

PL BAR Ranch Organic Grass-Fed Beef

Favorites from the Ranch

WONDERFUL ROAST or CARAMEL ROAST

PL BAR Organic Grass-Fed Beef rolled roast or prime rib roast (any size desired)

oil

large amount of garlic

parsley

1. Put oven on at 375°.
2. Make paste of oil, parsley, and large amount of garlic. Quantities used will depend on size of roast.
3. Place roast on a rack and a pan in oven for 45 minutes. Turn off oven (do not peek in oven). Leave roast in oven for at least 4 to 5 hours. Put the oven on again at 375° for 45 minutes before serving.
4. Take roast from oven and let rest for 20 minutes before slicing. Roast is always cooked perfect.

PL BAR BUSY DAY STEW

1-1/4 Lbs. PL BAR Organic Grass-Fed Beef Stew Meat

1 (14 oz.) diced or stewed Italian OR Mexican tomatoes

4 medium red potatoes

1 cup chopped onion

2 carrots

1 pkg. Onion Soup Mix

1 cup diced celery

1 cup water

1 cup diced red bell pepper

1/2 cup instant tapioca

salt

pepper

1. Cut PL BAR stew meat into small pieces.
2. Dice potatoes and carrots.
3. Put all ingredients together in roaster. Bake in 250° oven for 5-6 hours OR use a crock pot on low for 4-6 hours. Delicious and tender.

Serves 6

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MARGARET O's CORNED BEEF BRISKET

PL BAR Corned Beef Brisket

1/2 tsp. whole allspice
1 tsp. black peppercorns
6-8 cloves

WHISKEY SAUCE

1 tbsp. olive oil
1/3 cup Dijon Mustard
1/2 cup chopped onion
1/4 cup honey
1/2 cup chile sauce
1/2 cup Jameson Irish Whiskey

1. Place PL BAR corned beef brisket in a large kettle.
2. Cover well with water and add the following spices: 1 tsp. Black Peppercorns, 1/2 tsp. Whole allspice, and 6-8 cloves.
3. Simmer and cook for 2 1/2 hours or until done. (Root vegetables may be added to broth last hour)
4. Whiskey Sauce: Sauté 1 tbsp. olive oil and 1/2 cup chopped onion until clear. Add 1/2 cup chile sauce, 1/3 cup Dijon mustard, 1/4 cup honey, and 1/2 cup Jameson Irish Whiskey. Cook and simmer for 5 minutes, stirring constantly.
5. Place corned beef in baking dish and cover with Whiskey Sauce. Bake in a 350° oven for 20 minutes to set.
6. Slice and serve. Enjoy!

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OVEN-BRAISED CORNED BEEF BRISKET

1 piece (about 4 Lbs.) PL BAR corned beef brisket or eye of round
6-8 whole cloves
1 lemon, rinsed, ends trimmed
1 onion (8 oz.), peeled
1/2 teaspoon whole allspice
1/3 cup brown sugar
1 teaspoon black peppercorns
1/4 cup Dijon mustard
1-2 tablespoons Whiskey or Bourbon

1. Trim and discard most of the surface fat from brisket or eye of round. Rinse meat well under cool running water, rubbing gently to release the corning salt.
2. Lay meat, fattiest side up, in a 2-inch-deep, 11 by 15 or 16 inch roasting pan. Thinly slice lemon (discard seeds) and onion and lay slices over meat. Sprinkle with peppercorns, allspice, and cloves.
3. Set pan on middle rack in a 325° oven. Pour about 8 cups boiling water around the brisket, seal pan with foil, and bake until meat is tender when pierced, about 3 hours or until done. -OR- Place meat in a kettle with water and spices. Cook on medium for 3 hours or until done. Un-cover and drain off all but about 1 cup of the liquid. If desired, reserve the lemon and onion slices and re-arrange them on top of the meat.
4. In a small bowl, mix mustard, brown sugar, and whiskey or bourbon; spread evenly over meat, on top of the onion-lemon mixture. Broil about 8 inches from heat until mustard mixture begins to brown, 3-5 minutes. Transfer brisket to a platter. Serve hot, warm, or cold, slicing meat across the grain.

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YAMMY CHILI

1st. PLACE Youth category - Alexis and Miranda Sanchez
2002 San Benito Co. Cattlewomen's Assoc. Annual Beef Cooking Contest

3 Tbsp. olive oil
2 large onions, finely diced
6 garlic cloves, minced
2 lbs. PL BAR Organic Grass-Fed Ground Beef
3 bell peppers, finely diced (1 ea. red, yellow, green)
2 Tbsp. grandma's chili powder
1½ Tbsp. ground cumin
1 tsp. dried oregano
5 cups water
1 (28 oz.) can imported plum tomatoes, finely chopped with their juice
1 small can tomato paste
2 medium-large yams, peeled and cut into ½" diced pieces
1 bag black beans, pre-cooked
¾ tsp. sea salt
Chopped cilantro to taste for garnish

1. Heat the oil in a large stockpot over medium heat.
2. Add the onions and garlic and sauté, stirring frequently, until the onions begin to brown, at least 10 minutes.
3. Add the PL BAR ground beef and bell peppers and cook until meat is done, stirring often.
4. Sprinkle on the spices as you are browning the meat. stir in all remaining ingredients except cilantro, cover and cook on medium heat until yams are tender.
5. Serve with cilantro.