



Frikadeller (Danish Meatballs)

Yield: 8 servings Time: 30 minutes

INGREDIENTS

- 2 lbs ground beef
- 1 large onion, grated
- 1/2 cup bread crumbs
- 1/4 cup flour
- 2 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2-3 cloves garlic
- 1/2 teaspoon sage
- 1/4 - 1/2 cup milk
- butter

Gravy:

- 1-2 Tablespoons drippings
- a little butter, if needed
- 3 Tablespoons flour
- 1 cup milk
- 1 Tablespoon beef bouillon
- salt and pepper

DIRECTIONS

1. Combine beef and onion.
2. Add bread crumbs, flour, eggs, salt, pepper, garlic and sage and mix well.
3. Add enough milk to for a consistency that is slightly sticky and still be able to form a ball.
4. Butter a large skillet. Drop scoops of meat mixture onto the skillet and press with a fork until slightly flattened.
5. Fry on medium to medium-low heat until browned. Then, turn over and cook until browned and done. (145 degrees). Remove frikadeller from pan and place on serving dish and cover with foil.
6. Serve with gravy.

Gravy:

1. Add flour to the drippings to form a roux (add butter if needed).
2. Slowly add milk until the mixture reaches gravy consistency.
3. Add beef bouillon, salt and pepper to taste.

Wasatch County Cooking Class, February 2022

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Chipotle Beef Barbocoa

Yield: 8 servings Time: 1 hour 30 minutes

INGREDIENTS

- 1 Tablespoon olive oil
- 2 lb. chuck roast
- 2 cloves garlic, minced
- 2 chipotle peppers, minced
- 1 Tablespoon adobo sauce (from the can of chipotles)
- 1 Tablespoon lime juice
- 1/2 Tablespoon soy sauce
- 2 Tablespoons cider vinegar
- 1/2-1 Tablespoon chili powder
- 2 teaspoon cumin
- 2 teaspoons onion powder
- 2 teaspoons paprika
- 3/4 cup beef broth
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

For Instant Pot:

1. Cut roast into quarters and sprinkle with salt and pepper.
2. Turn Instant Pot to Sauté and add olive oil.
3. When olive oil is heated, place the pieces of roast in the pot and sear on all sides.
4. While the meat is searing, add the rest of the ingredients to a blender and blend until smooth.
5. Pour mixture over the meat.
6. Place lid on Instant Pot and pressure cook for 50 minutes.
7. Let natural release for 10 minutes, then manually release.
8. Remove beef from pot and shred with two forks.
9. Replace beef to juices in pot and let simmer a few minutes by switching back to sauce.
10. Serve with tortillas as tacos, in salads, rice bowls, quesadillas etc.

***Optional cooking methods - crock pot on high for 4 hours or low for 6-8 hours.

Pickled Red onions:

- 1 large red onion, peeled and thinly sliced
- 3/4 cup rice vinegar
- 1/4 cup water
- 1teaspoone slat
- 1-2 Tablespoons sugar

Place onions in jar. Heat vinegar, water, salt and sugar in small saucepan until it starts to boil. Pour in jar over onions. Place lid on jar and refrigerate for at least 2 hours before eating. Good for two weeks in refrigerator.

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Steak Salad

Yield: 6-8 servings Time: 30 minutes

INGREDIENTS

Marinade for Steak:

- 1 1/2 - 2 pounds flank steak
- 1/2 cup olive oil
- 1/3 cup reduced sodium soy sauce
- 1/4 cup balsamic vinegar
- 2 Tablespoons lemon juice
- 2 Tablespoons brown sugar
- 1 1/2 Tablespoons Worcestershire sauce
- 1 Tablespoon Dijon mustard
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 teaspoon each - paprika, pepper, red pepper flakes, dried dill weed
- 1/2 teaspoon each dried oregano, dried rosemary, ground coriander

DIRECTIONS

1. Whisk together all of the marinade ingredients.
2. Place Steak in zip top bag and add the marinade.
3. Marinate in refrigerator at least 2 hours or up to 12 hours.
4. Preheat oven broiler to HI.
5. Cook for 6-8 minutes on each side or until internal temperature is 130-135 degrees for medium rare or 140 degrees for medium.
6. Remove steak and let rest for 10 minutes before slicing.
7. Slice steak into thin strips against the grain.

Steak Salad:

- Spring mix
- arugula
- crispy onions
- roasted red pepper (diced)
- bacon (crumbled)
- parmesan cheese
- Dijon peppercorn dressing
 - 2 Tablespoons red wine vinegar
 - 1 clove garlic, minced
 - 1 Tablespoon Dijon mustard
 - 1 teaspoon pepper
 - salt (to taste)
 - 2 teaspoons honey
 - 1/2 cup plain yogurt
 - 2 Tablespoons olive oil

Whisk first five ingredients together. Stir in remaining ingredients. Refrigerate.

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