the bones from the meat easily. Transfer the ribs to a platter and let cool.

While the ribs cool, check the liquid in the pan. If it's thick enough to coat the back of a spoon, it's ready to use as a sauce. If not, increase the heat to medium and reduce the liquid until it reaches the proper thickness. It may take up to an additional 15 minutes. The sauce will be a slightly bitter with a little sweetness from the onions. Season with salt and pepper if needed. Discard the bay leaves.

When the ribs are cool enough to handle, remove the meat from the bones. Discard the bones and return the meat to the pan. Simmer until heated through about 5 minutes. If serving immediately, skim the fat from the surface of the sauce. You can also refrigerate overnight and remove the hardened fat before reheating.

Serve over mashed potatoes or noodles.

Serves 6 to 8



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Pork Tamale Pot Pie

Filling

- 1 cup chopped onion
- 1 cup chopped red or green bell pepper
- 2 Tablespoons vegetable oil
- 1-1/2 pounds lean ground pork
- 1-12 ounce can tomato sauce
- 2 Tablespoons tomato paste
- 1-10 ounce package frozen corn kernels, thawed
- 1 Tablespoon ground cumin
- 1/2 teaspoon ground allspice
- 1 Tablespoon Worcestershire sauce
- 2 teaspoons chili powder
- 1 teaspoon (or to taste) hot sauce
- 1 Tablespoon yellow cornmeal
- Salt and pepper to taste

Topping

- 1 cup flour
- 1 cup yellow cornmeal
- 3 Tablespoons sugar
- 2 teaspoons baking powder
- 3 Tablespoons unsalted butter, melted and cooled
- 3/4 cup milk
- 1 large egg, lightly beaten
- 1/2 cup grated cheddar or Jack cheese
- 1-4 ounce can chopped green chilies, hot or mild, to taste, drained

Filling: In a large skillet, cook onion and bell pepper in the oil over medium-low heat, stirring, until onion is softened. Add pork and cook over medium heat, stirring and breaking up lumps, until pork is no longer pink. Stir in tomato sauce, tomato paste, corn, cumin, allspice, chili powder, Worcestershire, hot sauce, cornmeal, salt and pepper. Simmer, stirring occasionally, 30 minutes. Spoon mixture into a shallow 2 quart casserole. Can be made 1 day ahead. Cover and refrigerate.

Topping: Preheat oven to 400°.

Sift together into a large bowl the flour, cornmeal, sugar and baking powder. Add butter, milk, and egg and stir until just combined. Stir in cheese and chilies. Drop batter by large spoonful's around the edge of the casserole.

Bake in the middle of the oven for 10 minutes. Reduce the heat to 350° and bake 30 minutes longer.

Makes 6 Servings