

Meats
Poultry
Fish

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast * (10 inch) ribs	4	1 1/4	140° (rare)
* If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2 1/2	170° (well done)
	6	2 1/2	140° (rare)
		3	160° (medium)
		4 1/2	170° (well done)
Roiled ribs	4	2	140° (rare)
		2 1/2	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 1/4	160° (medium)
		4	170° (well done)
Roiled rump *	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
Sirloin tip *	3	1 1/2	140° (rare)
* Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2 1/4	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
	8	4	175° (medium)
		4 1/2	180° (well done)
VEAL			
Leg (piece)	5	2 1/2 to 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Roiled Shoulder	3 to 5	3 to 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2 1/2 to 3 hrs.
	8 to 12 lbs.	325°	3 to 3 1/2 hrs.
	12 to 16 lbs.	325°	3 1/2 to 4 hrs.
	16 to 20 lbs.	325°	4 to 4 1/2 hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2 1/2 lbs.	400°	1 to 1 1/2 hrs.
	2 1/2 to 4 lbs.	400°	1 1/2 to 2 1/2 hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2 1/2 to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

Lone Star Favorite

Oven 350oF

Time: 1 Hour

Sauté in 2 tablespoons shortening

1 large onion, chopped

Add

1 green pepper, chopped

Drain and stir in

¾ pound ground beef

2 cups tomatoes

1/2 cup washed rice

2 teaspoons salt

Dash of pepper

Pour into greased baking dish (2 quart). Cover and bake.

Remove cover last 15 minutes.

Ann Peterson

Irish Stew with Wine

2 pounds beef, lamb, veal, etc., cubed

5-1/1 ounces water chestnuts, sliced

16 ounces tomatoes, chopped

1 teaspoon sugar

1 bag frozen stew vegetables

1 teaspoon tapioca

Or fresh potatoes and carrots

1/2 cup red wine (or beef bouillon)

2-1/2 ounces sliced mushrooms, drained

1 teaspoon salt

1/4 teaspoon pepper

Combine all ingredients. Cover and bake in a 250°oven for 5 hours.

Reba Bradbury

Cowboy Stew

1 pound hamburger (broken up)

1 can solid pack tomatoes (broken up)

Chopped onion (to taste)

1 can green beans

Salt and pepper to taste

Fry hamburger lightly in skillet. Add remaining ingredients. Simmer.

Serve with English muffins. Serves. 5

Marilyn Hess

Variation:

Use stew meat cut into tiny bite size pieces and braise in some olive oil add 1 or 2 rounded tablespoons of flour and stir until coated. Add a can of sliced carrots, and a can of new potatoes (with liquid) (quarter the new potatoes). This will make a thick white sauce in the stew. Takes about 15 minutes to make and cook.

Creamy Beef Bake

1 package Kraft macaroni & cheese	1 pound ground chuck
2 tablespoons chopped onion	1 can cream of mushroom soup
2 tablespoons butter	1/2 cup milk

Prepare macaroni & cheese according to package directions. Brown meat and onions in butter. Stir in soup and milk.

Grease 1-1/2 quart casserole and layer half macaroni and meat mixture. Repeat layers.

Bake at 350°F 25 minutes
Serves 4-6

Extra good if you sprinkle grated longhorn cheese between layers and on top.

Patsy Hardy

Ranch Style Chili

2 pounds ground beef (coarse)	3 buttons garlic
1 teaspoon Comino seed	2 small cans tomato sauce
2 tablespoons chili powder	2 cups water
3 tablespoons flour	1 teaspoon salt

Brown meat in skillet with chopped garlic and Comino seed. Cook about 5 minutes. Stir in chili powder and flour. Cook about 5 minutes more. Add tomato sauce and water. Simmer over low heat for 30 minutes. Add another cup of water if you want you chili soupy. (May substitute ground turkey for ground beef.)

Genny Ross

Steak Diane

Good Steaks 1/4" to 1/2" thick	2 tablespoons scallions
Dijon mustard	2 tablespoons dried parsley
Worcestershire sauce	2 tablespoons chives
Brandy	Butter

Flatten meat with meat beater until fairly flat. Spread meat on one side with Dijon mustard and sprinkle with Worcestershire sauce.

Sauté (in butter) scallions, dried parsley and chives. Turn heat up high. When pan is very hot, lay meat in pan, mustard side down. Immediately mustard and Worcestershire other side of meat. Cook meat approximately 2 minutes. Turn and cook other side for approximately 2 minutes. Pour in brandy and flame immediately. Be sure to burn all brandy off.

Serve and enjoy.

Barbara Klehfoth

Cornbread-Cheese-Meat Casserole

2 eggs (beaten)	1 teaspoon salt
1 teaspoons baking powder	1 cup milk
1 package (17 oz) cream corn	1 lb. ground meat (browned & drained)
1/4 cup oil	2 cups grated cheese
1 cup yellow cornmeal	1 large onion (chopped)
1-4 jalapenos (chopped fine)	

Combine eggs, baking powder, cream corn, oil, cornmeal, salt and milk and set aside. Combine grated cheese, onion, and peppers. Pour half of the batter in big greased skillet. Cover batter with ground meat onions, cheese, and peppers. Top with remaining batter.

Bake at 350°F 1 hour

Marcy Zajicek

Quickie Meatballs with Mushroom Sauce

1 can mushroom soup	1 1/2 lbs. lean ground beef
1 tablespoon cracker crumbs	1 teaspoon salt
1 tablespoon onions, chopped (or flakes)	1 egg
1/3 cup milk or water	

Stir and shape. Brown in a little oil in skillet. Drain oil and add soup with 1/3 cup milk or water. Cover and simmer 30-45 minutes.

Ann Peterson

Meat and Noodle Hot Dish

2 onions, browned in butter	1 pound ground beef, browned
1 eight ounce package cooked,Medium size noodles	1/2 pound cheddar cheese, grated
1 eight ounce can mushroom soup	1 cup stuffed olives, sliced
Chow mein noodles, crushed	2 cups milk
	Cashew nuts

Mix above and bake at 350°F 45 minutes

About 5 minutes before it is to be served, top with crushed chow mein noodles and cashew nuts. Return to oven and brown topping.

Ann Peterson

Mt. Everest Hot Stew

From the Mount Everest Hotel, high in the Himalayas, comes this recipe.

3 pounds lamb (cubed)	1-1/2 cup boiling water
2 teaspoons salad oil	1 teaspoon pepper sauce
4 large carrots (cubed)	1 teaspoon salt
4 large onions (cubed)	8 whole cloves
8 large potatoes (cubed)	2 teaspoons flour

Brown lamb in salad oil. Add carrots, onions, potatoes, water, pepper sauce and salt. Tie cloves in cheese cloth and add. Cover and simmer for 2 hours. Drain and measure liquid. Mix 1 teaspoon flour and 1 tablespoon water for each cup of liquid. Blend well, add to liquid and cook slowly, stirring constantly until thickened. Add the thickened sauce to the lamb. Serve hot.

Flora Chambers

Kate's Regante (Chicken Oregano)

1/2 cup olive oil	1/4 pound butter
3 teaspoons salt	2 cups canned tomatoes
4 tablespoons lemon juice	1 teaspoon pepper
2 4-1/2 pound roasting chickens or cut up fryer	2 teaspoons oregano

Combine oil, 2 teaspoons salt and juice. Rub into chicken inside and out. Place the chicken in a roasting pan.
Bake 375°F One Hour or until tender

Sauce:

Melt the butter, add tomatoes, pepper and oregano and cook over medium heat 5 minutes, stirring constantly. Pour over chicken (baste frequently). Roast 350°F One hour longer. Use left over olive oil, juice and salt on a salad, cut with water.

Ann Peterson

Chicken Enchiladas

1 medium onion, chopped	1 can cream of chicken soup
1 can cream of mushroom soup	1 cup chicken broth
1 small can chopped green chilies	1 chicken (2-3 pounds)
1 package corn tortillas	Cooked and boned
1 pound Longhorn cheese, grated	

Brown onion in 2-3 tablespoons of butter. Combine with soups, broth and green chilies. Add pieces of chicken and beat well. In large baking dish (9 x 12 x 2) place a layer of tortillas, layer of chicken, and layer of cheese. Repeat until dish is filled.

Bake 350°F 30 minutes. Serves 8.

Jo Ann Alexander

Chicken Tacos

12 taco shells	1/2 teaspoon dried oregano
2 tablespoons vegetable oil	Salt and pepper
1 medium onion, chopped	1-1/2 cup grated, sharp cheddar
1 garlic clove, chopped	Taco sauce
2 cups chopped, cooked chicken	Chopped tomatoes
1 teaspoon cumin	Shredded lettuce

In large frying pan cook onion in oil until soft. Add garlic, cook 1 minute. Add chicken and seasonings. Cook until heated through. While chicken is heating place taco shells in baking dish and heat in 350°F oven for 5 minutes to crisp. Fill shells half way with chicken filling. Top with cheese, taco sauce, tomatoes, and lettuce to taste.

Contributor Unknown

Chicken and Rice

3-4 boned, skinned chicken breasts	1 6-oz package long grain and wild
1 cup celery, finely chopped	rice with herbs and seasoning
1/2 cup onions, finely chopped	1 cup fresh mushrooms, sliced
1 small jar diced pimentos	1 can cream of mushroom soup
3/4 cup white wine	

Cook rice according to package directions. Line casserole with rice. Brown chicken breasts in butter. Lay browned chicken breasts on rice. Sauté mushrooms, onion, celery and pimento. Pour in mushroom soup and wine. Bring to a boil. Pour mixture over chicken. (I sprinkle slivered almonds over casserole, adds to taste and appearance.)

Bake Covered at 300°F 30 minutes

Barbara Klehfoth

Chicken Marsalis

4 tablespoons butter	4 skinless, boneless chicken breast
4 shallots, finely chopped	halves pounded to 1/4 " thickness
1/2 pound mushrooms, sliced	1/4 cup dry Marsalis
1/2 cup heavy cream	1 teaspoon lemon juice
Salt and pepper	

In large frying pan sauté chicken in butter (2 minutes each side). Remove and set aside. Cook shallots and mushrooms in butter (3-5 minutes). Add Marsalis and bring to boil, stirring constantly. Add cream and lemon juice and return to boil. Season with salt and pepper to taste. Return chicken to pan and cook, turning in sauce for about 3 minutes to reheat and finish cooking. Serve with buttered fettuccini.

Judy Cobb

Chicken Spaghetti

Cook:	9 chicken breasts or 2 fryers and bone
Chop and sauté:	3 cloves garlic 2 medium onions 3 green peppers 1 stick butter
Add liquid to:	1 can mushrooms 1 can #2 green peas 1 large can tomatoes 1 can cream of chicken soup 1 can mushroom soup 1 teaspoon red pepper
12 ounces cooked spaghetti, cut 1 teaspoon chili powder Grated cheddar cheese	

Mix together (reserving some cheese for the top) then put the rest on top the last 15 minutes. Sprinkle with paprika. Start cooking the above. During baking you may want to add a little chicken broth if dry.

Bake 350°F about 45 minutes

Makes two 10 x 15 pyrex dishes or four 9 x 9 Pyrex dishes.
Freezes well. Serves 25 easily with salad, etc.

Wanda McCreary

Chicken Casserole

3 cups cooked chicken pieces, boiled	1 can cream of mushroom soup
1/2 pint sour cream	2 pkgs Pepperidge Farms dressing (cornbread is best)

Mix all ingredients (mix dressing per package directions). Put in casserole.

Bake 375°F 30 minutes (uncovered)

“Easy” Chix Stir-Fry

1 tablespoon oil	1 cup broccoli florets
1 cup cauliflower florets	3/4 cup carrots, cut 2 inch pieces
1/4 cup green onion slices	1 garlic clove, minced
3 chix breast halved, deboned, cut in 1-inch pieces	1/2 cup salad dressing
	1 tablespoon ground ginger

In large skillet heat 1 tablespoon oil over medium heat. Stir fry vegetables 4-5 minutes. Remove, add remaining oil to skillet. Stir fry chix 4 minutes (or until tender). Return vegetables to skillet. Remove from heat. Add all other ingredients. Mix well.

Serve over hot rice.

Serves r.

Faine Wistrand

Spiced Chicken with Peaches and Pineapple Sauce

1 chicken (3 pounds), cut up	1/4 teaspoon ground cinnamon
1 can (8 ounce) crushed pineapple	1/4 teaspoon ground cloves
1 cup orange juice	1 can peaches (16 oz), drained & pureed
Salt and pepper	

In large frying pan combine all ingredients except peaches. Simmer, partly covered 45 minutes (turning chicken occasionally). Add peach puree and stir until well blended. Simmer, uncovered 15 minutes until chicken is tender and sauce is slightly thickened. Season with salt and pepper to taste.

Judy Cobb

Santa Fe Chicken

1-1/4 pound chicken breasts	1 small green pepper, chopped
Skinned and boned	1 clove garlic, minced
1 teaspoon paprika	1 can (10 oz) Rotel tomatoes with
1 teaspoon salt	green chilies
1/4 teaspoon pepper	1-1/2 cup Uncle Ben's Instant Rice
2 teaspoons olive oil or butter	3/4 cup cheese, shredded
1 medium onion	

Cut chicken in thin strips. Sprinkle with paprika, salt and pepper. Heat oil in 10-inch skillet over medium heat. Cook chicken in oil 2 minutes. Add onion, green pepper, garlic. Cook until tender, about 4 minutes. Drain tomatoes, reserving liquid. Add chicken broth to liquid to equal 1-1/2 cups. Add liquid to skillet; bring to boil Stir in rice and reserved tomatoes. Cover and remove from heat. Let stand until all liquid is absorbed (about 5 minutes). Sprinkle with cheese.

Genny Ross

Mexican Style Chicken Casserole

1 can cream of mushroom soup or	1 small can green chilies, chopped
Onion soup (undiluted)	1 chicken, boiled and chopped
1 package cheddar cheese	1 package Monterrey Jack cheese
1 can salsa	Tortillas, cut up
1 onion, chopped	

Layer casserole dish with tortillas. Cover with cheese, layer tortillas, cover with remaining mixture. Cover last layer with cheese.

Bake 350°F until it is slightly brown.

Marcy Zajicek

Curried Baked Fish

8 four-ounce lean white fish fillets
1 tablespoon dry white wine
1/2 teaspoon dried dillweed

1/2 cup reduced calorie mayonnaise
1 tablespoon lemon juice
1/2 teaspoon curry powder

Coat broiling rack with cooking spray.
Place rack in a shallow baking pan.
Arrange fillets on rack.
Combine remaining ingredients.
Spread over fillets.

Bake 350°F 25 minutes (or until fish flakes easily with fork)
8 servings

Ann Cobb

Baked Crab and Shrimp

1 green pepper, chopped
1 cup chopped celery
1/2 cup mayonnaise
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup buttered crumbs

1 onion
1 6-1/2 ounce can crab meat
1 6-1/2 ounce can shrimp
1/8 teaspoon salt
1 teaspoon Worcestershire sauce

Combine all ingredients, except crumbs. Place in greased casserole.
Sprinkle with crumbs.

Bake in moderate oven 350°F 35 minutes
Serves 6-8. Good hot or cold.

Faine Wistrand

Stripped Bass

Marinade	1/4 cup soy sauce 2 tablespoons sugar 1 tablespoon garlic, finely minced 1 tablespoon green onions, finely Minced (green part only) 2 tablespoons oil 2 tablespoons sesame seed
Fish	4 stripped bass fillets, cut in half Oil for greasing grill

Combine soy sauce, sugar, garlic, green onion and oil.
Lightly brown Sesame seeds. Add to soy sauce mixture.

Lay fillets, skin side down, in a single layer in a pan with raised sides.
Pour soy mixture over fillets. Let sit for a moment. Turn so they are flesh
side down. Refrigerate, covered for 30 minutes.

Remove fish from marinade and place on prepared (well greased) grill,
skin side down. Do not turn fillets or they will fall apart. Baste fillets with
marinade every minute or so. Use a greased spatula to transfer fish.

Notes:

- ¹ Substitute black sea bass, orange rough or ocean perch.
- ² Place fish in well greased basket to cook.
- ³ Place a double layer of well greased aluminum foil on top of the grill
before cooking.
- ⁴ Add a piece of water soaked mesquite to the coals for a little extra
flavor.

Judy Cobb

If you are using frozen fish, thaw the fish in
milk. The milk draws out the frozen taste and
provides a fresh-caught flavor.

Shrimp Creole

1/2 cup celery	2 bay leaves
2 medium size onions	4 peppercorns
1/2 green pepper	1 teaspoon salt
1 small clove garlic	1 tablespoon sugar
3 tablespoons oil	1 teaspoon A-1 Sauce
1 medium size can tomatoes	Dash pepper

Cook celery, onions, green pepper, garlic until tender in oil. Add tomatoes, bay leaves, peppercorns, salt, pepper, sugar, and A-1 sauce. If you like it hot add a couple drops of Tabasco sauce.

Cook for 40 minutes. Add prepared shrimp and cook for 10 minutes. Serve over prepared rice.

Elaine Thomasson

Shrimp Scamp

3/4 teaspoon margarine, melted	Dash salt
3/4 teaspoon olive oil	Dash pepper
1/2 garlic clove, minced	5 ounces large shrimp (shelled & deveined)
1-1/2 teaspoons parsley	2 lemon wedges (garnish)

Preheat broiler. In shallow, individual, flameproof casserole, combine margarine, oil, garlic, salt and pepper. Add shrimp and toss to coat. Spread shrimp in single layer.

Broil for 3-4 minutes. Turn shrimp over and broil until firm and lightly browned, about 3-4 minutes longer. Sprinkle with parsley. Garnish with lemon wedges.

Serves 1

Judy Cobb

Ham Loaf

Meats:	1-1/2 pounds ground, cured ham 1 pound ground, fresh pork
Mix above with:	1/2 cup tomato juice 1 cup cracker crumbs 1/4 cup water 2 eggs 1/8 teaspoon black pepper
Shape into loaf (or 2 small loafs*)	Cover and bake 1 hour at 350°F
Sauce, Mix, Heat & Pour over Loaf	1 cup brown sugar 1/2 cup water 1/4 cup vinegar 2 teaspoons dried mustard
Bake, uncovered, basting occasionally.	1 more hour

**When cooking two small loafs bake 45 minutes before and after adding sauce.

Variation:

Use 2 pounds of ham instead of 1-1/2 pounds.

Use tomato juice instead of water in the sauce.

Sandy Morris

Quick Ham and Rice Casserole

1 slice ham	1 small can sliced pineapple
3 cups cooked rice	Butter
Brown sugar	

Place pineapple and juice in bottom of 8 x 10 baking dish. Dot with butter and sprinkle with brown sugar. Spread cooked rice on top of pineapple. Put ham slice on top of rice.

Bake at 350°F about 15 minutes or until ham is heated through.

Contributor Unknown

Bratwurst in Beer

4 Brats	1 teaspoon celery seed
1 can of beer	1 teaspoon butter, melted
1 medium onion, sliced	

Soak brats in liquid mixture above for 12 hours. Cook on grill. Boil liquid. Place brats back in boiled liquid for 10 minutes.

Renée Plata

Quick Quiche

1 9-inch pie shell (baked 5 minutes)	1/4 cup Parmesan cheese, grated
3/4 pound bacon, brown and crumble	3 eggs, beaten
4 or 5 green onions, chopped	1/2 cup cream
1 cup Swiss cheese, cubed	1/2 cup milk
1 package frozen spinach, Thawed & squeezed	1/2 teaspoon pepper
	1/4 teaspoon nutmeg

Mix all ingredients together and pour into pie shell.

Bake at 400°F until set.

Juanita Anderson

Quick Pork Chops

Trim chops of fat and brown well in a iron skillet. Add 1 can cream of mushroom soup and 1 can water. Simmer on top of stove or in oven.

Marilyn Hess

Breakfast Casserole

6-8 slices white bread, crusts removed	1 pound mild sausage, cook/drain
6 eggs	1 teaspoon dry mustard
1 teaspoon Worcestershire sauce	2 cups milk
1/2 cup grated cheddar cheese	1/2 cup grated Swiss cheese

Place bread in bottom of greased 9 x 13 baking dish. Spread sausage over bread. Put eggs, mustard, Worcestershire sauce, and milk in blender and mix well. Spread cheeses over sausage and pour egg mixture on top.

Bake 350°F 30 minutes or until top is golden brown.

Renée Plata

Egg 'n Sausage Casserole

Brown 1 pound mild pork sausage, drain, crumble.

Beat 6 eggs.

Add:

1-1/2 cup milk

2 slices white bread, cubed

1 teaspoon dry mustard

Salt to taste

4 ounces shredded cheddar cheese

Pour all ingredients into 9 x 9 glass pan.

Refrigerate overnight.

Bake 325°F 45-50 minutes

This recipe can be doubled in a 13 x 9 glass pan.

Patsy Hardy