

PANDEMIC PANTRY RECIPES ~ OCTOBER 1, 2022

WHERE'S THE BEEF???

Easy Beef Pho Jet Tila

(Makes 2 large bowls or 4 small bowls)

2 Tablespoons Beef Base (I use "Better Than Bouillon")
1 Tablespoon Fish Sauce
1 Tablespoon white sugar
A 2" piece of fresh ginger, sliced into thin discs
½ of a large yellow onion, large dice
2 whole cloves
2 whole star anise
1 cinnamon stick

For the Pho Stock: Add the beef base and 1 quart water to a 2-quart saucepan and bring to a low boil. Add the fish sauce, sugar, ginger, and onion to the stock and reduce the heat to a simmer. Wrap the cloves, star anise and cinnamon stick in a piece of cheesecloth (or a tea infuser that breaks as soon as you take it out of its package) and tie it into a satchel. Add the satchel to the broth and simmer for 30 minutes.

Around the 30 minute mark, taste the broth to see that the spice flavors have been extracted, and adjust seasonings if necessary. Strain the aromatics and satchel from the broth, return to a sauce pot, and reserve for assembly.

Assembly:

½ pound thin rice noodles or Pad Thai noodles cooked per instructions
½ pound thinly cut flank steak or strip loin
1 cup Vietnamese Basil leaves (regular basil is fine too)
1 cup mung bean sprouts
½ cup fresh cilantro leaves
5 jalapeno peppers or a fresh serrano or cayenne peppers, thinly sliced...seeds and all
4 thinly sliced scallions
1 lime cut into wedges
Hoisin Sauce and Sriracha Sauce for the table

Distribute noodles into bowls. Top each bowl with some sliced beef, basil, bean sprouts, cilantro, jalapeno, scallions and onion. Ladle in enough broth to cover the ingredients in the bowl. Garnish with a lime wedge. Serve the pho with Sriracha and hoisin sauce.

Sheet Pan Beef and Broccoli

(serves 4)

1 cup jasmine rice (follow the directions on package and set aside)
1 1/2 pounds New York strip steak, cut into 1-inch chunks
3 tablespoons reduced sodium soy sauce, divided
2 tablespoons plus 2 teaspoons brown sugar, divided

2 heads broccoli, cut into florets or cheat and use the already cut up florets
2 teaspoons toasted sesame oil
6 cloves garlic, minced
1 tablespoon freshly grated ginger
1/4 teaspoon crushed red pepper flakes
2 green onions, thinly sliced
1 tablespoon toasted sesame seeds

Preheat oven to 450 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a large bowl, combine steak, 1 tablespoon soy sauce and 2 teaspoons brown sugar. Place steak and broccoli in a single layer onto the prepared baking sheet. Place into oven and bake until steak is browned and broccoli is just tender, about 16-18 minutes.

In a small saucepan over medium low heat, combine sesame oil, garlic, ginger, red pepper flakes, remaining 2 tablespoons soy sauce and remaining 2 tablespoons brown sugar. Bring to a boil; reduce heat and simmer, stirring constantly, until slightly thickened, about 2-3 minutes.

Serve steak and broccoli immediately with rice, drizzled with soy sauce mixture and garnished with green onions and sesame seeds.

Korean Beef Bulgogi (serves 6)

1 1/2 pounds flank steak, thinly sliced (1/4 inch slices)
1/2 ripe pear, peeled and grated
1/4 cup reduced sodium soy sauce
2 tablespoons brown sugar
2 tablespoons toasted sesame oil
3 large cloves minced garlic (or more)
2 tablespoons freshly grated ginger (or more)
1 heaping tablespoon gochujang, Korean Red Pepper Paste
2 tablespoons vegetable oil (divided)
2 scallions, thinly sliced
1 teaspoon toasted sesame seeds

In a bowl, combine the pear, soy sauce, brown sugar, sesame oil, garlic, ginger, and gochujang. Mix well. Add beef. Place in a Ziploc bag for no less than 2 hours or even better...overnight! Turn the bag occasionally.

Heat 1 tablespoon of the oil in a very heavy skillet or cast iron griddle. Add the steak to the pan in one layer. Flip it once and make sure it is char broiled and cooked through (about 2 minutes per side). Repeat with the remaining beef and oil. Serve immediately with a garnish of scallions and sesame seeds. You're welcome.

Chocolate Beet Cake with Chocolate Ganache (serves 8 – 10)

2 cups cooked and grated beets (how to do this...below)
1/2 cup butter, melted and cooled
1/2 cup olive oil
1/2 cup brown sugar
1/2 cup granulated sugar

½ cup good quality maple syrup
3 large eggs, room temperature
1 teaspoon vanilla extract
2 cups sifted cake flour
¾ cup sifted unsweetened cocoa powder (save your “Swiss Miss” for when Ant Frances stops in)
2 teaspoons sifted baking soda
Pinch of kosher salt

To prepare the beets: Clean beets and trim off their greens. Generously oil each beet (olive oil, vegetable oil...all good) and wrap each individual beet thoroughly in foil. Place on a baking sheet and bake in a 375 degree oven for one hour. Let cool. Unwrap each beet and the skins will peel off very easily. Grate the beets, measure out 2 cups (not tightly packed) and let them sit in a colander over a bowl to drain. Do not squeeze them...just let them drip on their own.

Preheat an oven to 350 degrees. Spray two 9” round cake pans with nonstick spray and dust them lightly with cocoa powder. Set aside. In a large mixing bowl, whisk together the butter, oil, sugars, and maple syrup/honey until thoroughly combined. Add eggs and vanilla and stir to combine.

In a separate large bowl, whisk together flour, cocoa powder, baking soda and salt.

Slowly add dry ingredients to wet ingredients and stir to combine.

Add beets and stir to combine.

Pour batter into prepared cake pans and use a spatula to even out the top if needed.

Bake for 25 minutes or until a toothpick inserted into the center of the cake comes out with a few moist crumbs. Let cool in pan for 15-30 minutes. Run a knife or thin spatula around the edges to loosen the cake from the pan, then carefully invert the cake pan onto a wire rack and let the cake cool completely.

Chocolate Ganache

8 ounces chopped semi-sweet chocolate

8 ounces heavy cream, heated

The best ganache is made with equal parts of chocolate and heavy cream. Heat the cream and add hot cream to the chopped chocolate and whisk until the chocolate has melted. It should be a nice pouring consistency to drizzle inside the two layers and ladle over the top. You can let the ganache cool a bit and it will have a nice spreading consistency.

Garnish your masterpiece with fresh berries and mint sprigs. See if your guests can guess what secret ingredient is inside this heavenly cake.