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Cwalker@BestCOBeef.com

Greetings!

Here are some excellent recipes shared by clients who have purchased our grass fed, free range, Angus beef. Enjoy!

- Cindy

Oven Rump Roast

Ready in: 2 hrs. 5 mins.

Serves: 4-6

Pre-heat oven to 500 degrees

Ingredients

- 1 4lb. rump roast
(room temp.)
- 3 garlic cloves
- 1 tablespoon salt
- 1 tablespoon pepper
- 1 onion
- 1 cup water

Do not use a glass pan for this recipe.

Prep roast by making 4-5 slits in the roast and filling the holes with salt, pepper and 1/2 clove of garlic.

Salt and pepper the rest of the roast.

Put roast in the oven and sear for 20 minutes.

Add the water, chopped onion and reduce temp to 275 degrees.

Cook for 20 minutes per lb. for rare beef.

Picadillo (Instant Pot)

Picadillo is a Venezuelan dish great served over rice or in tacos.

Ingredients

- 1lb. lean ground beef
- 1 medium onion chopped
- 2 cloves garlic, minced
- 1 tomato chopped
- 1/2 teaspoon Kosher salt
- 1/2 red bell pepper, finely chopped
- 2 Tablespoons cilantro
- 1 4 oz. (1/2 can) tomato sauce
- 1 teaspoon ground cumin
- 1-2 bay leaf
- 2 Tablespoons alcarrado (capers or green olives will work too.)
- 2 Tablespoons brine

Press saute button, when hot, brown meat, break into small pieces and season with salt and pepper and cook until no longer pink.

Add onion, garlic, tomato, salt, pepper and cilantro and stir 1 minute. Add alcarrado (or capers or olives), the brine from the capers/olives (This adds great flavor!), cumin and bay leaf. Add tomato sauce and 3 Tablespoons of water and mix well. Cover and cook on high pressure for 15 minutes. Quick release and enjoy!

Beef Bone Broth for Soup or Stew (Instant Pot)

- 3-4lbs. beef bones frozen or thawed
- water to 1" below max fill line
- 3 whole carrots
- 4 stalks celery
- 2 cloves garlic

- 1 large onion chopped
- 2 bay leaves
- 1 teaspoon Kosher salt
- 1 Tablespoon apple cider vinegar
- 1 pinch of pepper

Place bones in the Instant Pot with all ingredients. Fill pot with water to 1 inch below max fill. Cook on High Pressure for 90 minutes. Allow pressure to release naturally. It will take 15-30 minutes. Debone meat. Discard veggies. Strain the broth through cheese cloth. (It will gelatinize when cool.). For soup/stew add vegetables and cook on high pressure for 5 minutes.. For stew, remove meat & veggies, turn pressure cooker to sauté, add thickening agent and cook broth to desired consistency. Add meat & veggies back into gravy. Serve.

Remember to pre-order your quarter, half or whole Angus beef for fall delivery! Send an email to cwalker@bestcobeef.com to place an order.

