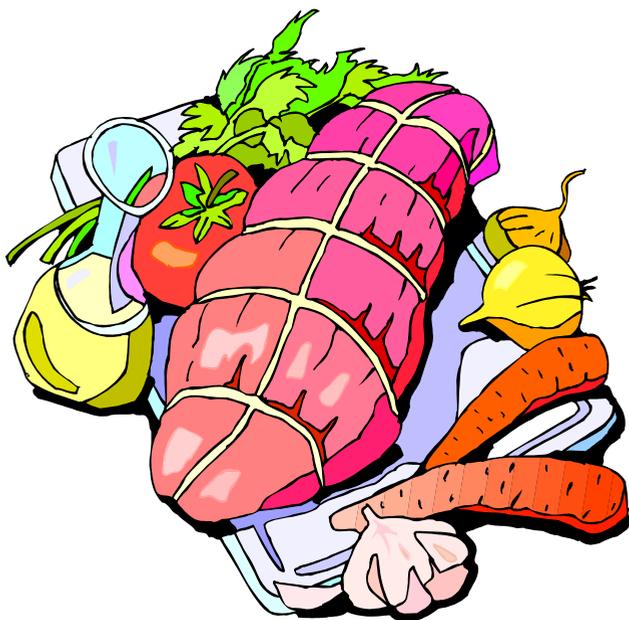


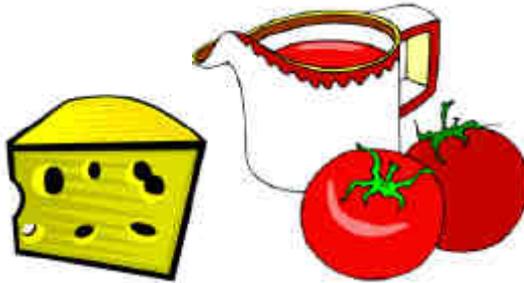
Beef



BEEF

BAKED MILANESA WITH SAUCE

Prepare milanesas as Milanese recipe (see pg 17). Whilst still warm, place in shallow baking pan, cover with a tomato sauce, top with grated cheese and heat through in a hot oven until cheese is melted and bubbly. Serve immediately.



BREADED BEEF PATTIES

INGREDIENTS

½ kilo minced beef
½ cup bread crumbs
2 tbs oil
1 tbs chopped garlic and parsley mixture

TO COAT

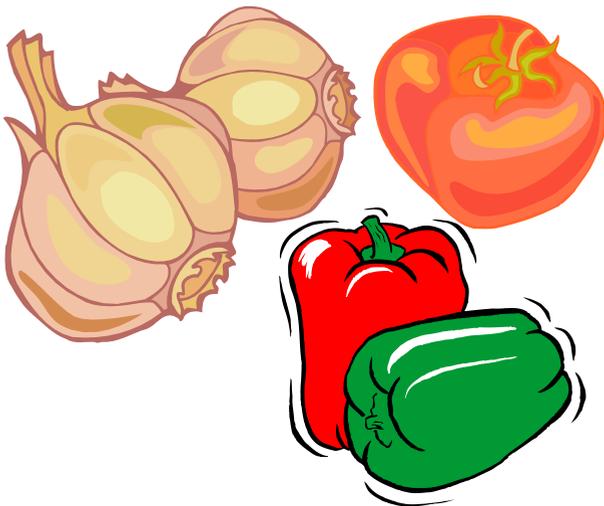
3 eggs, beaten with pinch of salt
2 cups breadcrumbs
salt and pepper to taste
1 sliced lemon

METHOD: Mix all first four ingredients in a bowl, kneading with your hands to make a smooth mixture. Season with salt and pepper. Divide into equal portions, form into balls, press out into flat rounded patties, dip in egg and cover with bread crumbs, fry immediately. Serve very hot, garnished with lemon slices.

CRIOLLO BEEF STEW

INGREDIENTS: ½ cup oil
 2 cups cubed stewing beef
 1 large onion, coarsely chopped
 1 sweet pepper, coarsely chopped
 1 cup tomato, peeled, seeded and chopped to pulp
 1 bay leaf
 ½ teaspoon ground cumin
 ½ teaspoon paprika
 1 cup cooked, drained peas
 2 cups rice
 3 cups boiling water
 salt to taste and grated cheese

METHOD: Heat oil and quickly fry beef cubes until lightly seared, add onion and pepper and continue frying, stirring all the time for about 2 minutes. Add bay leaf, cumin and paprika and fry one more minute. Stir in rice and fry for a few minutes until rice is transparent. Lastly add tomato pulp and boiling water and season with salt to taste. Bring to boil and simmer very gently for about 15 minutes covered. Then add drained peas, blend well into stew, cover and remove from heat and let stand for 5 minutes. Fluff rice with fork before serving. Sprinkle generously with cheese.



CRIOLLO ROAST continued ...

METHOD: If using a bird, split in half, or if large, quarter. Brush meat with marinade, place on a flat surface, cover upper side with two or more slices of good bacon, breadcrumbs and one or two bay leaves. Roll, tie with string to keep in shape and place on a roasting pan in a moderate oven. Cover with a good amount of butter, oil or other fat. Turn every 15 minutes to brown evenly on all sides. Serve with Creole sauce (pg 8)

EMPANADAS

INGREDIENTS & METHOD FOR PASTRY

Make pastry using $\frac{1}{4}$ lb fat to 1 lb flour. Add a lightly beaten egg and enough water to make a soft, pliable dough. Let stand for 30 minutes before using. Roll out to about $\frac{1}{4}$ cm thick and cut to the size of a saucer (although size can be varied to suit requirements).

Puff pastry and short crust pastry are also widely used for baked empanadas.

| | |
|--------------------|--|
| INGREDIENTS | Minced, chopped meat, or flaked fish |
| for filling : | Onion or chopped garlic |
| | Selection of: chopped tomatoes |
| | chopped sweet pepper |
| | raisins |
| | chopped hard boiled eggs |
| | Boiled broth or water to mix |
| | Seasoning as desire eg. Salt, pepper, |
| | oregano, cumin, paprika, chopped parsley |

METHOD: Fry onion in fat, then add meat and brown. (If meat is already cooked, add last and just heat through.) Add tomatoes and peppers and broth or water to form a thick mixture, season to taste and allow to cool. When cooler, add raisins and chopped hard boiled egg.

Place one rounded tablespoon of mixture on circle of dough, moisten borders of pastry and fold circle in half, pressing edges firmly to seal.

EMPANADAS continued ...

TO FRY: Heat fat in large frying pan and fry a few empanadas at a time until lightly browned on all sides.

TO BAKE: Place on baking tray and brush with egg/milk and bake in hot oven until lightly browned and filling is heated through. Serve hot or cold.

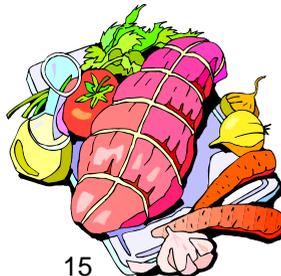
Empanadas can also be made with a vegetable filling: blend chopped or mashed vegetables with thick white sauce and season with salt, pepper and nutmeg.

MARINATED BEEF ROAST

INGREDIENTS: 2 kg roasting beef, lamb, pork or rabbit
marinade (see below)
1 cup water, broth or red wine
1 tablespoon corn flour or flour
salt to taste

METHOD: Rub meat with marinade and let it stand overnight. Place in a moderate oven. 30 minutes before it is done, pour over roast $\frac{1}{2}$ cup hot water, broth or wine. When done, remove from oven and let it stand whilst preparing gravy - use pan juices and add other $\frac{1}{2}$ cup liquid in which you have diluted the corn flour; boil to thicken.

Serve with an assortment of vegetables baked in roasting pan with meat.



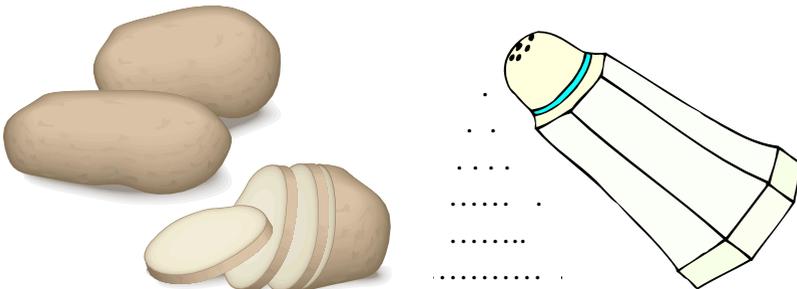
MEAT BALL AND POTATO STEW

INGREDIENTS: 1 cup lean minced beef
 1 cup breadcrumbs
 1 tablespoon garlic, crushed
 1 tablespoon parsley, finely chopped
 1 tablespoon very finely chopped onion
 2 tablespoons salad oil
 2 eggs lightly beaten
 salt and pepper to taste
 some flour, milk or broth

METHOD: Mix all ingredients, working to a soft, smooth paste, (use milk or broth only if too dry without), season and form into balls, a little smaller than a medium egg. Dust with flour and allow to stand for a few minutes.

FOR THE SAUCE: ½ cup oil
 1 onion, finely chopped
 2 cups chopped tomatoes
 1 tablespoon garlic and parsley, chopped
 1 tablespoon, well rounded, tomato purée
 1 bay leaf
 1 cup broth or stock or plain boiling water
 salt to taste

METHOD: Place all ingredients in a pan, bring to boil and gently simmer for 15 minutes. Season with salt to taste.
(cont'd on pg 15)



MEAT BALL AND POTATO STEW continued ...

PREPARE: 1 kg potatoes, peeled and sliced in thin rounds
1 cup cooked peas, well drained

METHOD: Place meatballs in a deep casserole, cover with vegetables and pour sauce over; or line casserole with vegetables and lay meatballs on top and cover with sauce. Bring to a very gentle boil and simmer for 40 minutes until meat balls and vegetables are done; or bake for about 1 hour in a slow to moderate oven. Cook covered and when ready, allow to stand for 10 minutes before serving.

MILANESA

This is a term applied to thin beef steaks or other foodstuffs, which are dipped in egg, covered with bread crumbs and fried in oil.

SPECIAL BREADED STEAK

INGREDIENTS 8 thinly sliced beef steaks, medium sized
(not over ½ kilo)
2 tbs. oil
2 cups flour
3 eggs, beaten with salt & ground pepper
2 cups breadcrumbs
Salt and pepper to taste
Oil for frying
Lemon wedges, chopped parsley

METHOD: Pound steaks on board to bring them to about the same thickness. Spread oil on steaks, season with salt and allow to stand for a few minutes. Dredge first with flour, then dip in seasoned egg and finally coat with breadcrumbs, patting and pressing on steak to ensure an even coating on all sides. Shake off excess crumbs and lay on a board until ready to start frying.

MILANESA continued ...

TO FRY heat oil, never more than 1 cm deep and fry steaks taking care not to allow oil to become too hot, as the crumbs will be scorched. When evenly browned, lay on absorbent paper and keep warm. Serve with lemon wedges and/or chopped parsley and with fresh salad, fried potatoes, croquettes, mashed or sautéed vegetables.

TO BAKE allow steaks to stand covered with 1 cup of milk instead of spreading with oil. Season eggs with ½ tsp. salt, 1 tsp. chopped parsley, ground pepper (or season to own preference). Drain steaks, dip in flour, egg and breadcrumbs as above. Place on lightly oiled baking sheet and bake in moderately hot oven until steak borders begin to brown. Serve hot or cold, cut into small squares for a buffet.

PASTEL DE CHOCLO (corn, chicken and meat pie)

For 10 people

INGREDIENTS:

CORN MIXTURE: 1 packet frozen sweetcorn, mixed in food processor (or 5 large ears of corn, grated)
7 leaves of fresh basil, finely chopped
1 teaspoon of salt
3 tablespoons of butter
½ - 1 cup milk

FILLING: 3 large onions, chopped
3 tablespoons of oil
1lb (½ kilo) finely ground lean beef
Salt and pepper to taste
1 teaspoon ground cumin
4 hard boiled eggs, sliced
1 cup black olives
1 cup raisins
10 pieces of chicken, browned in hot oil, and seasoned with salt, pepper and cumin
2 tablespoons sugar

PASTEL DE CHOCLO continued ...

METHOD:

CORN MIXTURE: Heat the grated corn, chopped basil, salt and butter in a large pot. Add the milk gradually, stirring constantly until the mixture thickens. Cook over a low heat for 5 minutes. Leave to one side while you prepare the meat filling.

MEAT FILLING: Fry the onion in oil until transparent, add the ground meat and stir to brown. Season with salt, pepper and ground cumin. To prepare the pie use an ovenproof dish that you can take to the table. Spread meat mixture over the bottom of the dish. Arrange over this the hard boiled egg slices, olives and raisins. Put the chicken pieces on top; bone the chicken if you like. Cover the filling with the corn mixture and sprinkle the sugar on top. Bake in a hot oven (250C or 400F) for 30-35 minutes until the crust is golden brown. Serve at once. In Chile more sugar is used to sprinkle over the pastel as it is eaten. Serve with Ensalada Chilena.

PIMIENTO RELLENO (Stuffed Peppers)

INGREDIENTS:

- 4 large red peppers
- oil for frying
- ½ kilo mince (ground beef)
- 1 crushed clove garlic
- 2 chopped onions
- 4 slices of easily melted cheese
- 2 tomatoes chopped
- Salt and pepper
- 1 teaspoon dried oregano
- 1 beef stock cube
- Cup of salted peanuts ground in blender

METHOD: Carefully cut tops of peppers, remove seeds and place tops to one side. Remove thick white veins if possible and remaining seeds, but keep peppers intact. Immerse peppers and tops in boiling water (salted) and simmer until soft but firm enough to hold meat sauce. Meanwhile heat oil and sauté garlic.

POTATO BEEF POT (**Puchero**)

INGREDIENTS 1 kg boiling beef
 1 large onion quartered
 1 large leek
 1 small bunch parsley
 1 bay leaf
 4 medium potatoes, halved
 2 large carrots, halved
 1 marrow, not over 400 gms

METHOD: In a large pot bring to the boil 3 litres fresh water. When boiling, add beef with onion, leek, parsley and bay leaf. Simmer for about an hour, until meat is tender. (Do not add salt at this stage). 'Puchero' will always be more tasty if cooked over a very low heat, barely simmering.

Prepare vegetables. When beef is tender, add vegetables and season with salt to taste. Bring to rolling boil and then simmer for 20 minutes or until potatoes are done. 10 minutes before cooking time is complete, remove broth and make soup. Serve soup as first course, followed by 'puchero' which is served with meat in one dish and all the vegetables in another. Serve with an assortment of condiments, including oil and vinegar.

QUICK BEEF POT

INGREDIENTS 1 kg lean and tender boiling beef
 1 onion
 1 sweet green pepper
 1 small bunch parsley
 2 medium potatoes, halved
 4 medium carrots, halved
 4 small turnips
 Salt and pepper

QUICK POTATO BEEF POT continued ...

METHOD: In large pot bring to the boil 3 litres salted water. Trim beef and quarter, if desired. Prepare vegetables. As soon as water boils, add meat and vegetables. Bring back to boil and maintain quick boiling pace for half an hour until beef is tender.

Make soup with broth and serve first. Then serve 'puchero', meat in one dish and all the vegetables in another. Accompaniments: salt, vinegar, oil and mustard.

Use chicken instead of beef. Leeks, tomatoes, marrow and a sprig of oregano may be added. Traditionally rice soup is made from the broth.

SAICE

INGREDIENTS:

- 2 lb minced meat
- 4 medium onions chopped
- 2 tablespoons finely chopped parsley
- 1 clove garlic, finely chopped
- Oregano, cumin, pepper and salt to taste.
- 1 medium tomato, peeled and chopped
- 1 cup peas
- 3 cups water
- 2 tablespoons of oil.

METHOD: In a heavy pot heat half of the oil and cook the onions and garlic until tender but not browned. Add the parsley, tomato and the condiments. Cook until the oil separates from the paste. Add the peas and water. In a frying pan brown the meat in the rest of the oil, cook until done. Nearly all the water evaporates. Serve with whole boiled potatoes and abundant raw salad on top.