

# Sourdough Bread

*Fleischmann's Yeast*

*Internet address: <http://www.breadworld.com/index.html>*

**Servings: 24**

**Yield: 2 loaves**

*1 1/2 cups sourdough starter (use Fleischmann's® Sourdough Starter or your own favorite starter)*

*4 1/4 cups bread or all-purpose flour\* (4 1/4 to 5 1/4 cups)*

*1 package Fleischmann's® Active Dry or Rapid Rise Yeast*

*1 teaspoon salt*

*1 cup very warm water (120° to 130°F)*

*Corneal*

Stir sourdough starter before measuring.

Measure out 1 1/2 cups sourdough starter and bring to room temperature.

In large bowl, combine 2 cups flour, undissolved yeast and salt. Gradually add very warm water and starter to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Beat 2 minutes at high speed. With spoon, stir in enough remaining flour to make soft dough.

Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning to grease top. Cover, let rise in warm, draft-free place until doubled in size, about 30 to 60 minutes. (With Rapid Rise Yeast, cover kneaded dough and let rest on floured surface 10 minutes. Proceed with recipe.)

Punch dough down. Remove dough to lightly floured surface; divide in half. Roll each to 12- x 9-inch rectangle. Beginning at long end of each, roll up tightly as for jelly roll. Pinch seams and ends to seal. Taper ends by gently rolling back and forth.\*\* Place, seam sides down, on large greased baking sheet sprinkled with cornmeal. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

With sharp knife, make four or five diagonal slashes (1/4-inch deep) on top of each loaf. If desired, spray top and sides of loaves with water. Bake at 400°F for 35 or 40 minutes or until done. For crispy crust, spray loaves with water just before baking and every five minutes during the first 10 minutes of baking time. Remove from baking sheet; cool on wire rack.

*\*The amount of flour needed varies according to the consistency of the starter:*

*\*\* To Make Round Loaves: Divide dough in half. Shape each into 5-inch ball. Place on large greased baking sheet sprinkled with cornmeal. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes. With sharp knife, make four slashes (1/4-inch deep) in crisscross fashion on top of each loaf. Spray with water and bake as directed.*

*Variations:*

*Replace 3/4 cup water with 3/4 cup yogurt, buttermilk or flat beer.*

*Replace 1/4 cup flour with 1/4 cup rye or whole wheat flour.*

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Per Serving (excluding unknown items): 122 Calories; 1g Fat (5.1% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.

# Chocolate Chip Beer And Sour Cream Cake

## **Servings: 8**

*3/4 cup butter*

*1 1/2 cups sugar*

*3 eggs*

*1 1/2 teaspoons vanilla*

*2 cups sour cream*

*3 cups all-purpose flour, unsifted*

*1/2 teaspoon baking powder*

*1 1/2 teaspoons baking soda*

*1/8 teaspoon salt*

*3/4 cup beer*

**COMBINE:**

*3/4 cup chopped walnuts*

*3/4 cup chocolate chips*

*1/2 cup sugar*

*4 tablespoons cinnamon*

Cream butter and sugar till fluffy. Add eggs one at a time. Blend well. Add vanilla and sour cream. Blend till creamy. Add flour, baking powder, baking soda, salt and beer. Blend well.

In a small bowl, combine nuts, chips, sugar and cinnamon. Pour flour mixture into greased and floured tube pan. You may alternate flour mixture then nut and chip mixture. Or you may combine nuts and chip mixture to flour mixture and pour all into pan. I do the latter.

Bake at 350F 50-60 minutes or till inserted knife comes out clean. Leave cake in pan about 10 minutes then empty on to rack to cool. Dust chips with flour to prevent sticking.

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Per Serving (excluding unknown items): 859 Calories; 45g Fat (45.5% calories from fat); 13g Protein; 107g Carbohydrate; 5g Dietary Fiber; 152mg Cholesterol; 538mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 8 1/2 Fat; 4 Other Carbohydrates.

# Beer-Batter Onion Rings

**Servings: 2**

*1 1/3 cups all-purpose flour*

*1 teaspoon salt*

*1/4 teaspoon pepper*

*1 tablespoon oil*

*2 egg yolks*

*3/4 cup beer*

*2 large white onions, sliced 1/4-in thick*

*oil for deep frying*

Mix the flour, salt, pepper, oil and yolks together. Gradually whisk in the beer.

Refrigerate the batter 3 1/2 hours to rest before using.

Slice onions, and dip them in the batter.

Deep-fry in 375F oil until golden brown. This batter also works well on other vegetables besides onion rings; it's great on fish, too.

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Per Serving (excluding unknown items): 502 Calories; 13g Fat (24.5% calories from fat); 13g Protein; 77g Carbohydrate; 4g Dietary Fiber; 213mg Cholesterol; 1083mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.

# Really Made Rights

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

## **Servings: 6**

*1 pound lean ground pork*  
*1/2 cup beer*  
*1 tablespoon sugar*  
*1 teaspoon dry mustard*  
*3/4 teaspoon ground white pepper*  
*Salt, to taste*  
*6 soft sandwich buns*

## **Preparation Time: 15 minutes**

In large skillet, cover pork with water; simmer until done, breaking apart as it cooks. Pork will be completely white. Drain well; add beer, sugar, dry mustard and pepper and simmer for 10 minutes. Salt to taste. Place on sandwich buns; serve with dill pickles, chopped onion and mustard, if desired.

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Per Serving (excluding unknown items): 308 Calories; 15g Fat (46.1% calories from fat); 15g Protein; 25g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 286mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 Fat; 0 Other Carbohydrates.

# Jambalaya Alaskan Style

*Carol, Anchorage, Alaska*

*Alaska Seafood Marketing Institute*

*Internet address: <http://www.state.ak.us/local/akpages/COMMERCE/asmihp.htm>*

## **Servings: 4**

*1/4 pound bacon, chopped*  
*2 cloves garlic, minced*  
*1 medium onion, chopped*  
*1 medium green bell pepper, chopped*  
*1/4 pound hot reindeer Polish sausage, cut in 1/4" slices*  
*1/4 pound regular reindeer Polish sausage, cut in 1/4" slices*  
*1 tablespoon parsley*  
*1/2 teaspoon thyme*  
**LEMON PEPPER SEASONING**  
**Salt**  
**Pepper**  
*2 cups beef broth*  
**OR**  
*2 cups chicken broth*  
*Dash Tabasco sauce*  
*1 1/4 cups long-grain rice*  
*1 1/2 cups fresh or frozen shrimp, cooked*  
*Serve with a cool, tangy coleslaw and plenty of cold beer or something else to quench the fire!*

Sauté bacon, garlic, onion and green pepper 2 to 3 minutes in large skillet or kettle. Add hot and regular sausages. Sauté until onion is translucent but not golden. Add parsley, thyme, lemon pepper, salt and pepper. Add broth and Tabasco sauce; bring to a boil and boil five minutes.

Add rice, cover and simmer 20 minutes until rice is tender but not mushy. Stir in shrimp and heat until just heated through.

*Those with timid palates may want to substitute regular sausage for the hot; those with cast-iron palates can use all hot sausage or add Tabasco sauce to taste. This recipe is moderately hot.*

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Per Serving (excluding unknown items): 705 Calories; 32g Fat (42.2% calories from fat); 45g Protein; 55g Carbohydrate; 2g Dietary Fiber; 199mg Cholesterol; 1726mg Sodium. Exchanges: 3 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.

# Deviled Pork Buns

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

## **Servings: 6**

*1 pound lean ground pork*  
*4 ounces flat beer*  
*2 garlic cloves (2 to 3 cloves)*  
*1/2 medium onion, minced*  
*1/2 teaspoon salt (1/2 to 1*  
*teaspoons)*  
*2 teaspoons ground red chile (not chili*  
*powder)*  
*1 teaspoon ground cumin*  
*1/2 teaspoon ground coriander*  
*6 soft sandwich buns*  
*Yellow mustard*  
*Chopped onion, for garnish*

## **Preparation Time: 10 minutes**

In skillet, cook and crumble ground pork. Stir in beer, garlic, onion and salt; simmer for 20-30 minutes. Sprinkle remaining spices over pork mixture, mix well and simmer for 5-10 minutes more to allow flavors to blend. Serve on buns, topped with mustard and chopped onion.

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Per Serving (excluding unknown items): 319 Calories; 18g Fat (51.6% calories from fat); 16g Protein; 21g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 454mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat.

# Cheddar and Leek Soup

Chapter 12 - Soups

## Servings: 10

*1 ounce whole butter*

*8 ounces mirepoix, chopped fine*

*8 ounces leek, chopped fine*

*2 ounces flour*

*1 1/2 quarts chicken stock*

### **SACHET:**

*1 bay leaf*

*1/4 teaspoon dried thyme*

*1/4 teaspoon peppercorns, crushed*

*4 ounces dry white wine or flat beer*

*4 ounces half and half*

*1 pound cheddar cheese, grated*

*salt, to taste*

*cayenne pepper, to taste*

*fresh parsley, chopped, as needed to garnish*

*croutons as needed, for garnish*

1. Sweat mirepoix and leeks in the butter until tender.
2. Stir in the flour and cook to make a blond roux.
3. Add stock and sachet and bring to a boil. Add wine (or beer), half-and-half and cheese. Simmer for 1 hour.
4. Strain; adjust seasonings with salt and cayenne pepper. Thin with additional warm half-and-half, if necessary.
5. Serve in warm bowls, garnished with parsley and croutons.

Yield: 2 quarts (2 liters)

*Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the ON COOKING book.*

*Approximate values per 6-oz. (231-g) serving: Calories 250, Total fat 18 g, Saturated fat 11 g, Cholesterol 55 mg, Sodium 730 mg, Total carbohydrates 8 g, Protein 14 g, Vitamin A 15%, Calcium 35%*

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Per Serving (excluding unknown items): 275 Calories; 19g Fat (65.1% calories from fat); 13g Protein; 10g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 1608mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

# Roast Beef

**Servings: 6**

*5 pounds chuck roast*

*2 10 1/2-oz cans French onion soup*

*16 ounces beer*

*2 ounces whiskey*

*2 beef bouillon cubes*

Braise roast in a 400F oven for one hour. Add all ingredients together with roast in crockpot. Stir a bit and simmer 4-5 hours.

Roast can be cut up in chunks to fit in crockpot. After simmering total time it will be very tender and broken in pieces. May be served on buns with Au Jus or with potatoes and vegetables.

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Per Serving (excluding unknown items): 889 Calories; 60g Fat (65.2% calories from fat); 63g Protein; 10g Carbohydrate; 1g Dietary Fiber; 219mg Cholesterol; 1251mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1 1/2 Vegetable; 6 1/2 Fat.

# Five-Alarm Beef Chili

## **Servings: 8**

*1/4 cup vegetable oil or olive oil*  
*4 pounds boneless beef chuck, cut in pieces*  
*2 medium onions, chopped*  
*2 medium green bell peppers, chopped*  
*4 ounces chopped jalapenos or mild chili peppers*  
*1/3 cup chili powder*  
*1 tablespoon dried oregano*  
*2 teaspoons ground cumin*  
*1 teaspoon salt*  
*1 cup beer*

Heat 2 tablespoons of oil in a skillet over medium heat. Add the beef and brown on all sides. Transfer to crockpot. Add remaining 2 tablespoons oil to the skillet and saute the onions and green peppers until soft. Transfer to crockpot. In crockpot stir in the jalapenos, chili powder, oregano, cumin, salt and beer. Cover and cook on LOW 6 to 8 hours or on HIGH 3 to 4 hours. Serve.

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Per Serving (excluding unknown items): 675 Calories; 48g Fat (65.5% calories from fat); 48g Protein; 9g Carbohydrate; 3g Dietary Fiber; 170mg Cholesterol; 660mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 6 Fat.

# Chicken 'n Olives

**Servings: 6**

*3 pounds chicken pieces, cut into serving-size pieces*

*salt and pepper*

*1 garlic clove, minced*

*1 large onion, chopped*

*2 bay leaves*

*3/4 cup beer*

*8 ounces tomato sauce*

*1/2 cup pimiento-stuffed olives*

*cooked rice to accompany*

Rinse chicken pieces and pat dry. Lightly season with salt and pepper. Combine all ingredients except chicken and rice in crockpot; stir well. Add chicken pieces, coating well; be sure all chicken is moistened. Cover and cook on low setting for 7 to 9 hours. Serve with rice.

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Per Serving (excluding unknown items): 206 Calories; 8g Fat (37.7% calories from fat); 24g Protein; 6g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 415mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.

# Braised Short Ribs

## **Servings: 6**

*4 pounds lean beef short ribs*

*1/2 cup flour*

*1 1/2 teaspoons paprika*

*1 1/2 teaspoons salt*

*1/2 teaspoon dry mustard*

*2 medium onions, sliced, and separated into rings*

*1 garlic clove, chopped*

*1 cup beer, beef broth or water (optional)*

*2 tablespoons water (optional)*

Place short ribs on broiler rack or in skillet and brown to remove fat; drain well. Combine 1/2 cup flour with the paprika, salt and dry mustard; toss with short ribs. Place remaining ingredients, except 2 tablespoons flour and the water, in the crockpot.

Remove short ribs to warm serving platter. If thickened gravy is desired, make a smooth paste of flour and water. Turn Crock pot on high and stir in paste. Cover and cook until gravy is thickened, about 2 hours.

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Per Serving (excluding unknown items): 1245 Calories; 110g Fat (80.9% calories from fat); 45g Protein; 13g Carbohydrate; 1g Dietary Fiber; 230mg Cholesterol; 685mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 15 Fat.

# French Onion Rings

**Servings: 6**

*2 large white onions*

*1 cup beer*

*1/4 teaspoon salt*

*1 teaspoon baking powder*

*1 1/4 cups flour*

*1 tablespoon oil*

*1 egg beaten*

Slice onions into 1/4 inch slices. Separate into rings.

In a large bowl combine flour, baking powder, salt, egg, beer and oil. Blend until smooth.

Dip onion rings into batter to coat well, fry in hot oil at 375 degrees until golden brown. Drain on paper towels.

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Per Serving (excluding unknown items): 158 Calories; 3g Fat (20.9% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 185mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

# Beer-Batter Mushrooms

**Servings: 4**

*24 mushrooms*

*1 package dry batter; see directions*

*1 cup beer*

Wash mushrooms and trim stems, but do not completely remove all of the stem. Heat oil in a deep fryer, such as a "Fry-Daddy" or deep skillet with enough oil to cover. Use either commercial "Mushroom Batter" mix or a mix like Bisquick for the batter. Mix the batter according to package directions, except use beer as liquid instead of water or milk. Deep-fat fry the mushrooms, until golden brown and drain on paper towels.

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Per Serving (excluding unknown items): 51 Calories; trace Fat (9.0% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium.  
Exchanges: 1 Vegetable.

# Beer Batter Fried Veggies

## Servings: 4

*oil*

*1 packet golden onion soup mix*

*1 cup unbleached all-purpose flour*

*1 teaspoon baking powder*

*2 large eggs*

*1/2 cup beer*

*1 tablespoon prepared mustard*

*4 cups veggies 'n' things (broccoli, cauliflower, sliced mushrooms, etc),*

*see notes*

In deep fat fryer, heat oil to 375 degrees F. Meanwhile, in large bowl, beat golden onion recipe soup mix, flour, baking powder, eggs, mustard and beer until smooth and well blended. Let batter stand 10 minutes.

Dip Suggested Veggies 'n' Things into batter, then carefully drop into hot oil. Fry, turning once, until golden brown; drain on paper towels. Serve warm. Makes about 4 cups Veggies 'n' things.

*Suggested Veggies 'n' Things: Use any of the following to equal 4 to 5 cups broccoli florets, cauliflowerets, sliced mushrooms, sliced zucchini or chilled spears of mozzarella cheese*

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Per Serving (excluding unknown items): 201 Calories; 3g Fat (15.6% calories from fat); 10g Protein; 33g Carbohydrate; 3g Dietary Fiber; 106mg Cholesterol; 1098mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

tablespoon vegetable oil, 1/4 onion (diced) and 6 serrano chilies with seeds (minced). Cook about 5 minutes until softened but not browned. Stir in 8 plum tomatoes (diced), 2/3 cup beer and 1/4 teaspoon salt. Add beans, bring to a boil, reduce heat and simmer about 10 minutes until slightly thickened. Stir in 2 tablespoons chopped fresh cilantro leaves just before serving.

# Roast Suckling Pig (Pecceno Prase)

*WWW.Yugoslavia.com*

*Internet address: <http://www.yugoslavia.com/Culture/HTML/ya.html>*

## **Servings: 14**

*1 16-pound whole pig*

*1 teaspoon salt*

*6 doves garlic*

*1 tablespoon salt*

*1/2 loaf unsliced bread*

*1 apple*

Cuisine: Yugoslavian

## **Baking Time: 6 hours**

The pig should weigh about 16 pounds. Wash it thoroughly and drain. Salt it inside and outside generously. Cut slits under the shoulders and on the thighs. Put 1 teaspoon salt and a cut piece of garlic in each slit. Put 6 cloves of garlic and 1 tablespoon salt in a clean cloth. Pound this slightly with a hammer. Rub cloth over pig inside and outside. Put 1/2 loaf of unsliced bread inside of pig. In the largest roasting pan, place 2 short pieces of clean board (so the roast won't stick to bottom of pan). Cover top of pig with foil of heavy parchment paper. Place shiny apple in the mouth. Bake at 350 for 5 to 6 hrs. basting with oil or beer once or twice. It is done when no pink juice runs when pierced with fork. Remove bread and dispose of it. Serve hot or cold. If apples becomes soft after baking, replace with a fresh one.

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Per Serving (excluding unknown items): 1065 Calories; 81g Fat (70.2% calories from fat); 75g Protein; 2g Carbohydrate; trace Dietary Fiber; 314mg Cholesterol; 816mg Sodium. Exchanges: 0 Grain(Starch); 10 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 10 1/2 Fat.

# Irish Pork Stew

*National Pork Producers Council  
Internet address: <http://www.nppc.org>*

## **Servings: 8**

*2 pounds boneless pork shoulder or  
sirloin, cut into cubes, 1/2"  
1/3 cup all-purpose flour  
1 1/2 teaspoons salt  
1/4 teaspoon black pepper  
1 teaspoon vegetable oil  
4 large onions, peeled and sliced 1/2  
inch thick  
1 clove garlic, minced  
1/4 cup chopped parsley  
1 teaspoon caraway seed  
1 bay leaf  
1 10 1/2-ounce can chicken broth  
1 12-ounce bottle imported stout  
2 tablespoons red wine vinegar  
1 tablespoon packed brown sugar*

Cuisine: Irish

## **Preparation Time: 10 minutes**

## **Cooking Time: 1 hour 30 minutes**

Coat pork with combined flour, salt and pepper. Heat oil in Dutch oven; brown meat over medium-high heat. Add onions and garlic. Cook and stir 5 minutes. Pour off drippings. Stir in remaining ingredients. Bring to a boil. Cover; cook over medium-low heat 1 to 1 1/4 hours or until meat is very tender. Stir occasionally. Serve with imported beer and mashed potatoes, if desired.

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Per Serving (excluding unknown items): 188 Calories; 6g Fat (28.1% calories from fat); 22g Protein; 11g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 563mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.

# Indonesian-Style Salmon Grille

*Suzanne Abraham, Kodiak, Alaska  
Alaska Seafood Marketing Institute*

*Internet address: <http://www.state.ak.us/local/akpages/COMMERCE/asmihp.htm>*

## **Servings: 6**

*6 ounces beer*

*1/2 cup orange marmalade*

*1/2 cup soy sauce*

*3 tablespoons sugar*

*2 tablespoons oil*

*2 teaspoons minced garlic*

*1 teaspoon ground ginger*

*2 green onions, sliced*

*2 1/2 pounds Alaska salmon fillet  
or steaks*

Cuisine: Indonesian

Blend together all ingredients except green onions and salmon. Place salmon in shallow baking dish; pour marinade over. Cover and refrigerate at least one hour.

Remove from marinade and transfer salmon to sheet of heavy-duty foil cut about 2 inches larger than fish all around; bend edges up to make lip around fish. Sprinkle green onions over salmon. Cook salmon on hot grill, but not directly over heat source (coals or gas). Cover grill and open vents. Cook about 20 to 30 minutes, until fish is opaque and flakes easily.

*Also great with Alaska halibut!*

*Over 130 recipes were entered in ASMI's first fishermen's recipe contest. Based on flavor, originality and ease of preparation, this recipe was one of ten recipes selected for publication.*

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Per Serving (excluding unknown items): 378 Calories; 11g Fat (27.1% calories from fat); 39g Protein; 28g Carbohydrate; 2g Dietary Fiber; 98mg Cholesterol; 1516mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1 1/2 Other Carbohydrates.

# Brew 'n Barbecue

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

## **Servings: 12**

*3 pounds boneless pork loin*  
*1 12-ounce can beer*  
*1/2 cup dark corn syrup*  
*1/2 cup finely chopped onion*  
*1/3 cup prepared mustard*  
*1/4 cup cooking oil*  
*1 tablespoon chili powder*  
*2 doves garlic, minced*

## **Preparation Time: 10 minutes**

Place pork loin in a large shallow glass or enamel dish. In a medium bowl, stir together remaining ingredients; pour over pork. Cover and refrigerate over night, turning occasionally.

Remove pork from marinade. Place over drip pan on grill; grill, covered, with banked charcoal or on gas grill. Baste frequently with marinade. Remove from grill when meat thermometer reads 155°F, about 1 hour. Let rest 10 minutes before slicing thinly to serve.

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Per Serving (excluding unknown items): 229 Calories; 10g Fat (39.6% calories from fat); 20g Protein; 13g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 153mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

# Wild Brew Yonder

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1 ounce Vodka*

*2 teaspoons Blue Curaçao*

*6 ounces Beer, cold (6 to 8 ounces)*

Combine vodka and blue curacao in a chilled highball glass. Stir. Top with cold beer.

***Best kind of glass for this drink:***

***Highball***

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Per Serving (excluding unknown items): 162 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: .

# Rootbeer

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1 ounce Vodka*  
*1 ounce Galliano*  
*1 ounce Cola*  
*1 ounce Beer*

In a highball glass combine ingredients, add ice and serve.

***Best kind of glass for this drink:***  
***Highball.***

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Per Serving (excluding unknown items): 89 Calories; 0g Fat (0.0% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Other Carbohydrates.

# Moscow Mule

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1 ounce Vodka*  
*1 ounce Lime Juice*  
*Ginger Beer*

In a highball glass, combine all ingredients. Stir well. Add ice.

*Best kind of glass for this drink:*  
*Highball.*

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Per Serving (excluding unknown items): 73 Calories; trace Fat (2.3% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit.

# Lager & Lime

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlcc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*10 ounces Lager*

*Splash of Rose's Lime Juice*

*Lime Wedge*

Serve in beer mug with a lime wedge.

***Best kind of glass for this drink: Beer Mug***

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Per Serving (excluding unknown items): 116 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 14mg Sodium.  
Exchanges: .

# Depth Charge

*Manitoba Liquor Control Commission*

*Internet Address: <http://www.mlcc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*10 ounces Lager*

*1 1/2 ounces Tequila*

Drop tequila into beer mug.

***Best kind of glass for this drink: Beer Mug***

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Per Serving (excluding unknown items): 214 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 15mg Sodium.  
Exchanges: .

# Boilermaker

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1 Shot Glass - Canadian Whisky*  
*12 ounces Cold Beer*

Carefully drop shot glass into a pilsner or beer mug.

***Best kind of glass for this drink: Beer Mug***

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Per Serving (excluding unknown items): 203 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 17mg Sodium.  
Exchanges: .

# Sauerbraten

## *Beef Recipes*

### **Servings: 50**

*3 cups red cooking wine*  
*2 1/2 cups red wine vinegar*  
*2 1/2 cups water*  
*5 bay leaves*  
*14 whole juniper berries*  
*18 black peppercorns*  
*20 pounds beef, boneless, inside round*  
*4 ounces salt*  
*2 tablespoons pepper, black*  
*4 pounds onions, sliced*  
**GINGERSNAP SAUCE:**  
*3 1/2 quarts liquid from roast*  
*1 pound gingersnaps, crushed*

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Heat wine, vinegar, water, bay leaves, juniper berries, and peppercorns to boiling point. Do not boil. Cool to room temperature.

Rub beef with salt and pepper.

Place meat and onions in deep pans. Pour marinade over beef. Turn beef to moisten all sides with marinade. Cover tightly. Refrigerate 2 or 3 days, turning the meat twice a day if meat is not covered with marinade. Strain marinade and reserve to pour over beef.

Place meat in roasting pan. Pour strained marinade over meat. Cover tightly.

Roast at 350°F until internal temperature reaches 145°F. Remove meat from liquid. Reserve liquid for gingersnap sauce. Slice beef. Place in two 2-inch counter pans.

Measure liquid from roast. Add water if needed. Add gingersnaps. Bring to boil, stirring constantly until mixture thickens. Ladle gingersnap sauce over beef. Additional sauce may be served with meat.

***Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.***

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Per Serving (excluding unknown items): 431 Calories; 24g Fat (52.7% calories from fat); 38g Protein; 11g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 1045mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

# Beer Marinade for Beef

**Servings: 8**

*24 fluid ounces beer*

*1/2 cup olive oil*

*1 tablespoon wine vinegar*

*1 teaspoon onion powder*

*1 teaspoon garlic powder*

*2 teaspoons salt*

*1 teaspoon cayenne pepper*

*1 tablespoon prepared horseradish*

*2 tablespoons lemon juice*

Cuisine: Cajun

Mix all ingredients together and use as a marinade. Then use as a basting sauce for the meat while it cooks.

---

Per Serving (excluding unknown items): 161 Calories; 14g Fat (86.0% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 544mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

# Warm Cheddar and Bean Dip

*Ontario White Bean Producers*

*Internet address: <http://users.ima.net/~lon.whitepeabears/>*



**Servings: 20**

**Yield: 2 1/4 cups**

*2 cups cooked white pea beans*

*1/2 cup beer (1/2 to 3/4 cup)*

*1 teaspoon minced garlic*

*1 teaspoon ground cumin*

*1/2 teaspoon salt*

*1 1/4 cups grated Cheddar*

*2 tablespoons pickled jalapeño peppers*

*2 sliced green onions, for garnish*

**Bake: 15 minutes**

Combine the beans, beer, garlic, cumin and salt in a food processor. Process until smooth. Add 1 cup of the grated cheese along with the jalapeño peppers and process just until combined. Place the mixture in an attractive, heatproof dish. Sprinkle remaining 1/4 cup cheese over the top.

Bake in a preheated 375°F oven for 15 minutes. Sprinkle with green onions and serve with pita wedges or baked tortilla chips.

*Ontario White Bean Producers*

*4206 Raney Crescent*

*London, Ontario N6L 1C3 Canada*

*Tel: (519) 652-3566*

*Fax: (519) 652-9607*

*E-mail: [whitepeabears@wwdc.com](mailto:whitepeabears@wwdc.com)*

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Per Serving (excluding unknown items): 57 Calories; 2g Fat (38.9% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 110mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.



# Crockpot Roast (French Dip Sandwich)

**Servings: 4**

*1 pound beef roast*

*12 ounces beer*

*1 packet onion soup mix*

Trim fat from roast. Put roast in crock pot and sprinkle with soup mix. Pour beer over top. Cook on low for about 8 hours. Cut or pull apart to make sandwiches on hard roll. Juice makes an excellent dip.

---

Per Serving (excluding unknown items): 300 Calories; 18g Fat (59.8% calories from fat); 19g Protein; 8g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 934mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Fat.

# Braised Short Ribs

**Servings: 6**

*4 pounds lean beef short ribs*

*1/2 cup flour*

*1 1/2 teaspoons paprika*

*1 1/2 teaspoons salt*

*1/2 teaspoon dry mustard*

*2 medium onions, sliced and separated into rings*

*1 clove garlic, chopped*

*1 cup beer or beef broth or water (optional)*

*2 tablespoons water (optional)*

**Preparation Time: 2 hours**

Place short ribs on broiler rack or in skillet and brown to remove fat; drain well.

Combine 1/2 cup flour with the paprika, salt and dry mustard; toss with short ribs. Place remaining ingredients except 2 tablespoons flour and the water in the crockpot.

Remove short ribs to warm serving platter. If thickened gravy is desired, make a smooth paste of flour and water. Turn Crock pot on High and stir in paste. Cover and Cook until gravy is thickened.

---

Per Serving (excluding unknown items): 698 Calories; 37g Fat (49.5% calories from fat); 71g Protein; 13g Carbohydrate; 1g Dietary Fiber; 176mg Cholesterol; 670mg Sodium. Exchanges: 1/2 Grain(Starch); 9 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.

# Beef Brisket In Beer

## **Servings: 11**

*4 pounds beef brisket*  
*1/2 teaspoon pepper*  
*1 cup sliced onion, separate rings*  
*1/2 cup chili sauce*  
*3 tablespoons brown sugar*  
*2 cloves garlic, crushed*  
*12 ounces beer*  
*2 1/2 tablespoons flour*  
*1/2 cup water*  
*2 tablespoons water*  
*black pepper*

Trim fat from brisket; place in a 13- x 9- x2-in baking dish. Sprinkle top of brisket with pepper; arrange onion rings over brisket. Combine chili sauce and next 3 ingredients; stir well, and pour over brisket. Cover and bake at 350 for 3 hours.

Uncover and bake an additional 20 minutes or until brisket is tender. Place brisket on a serving platter, reserving cooking liquid. Set brisket aside, and keep warm.

Pour 1 1/2 cups cooking liquid into a small saucepan. Place flour in a small bowl. Gradually add water, blending with a wire whisk; add to cooking liquid. Bring to a boil and cook 2 minutes or until gravy is thickened, stirring constantly. Serve gravy with brisket. Sprinkle with pepper, and garnish with tomato slices and parsley springs, if desired.

---

Per Serving (excluding unknown items): 560 Calories; 44g Fat (72.4% calories from fat); 29g Protein; 9g Carbohydrate; trace Dietary Fiber; 121mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 6 Fat; 1/2 Other Carbohydrates.

# Scandinavian Beer Bread (1 1/2-Pound Recipe)

*Fleischmann's Yeast*

Internet address: <http://www.breadworld.com/index.html>

**Servings: 16**

**Yield: 1 Loaf**

*1/3 cup water (70° to 80°F)*

*3/4 cup light or dark beer*

*2 tablespoons vegetable oil*

*2 tablespoons light molasses*

*1 teaspoon salt*

*1 teaspoon grated orange peel*

*1/2 teaspoon fennel seed*

*1/2 teaspoon anise seed*

*2 1/4 cups bread flour*

*3/4 cup medium rye flour*

*1 tablespoon gluten (optional), \* see note*

*2 teaspoons Fleischmann's® Bread Machine Yeast*

Cuisine: Scandinavian

Measure all ingredients into bread machine pan in the order suggested by the manufacturer.

Process in basic/white bread or whole wheat cycle: medium/normal crust setting. Timed-bake feature can be used. Remove baked bread from pan and cool on wire rack.

---

To make Crisp Bread Slices: Cool bread at least 2 hours. Thinly slice. Remove crusts and cut into squares or triangles. Or use cookie cutters to cut out holiday shapes. To crisp, place slices on baking sheets. Brush lightly with melted butter. Bake at 375°F for 5 to 10 minutes or until lightly browned. Remove to wire racks to cool. Serve with fruit- or herb-flavored cream cheese or thinly sliced meats and cheeses.

*Select loaf size recommended by the manufacturer of your machine*

*\* Gluten, a protein product from flour, helps improve loaf height, texture and structure. Look for it in your supermarket or health food store*

---

Per Serving (excluding unknown items): 117 Calories; 2g Fat (17.4% calories from fat); 4g Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 137mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

# Spiced Ham and Cheese Chowder with Fennel and Leeks

*National Pork Producers Council  
Internet address: <http://www.nppc.org>*

## **Servings: 4**

*1 1/2 cups fully cooked ham, cut into 1/2" cubes  
1 bulb fennel (about 1 pound)  
2 tablespoons butter  
1 large leek, sliced  
1 14 1/2-ounce can chicken broth  
1/3 cup all-purpose flour  
1 cup milk  
1 teaspoon grated lemon peel  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground black pepper  
2 cups shredded sharp Cheddar cheese (8 ounces)  
1 12-ounce can beer*

## **Preparation Time: 30 minutes**

Trim fennel bulb; discard root end and save some of the feathery top for garnish; finely chop and set aside. Quarter the bulb lengthwise; remove the core; chop (you should have about 1 1/2 cups).

In a large saucepan, melt the butter; add fennel and leeks and sauté, stirring frequently, for 20 minutes, or until fennel is very tender. Combine broth and flour; stir into onion mixture. Add milk, lemon peel, cinnamon and pepper. Cook over medium heat, stirring frequently, for 5 minutes, or until mixture thickens.

Gradually stir in cheese; reduce heat to low; stir until cheese melts. Stir in ham and beer; heat through. To serve, ladle chowder into soup bowls. Sprinkle with chopped fennel leaves.

---

Per Serving (excluding unknown items): 530 Calories; 33g Fat (57.8% calories from fat); 30g Protein; 24g Carbohydrate; 3g Dietary Fiber; 112mg Cholesterol; 1473mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat.

# America's Cut Bavarian

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

**Servings: 4**

*4 America's Cut (1 1/2-inch thick  
boneless pork center loin chops)*  
*2 tablespoons flour*  
*1 tablespoon butter*  
*4 ounces mushrooms, sliced*  
*1/2 teaspoon thyme*  
*8 ounces beer, room temperature*

**Preparation Time: 5 minutes**

**Cooking Time: 20 minutes**

Melt butter in heavy skillet over medium-high heat. Lightly flour chops and brown quickly on both sides. Remove. Add mushrooms and thyme to pan and sauté one minute. Return chops to skillet, add beer; bring to a boil. Cover and simmer 12-15 minutes.

---

Per Serving (excluding unknown items): 198 Calories; 8g Fat (40.9% calories from fat); 20g Protein; 6g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 72mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

# Lamb Shepherd's Pie

Recipe provided by the American Lamb Board

Internet Address:

[http://americanlambboard.org/?nav\\_id=6df789cbacc541d470a8c704d13eac&page=site/recipe\\_details&recipe\\_id=199&prep\\_marinate\\_cook=&keyword=&recipe\\_cut\\_id=&recipe\\_category\\_id=](http://americanlambboard.org/?nav_id=6df789cbacc541d470a8c704d13eac&page=site/recipe_details&recipe_id=199&prep_marinate_cook=&keyword=&recipe_cut_id=&recipe_category_id=)

## Servings: 30

*1/4 cup vegetable oil*  
*5 pounds American boneless lamb shoulder, cut into 1-inch cubes*  
*5 cups beef stock*  
*1 cup dark beer*  
*5 cups celery, thick sliced*  
*5 cups mushrooms, sliced*  
*5 cups carrots, thickly sliced*  
*2 cups red onion, rough cut*  
*1 cup butter or margarine*  
*1 1/2 cups all-purpose flour*  
*1/4 cup fresh parsley, minced*  
*1 1/2 teaspoons dried thyme leaves, crushed*  
*1 1/2 teaspoons dried rosemary*  
*1 1/2 teaspoons mashed potatoes*

Brown lamb cubes in oil. Add stock and beer to cover and simmer for 1-1/2 hours.

Cook celery, mushrooms, carrots and onion in boiling water until tender crisp; drain. Reserve broth.

Make roux of melted butter and flour. Strain stock from meat into roux. Add vegetable broth to achieve desired consistency. Bring to a boil and simmer until thickened. Add seasonings, meat and vegetables, mixing gently; heat.

In 10-ounce gratin dish, ladle 8 ounces of shepherd's pie filling. Top with a scoop of mashed potatoes.

---

Per Serving (excluding unknown items): 278 Calories; 21g Fat (69.0% calories from fat); 12g Protein; 10g Carbohydrate; 2g Dietary Fiber; 60mg Cholesterol; 480mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

# Irish Lamb Soup

Recipe provided by the American Lamb Board

Internet Address:

[http://americanlambboard.org/?nav\\_id=6df789cbacc541d470a8c704d13eac&page=site/recipe\\_details&recipe\\_id=66&prep\\_marinate\\_cook=&keyword=&recipe\\_cut\\_id=&recipe\\_category\\_id=](http://americanlambboard.org/?nav_id=6df789cbacc541d470a8c704d13eac&page=site/recipe_details&recipe_id=66&prep_marinate_cook=&keyword=&recipe_cut_id=&recipe_category_id=)

## Servings: 8

*1 tablespoon olive oil*  
*1 medium onion, coarsely chopped*  
*1 1/2 pounds American Lamb boneless shoulder, cut into 3/4-inch cubes*  
*12 ounces beer or 3/4 cup water*  
*1 teaspoon seasoned pepper*  
*29 ounces beef broth*  
*7/8 ounce brown gravy mix (1 package)*  
*3 cups cubed potatoes*  
*2 cups thinly sliced carrots*  
*2 cups shredded green cabbage*  
*2 tablespoons chopped fresh parsley, optional*

## Preparation Time: 15 minutes

In a 3-quart pan with cover, heat oil. Add onion and cook until brown, stirring occasionally. Add lamb and cook, stirring until browned. Stir in beer and pepper. Cover and simmer for 30 minutes.

Mix in broth and gravy mix. Add potatoes and carrots, cover and simmer for 15 to 20 minutes or until vegetables are tender. Stir in cabbage and cook 5 minutes longer. Garnish with chopped parsley if desired. Serve.

---

Per Serving (excluding unknown items): 315 Calories; 17g Fat (49.1% calories from fat); 18g Protein; 21g Carbohydrate; 3g Dietary Fiber; 49mg Cholesterol; 756mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat.

# Beer Griddlecakes with Pilgrim Syrup

**Servings: 4**

**BATTER:**

*1 3/4 cups all-purpose flour*

*1 1/2 teaspoons baking powder*

*1/2 teaspoon baking soda*

*1/2 teaspoon salt*

*1 egg*

*3 tablespoons oil*

*1 tablespoon molasses*

*1 bottle beer*

**PILGRIM SYRUP:**

*1 cup packed brown sugar*

*1/2 cup beer*

*1 tablespoon butter (optional)*

For batter, mix dry ingredients. Beat egg with oil and molasses. Add to dry ingredients along with beer. Stir lightly, just until blended. Batter will be slightly lumpy and somewhat thick. Using about 2 TBS batter for each griddlecake, spoon batter onto hot and very lightly greased griddle. Spread with back of spoon to 3 1/2 to 4 inches in diameter. Cook until browned, turning once. For syrup, combine ingredients in saucepan and boil for minutes. Makes 2/3 cups.

---

Per Serving (excluding unknown items): 578 Calories; 12g Fat (19.5% calories from fat); 8g Protein; 104g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 655mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 4 Other Carbohydrates.

# Beer-Braised Sirloin Chops with Mushrooms

*National Pork Producers Council  
Internet address: <http://www.nppc.org>*

## **Servings: 4**

*4 boneless sirloin pork chops,  
3/4-inch thick  
2 tablespoons flour  
1 tablespoon butter  
1/2 cup chopped green onion  
2 garlic cloves, minced  
8 ounces mushrooms, sliced  
1/2 teaspoon thyme  
8 ounces beer, room temperature  
Salt  
Freshly ground black pepper  
Buttered noodles (optional)  
Minced fresh parsley (optional)*

## **Preparation Time: 20 minutes**

Lightly flour chops. Melt butter in nonstick skillet over medium-high heat until foaming. Brown chops quickly on both sides. Remove, reserve. Add green onion, garlic, mushrooms and thyme and sauté an additional minute. Return chops to skillet, add beer; bring to a boil.

Reduce heat, cover and simmer 7-8 minutes. Season with salt and pepper. Serve with noodles, garnished with parsley, if desired.

---

Per Serving (excluding unknown items): 238 Calories; 10g Fat (40.7% calories from fat); 24g Protein; 9g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 74mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fat.

# Robust Rosettes

*National Presto Industries*

*Internet address: <http://www.presto-net.com/index.html>*

## **Servings: 50**

*1 cup flour*

*1 cup milk*

*2 eggs, lightly beaten*

*1 tablespoon lemon pepper*

*2 teaspoons sugar*

*1/4 teaspoon salt*

Beat all ingredients together until smooth. (If mixture seems a little too thick, add milk.) Strain batter. Preheat oil in electric deep fryer. Heat rosette iron in oil. When hot, lift out of oil and drain. Dip hot iron into batter. (Do not let mixture come over top of iron.) Return to oil and fry until golden brown; cool. Store in airtight container.

Makes about 50.

*A new take-off on the traditional rosette, these crumbly treats aren't meant for a tea party! They're spicy mouthfuls that stand up to salads and even beer.*

*If you wish to make sweet rosettes, omit the pepper and add vanilla to batter. Sprinkle rosettes with powdered sugar.*

---

Per Serving (excluding unknown items): 16 Calories; trace Fat (22.3% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 36mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

# Scandinavian Beer Bread (1-Pound Recipe)

*Fleischmann's Yeast*

*Internet address: <http://www.breadworld.com/index.html>*

**Servings: 12**

**Yield: 1 Loaf**

*1/4 cup water (70° to 80°F)*

*1/2 cup light or dark beer*

*1 tablespoon vegetable oil*

*1 tablespoon light molasses*

*3/4 teaspoon salt*

*1/2 teaspoon grated orange peel*

*1/4 teaspoon fennel seed*

*1/4 teaspoon anise seed*

*1 1/2 cups bread flour*

*1/2 cup medium rye flour*

*1 tablespoon gluten (optional), \* see note*

*1 1/2 teaspoons Fleischmann's® Bread Machine Yeast*

Cuisine: Scandinavian

Measure all ingredients into bread machine pan in the order suggested by the manufacturer.

Process in basic/white bread or whole wheat cycle: medium/normal crust setting. Timed-bake feature can be used. Remove baked bread from pan and cool on wire rack.

---

To make Crisp Bread Slices: Cool bread at least 2 hours. Thinly slice. Remove crusts and cut into squares or triangles. Or use cookie cutters to cut out holiday shapes. To crisp, place slices on baking sheets. Brush lightly with melted butter. Bake at 375°F for 5 to 10 minutes or until lightly browned. Remove to wire racks to cool. Serve with fruit- or herb-flavored cream cheese or thinly sliced meats and cheeses.

*Select loaf size recommended by the manufacturer of your machine*

*\* Gluten, a protein product from flour, helps improve loaf height, texture and structure. Look for it in your supermarket or health food store*

---

Per Serving (excluding unknown items): 101 Calories; 2g Fat (14.8% calories from fat); 4g Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 137mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

# Beer Braised Beef In Crock Pot

*3 pounds lean beef stew meat, cut into  
1 1/2" pieces  
1 teaspoon salt  
1/2 teaspoon pepper  
2 medium onions, thinly sliced  
8 ounces canned mushrooms (or  
pieces), undrained  
12 ounces beer  
1 tablespoon vinegar  
2 beef bouillon cubes  
2 teaspoons sugar  
2 garlic cloves, minced  
1 teaspoon thyme  
2 bay leaves*

Put the beef in the crock pot. Combine all the other ingredients and pour over the beef. Cook on low for 8-10 hours or on high for 4-5 hours.

Before serving thicken juices if desired.

---

Per Serving (excluding unknown items): 2688 Calories; 98g Fat (34.8% calories from fat); 355g Protein; 57g Carbohydrate; 11g Dietary Fiber; 859mg Cholesterol; 4835mg Sodium. Exchanges: 0 Grain(Starch); 48 Lean Meat; 6 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

# Chicken 'n Olives

**Servings: 6**

*3 pounds chicken pieces, cut into serving pieces*

*salt and pepper*

*1 clove garlic, minced*

*1 large onion, chopped*

*2 bay leaves*

*3/4 cup beer*

*8 ounces tomato sauce*

*1/2 cup pimiento-stuffed olives*

*fluffy rice*

**Preparation Time: 9 hours**

Rinse chicken pieces and pat dry. Lightly season with salt and pepper.

Combine all ingredients except chicken and rice in crock pot; stir well. Add chicken pieces, coating well; be sure all chicken is moistened.

Cover and cook on low setting for 7 to 9 hours.

---

Per Serving (excluding unknown items): 378 Calories; 24g Fat (60.4% calories from fat); 30g Protein; 6g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 439mg Sodium. Exchanges: 4 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat.

# Fruited Pork Roast, Scandinavian Style

## **Servings: 8**

*3 pounds boneless rolled pork loin  
roast*

*8 pitted dried prunes*

*12 ounces beer*

*1/2 teaspoon ginger*

*1 medium apple, peeled and chopped*

*1 teaspoon lemon juice*

*1/2 teaspoon salt*

*pepper*

*1/4 cup flour*

Remove string from roast. Using a sharp knife, cut a pocket in the pork by making a deep slit in the loin, going to 1/2 inch of the 2 ends and 1 inch of the other side.

Meanwhile, combine prunes, beer, and ginger in a saucepan, heat to boiling. Remove from heat, let stand 5 min.

Mix apple with lemon to prevent darkening. Drain prunes, reserving liquid; pat dry with paper towels. Combine prunes and apple.

Pack fruit into pocket in pork. Tie roast with string at 1 - inch intervals.

Place meat on rack in roasting pan.

Roast meat at 350 degrees F for 2 - 2 1/2 hours, allowing 40 to 45 minutes per pound. Baste occasionally with liquid drained from prunes.

Transfer meat to platter. Skim fat from cooking liquid. Deglaze roasting pan with a little water, add to cooking liquid. Add salt and enough additional water to measure two cups. Make a paste of flour and water, combine with cooking liquid and cook, stirring constantly until thickened. Serve in a sauce boat with sliced roast.

---

Per Serving (excluding unknown items): 286 Calories; 17g Fat (54.8% calories from fat); 18g Protein; 13g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 182mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Fat.

# Australian Dinkum Chili

## Servings: 8

*1/2 pound bacon*  
*2 tablespoons vegetable oil*  
*2 medium onions, coarsely chopped*  
*1 celery stalk, coarsely chopped*  
*1 bell pepper*  
*2 pounds top beef sirloin, cut in 1" cubes*  
*1 pound hamburger*  
*1 pound ground pork*  
*4 tablespoons ground red pepper*  
*3 tablespoons ground chili pepper*  
*2 garlic cloves, finely chopped*  
*1 tablespoon dried oregano, preferably Mexican*  
*1 teaspoon ground cumin*  
*24 fluid ounces beer, preferably Australian*  
*14 1/2 ounces canned whole tomatoes*  
*3 teaspoons brown sugar*  
*1 boomerang (optional but authentic)*

Cuisine: Australian

Fry the bacon in a skillet over medium heat. Drain the strips on paper toweling and cut into 1/2-inch dice and reserve.

Heat the oil in a large heavy pot over medium heat. Add the onions, celery, and green pepper and cook until the onions are translucent.

Combine all the beef and pork with the ground chile, garlic, oregano, and cumin. Add this meat-and-spice mixture to the pot. Break up any lumps with a fork and cook, stirring occasionally, until the meat is evenly browned.

Add the beer, tomatoes, and reserved bacon to the pot. Bring to a boil, then lower the heat and simmer, uncovered, for 1 1/2 hours. Wave a boomerang over the pot 14 times each hour from this point on. (This is definitely optional adding no noticeable flavor, just a touch of authenticity and humor.) Stir for 3 minutes. Taste, adjust seasonings, and add more beer if desired. Simmer for 2 1/2 hours longer.

Add the brown sugar and simmer for 15 minutes longer, vigorously waving the boomerang over the pot.

---

Per Serving (excluding unknown items): 821 Calories; 53g Fat (60.4% calories from fat); 48g Protein; 31g Carbohydrate; 2g Dietary Fiber; 159mg Cholesterol; 873mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 7 Fat; 0 Other Carbohydrates.

# Chile Beer Damper

*3 cups all-purpose flour*  
*3 teaspoons double acting baking powder*  
*1 teaspoon salt*  
*2 teaspoons sugar*  
*1 tablespoon red chiles such as piquins or jalapenos*  
*24 ounces beer*

Cuisine: Australian

Preheat oven to 350F. Mix all the ingredients together until well combined. Spoon the mixture into a greased bread pan and smooth the top.

Bake for 1 hour, or until golden brown and the loaf appears done. Cool on a rack.

---

Per Serving (excluding unknown items): 1685 Calories; 4g Fat (2.2% calories from fat); 41g Protein; 323g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 3636mg Sodium. Exchanges: 19 Grain(Starch); 0 Vegetable; 0 Fat; 1 Other Carbohydrates.

# Black and Tan

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1/2 Harp*

*1/2 Guinness Stout*

Fill glass half full with Harp, then dribble Guinness ever so carefully so that the beers don't mix.

***Best kind of glass for this drink: Beer Mug***

---

Per Serving (excluding unknown items): 146 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 18mg Sodium.  
Exchanges: .

# Dark and Stormy

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1 ounce Dark Rum*

*1 ounce Ginger Beer (Non-Alcoholic)*

In a old-fashioned glass, combine ingredients.  
Stir well. Add ice and stir.

*Best kind of glass for this drink: Old Fashioned.*

---

Per Serving (excluding unknown items): 77 Calories; 0g Fat (0.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: .

# Faith, Hope, and Charity

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*1 ounce Irish Whiskey*

*3 ounces V-8 Juice (3 to 4 ounces)*

*1 teaspoon Smoky Barbecue Sauce*

*1 teaspoon Lemon Juice*

*4 Ice Cubes (4 to 5)*

*Fill with Beer*

Combine all ingredients except beer in a mixing glass, and stir well. Pour into a chilled, highball glass, and fill with beer.

***Best kind of glass for this drink:***  
***Highball.***

---

Per Serving (excluding unknown items): 92 Calories; trace Fat (6.3% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 356mg Sodium.  
Exchanges: 1 Vegetable; 0 Fruit; 0 Other Carbohydrates.

# Mead

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**  
*1 1/2 ounces Irish Mist*  
*12 ounces Beer*

Serve in a beer mug.

***Best kind of glass for this drink: Beer Mug***

---

Per Serving (excluding unknown items): 237 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 17mg Sodium.  
Exchanges: .

# Root Beer Float

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*3/4 ounce Kahlúa*  
*3/4 ounce Galliano*  
*1 ounce Cream*  
*Cola*

Combine all ingredients in a blender and blend until fairly smooth. Serve in a sour glass.

***Best kind of glass for this drink: Sour.***

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Per Serving (excluding unknown items): 142 Calories; 7g Fat (57.5% calories from fat); 1g Protein; 11g Carbohydrate; 0g Dietary Fiber; 25mg Cholesterol; 12mg Sodium. Exchanges: 1 1/2 Fat.

# Shady

*Manitoba Liquor Control Commission*  
*Internet Address: <http://www.mlc.mb.ca/e/mixer.shtml>*

**Servings: 1**

*10 ounces Lager*

*Splash of Lemon Lime Soda*

*Lime Wedge*

Combine ingredients, serve in beer mug.

***Best kind of glass for this drink: Beer Mug***

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Per Serving (excluding unknown items): 116 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 14mg Sodium.  
Exchanges: .

# Beer-Grilled Chops

*National Pork Producers Council  
Internet address: <http://www.nppc.org>*

**Servings: 4**

*4 boneless pork loin chops, trimmed,  
about 1 pound*

**MARINADE**

*1/4 cup soy sauce*

*1 cup beer, room temperature*

*2 tablespoons brown sugar*

*2 teaspoons grated fresh ginger root*

**Preparation Time: 10 minutes**

**Cooking Time: 10 minutes**

Combine marinade ingredients together well; place chops in a self-sealing plastic bag and pour marinade over, seal bag and refrigerate 4-24 hours. Prepare medium-hot coals in kettle-style grill. Remove chops from marinade; place on grill directly over coals, lower grill lid and grill for 10 minutes, turning once.

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Per Serving (excluding unknown items): 205 Calories; 8g Fat (39.5% calories from fat); 20g Protein; 8g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 1075mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates.

# Hoppin' Habañero and Honey Pork Chops

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

**Servings: 4**

*4 boneless pork chops, 1-inch thick*

*1 12-ounce can beer*

*3 tablespoons honey*

*1 tablespoon hot habañero pepper sauce*

*1 clove garlic, minced*

*1 bay leaf*

Cuisine: Mexican

**Preparation Time: 15 minutes****Cooking Time: 10 minutes**

For marinade, in a small saucepan combine beer, honey, pepper sauce, garlic and bay leaf. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Remove and discard bay leaf.

Place chops in a 1-gallon self-sealing plastic bag; pour marinade over chops, seal bag and refrigerate for 2 hours. Drain chops, discarding marinade. Place chops on a kettle-style grill directly over medium-hot coals, lower grill hood and grill chops for 4-5 minutes. Turn chops and grill for 4-5 minutes more or until chops are just done.

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Per Serving (excluding unknown items): 245 Calories; 10g Fat (38.5% calories from fat); 19g Protein; 17g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 728mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 1 Other Carbohydrates.

# Bavarian Chops

*National Pork Producers Council  
Internet address: <http://www.nppc.org>*

## **Servings: 4**

*4 boneless pork loin chops, 1/2 to  
3/4-inch thick  
2 tablespoons flour  
1 teaspoon butter  
1/2 cup chopped green onion  
2 garlic cloves, minced  
8 ounces mushrooms, sliced  
1/2 teaspoon thyme  
8 ounces beer, room temperature  
Salt  
Freshly ground black pepper  
Buttered noodles (optional)  
Minced fresh parsley (optional)*

Cuisine: German

## **Preparation Time: 20 minutes**

Lightly flour chops. Melt butter in nonstick skillet over medium-high heat until foaming. Brown chops quickly on both sides. Remove, reserve.

Add green onion, garlic, mushrooms and thyme and sauté an additional minute. Return chops to skillet, add beer; bring to a boil. Reduce heat, cover and simmer 7-8 minutes. Season with salt and pepper. Serve with noodles, garnished with parsley, if desired.

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Per Serving (excluding unknown items): 219 Calories; 9g Fat (41.5% calories from fat); 21g Protein; 9g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fat.

# Pork-and-Paprika Stew (Leskovaccka Muchkalica)

[WWW.Yugoslavia.com](http://www.yugoslavia.com)

Internet address: <http://www.yugoslavia.com/Culture/HTML/yu.html>

## Servings: 6

*4 tablespoons butter or margarine*  
*4 tablespoons vegetable oil*  
*2 pounds boneless pork, thinly sliced and cut into long strips about 1/2 inch wide*  
*3 medium onions, cut crosswise thinly and separated into rings*  
*2 tablespoons flour*  
*3 tablespoons hot paprika powder*  
*1 green bell pepper; seeds removed, cut lengthwise into strips*  
*1 red bell pepper; seeds removed, cut lengthwise into strips*  
*1 yellow bell pepper; seeds removed, cut lengthwise into strips*  
*2 serranos, fresh or canned (2 to 3), cut crosswise into small rings*  
*1 cup beef stock*  
*3 tablespoons tomato paste*  
*2 large garlic cloves (2 to 3), minced*  
*1 teaspoon salt*  
*1 bay leaf*

Cuisine: Yugoslavian

Heat 2 tablespoons of butter and 2 tablespoons of oil together in a large pot. When the oil is very hot, add the pork in batches and brown on all sides, about 5 minutes. Remove pork.

Add the remaining butter and oil to the drippings in the pan. When hot, add the onions and cook them over medium heat, stirring constantly, until they are soft and golden colored. Sprinkle the flour and paprika powder over the onions and cook for 2 minutes longer, stirring constantly. Reduce the heat and add the pork and the sliced peppers, beef stock, tomato paste, minced garlic, salt, and bay leaf. Stir to mix well. (There will seem to be not enough liquid in the mixture, but don't panic and add more stock. As the paprika cooks, it will release plenty of moisture.) Increase the heat to bring the mixture to a boil. Then reduce heat to low, cover the pot, and let the muchkalica simmer for 1 to 1 1/2 hours. Stir the mixture occasionally.

Serve muchkalica with white rice, a green salad, a side dish of thick Bulgarian-type yogurt, and hot cornbread— all washed down with cold beer or a strong red wine.

*This is a specialty from the Serbian town of Leskovac. You can eat this dish anywhere, from fine restaurants to truck stops. (The name of the dish is pronounced MOOCH-kah-leet-sa.)*

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Per Serving (excluding unknown items): 436 Calories; 27g Fat (55.7% calories from fat); 34g Protein; 15g Carbohydrate; 3g Dietary Fiber; 118mg Cholesterol; 932mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 3 1/2 Fat.

# Cumin Chicken with Borracho Beans and Braised Mustard Greens

*National Broiler Council*



## **Servings: 4**

*4 chicken breast quarters*

*Toasted Cumin and Black Pepper*

*Rub, recipe follows*

*Borracho Beans, recipe follows*

*2 tablespoons olive oil*

*2 tablespoons butter*

*2 shallots, minced*

*1 pound mustard greens, washed and stemmed*

## **TOASTED CUMIN AND BLACK PEPPER RUB**

*1/4 cup cumin seeds*

*2 tablespoons dried oregano*

*1 tablespoon black peppercorns*

*1/4 teaspoon salt*

*1/2 teaspoon sugar*

## **BORRACHO BEANS**

*1 cup dried pinto beans, washed*

*1 tablespoon vegetable oil*

*1/4 onion, diced*

*6 serrano chilies with seeds, minced*

*8 plum tomatoes, diced*

*2/3 cup beer*

*1/4 teaspoon salt*

*2 tablespoons chopped fresh cilantro*

Rub chicken thoroughly with Toasted Cumin and Black Pepper Rub. Place in refrigerator overnight or at least 2 hours. Prepare Borracho Beans and keep hot. In fry pan over medium-heat, place olive oil. Add chicken and sear on each side. Remove chicken to 350F oven and cook about 45 minutes or until fork can be inserted with ease. In large fry pan, place butter and shallots; cook, stirring, about 2 minutes. Add mustard greens and cook, tossing gently, until wilted. To serve, arrange mustard greens in 4 shallow bowls. Add beans evenly around the greens and top with chicken.

To prepare Toasted Cumin and Black Pepper Rub, in fry pan, place 1/4 cup cumin seeds, 2 tablespoons dried oregano, 1 tablespoon black peppercorns, 1/4 teaspoon salt and 1/2 teaspoon sugar. Place over medium heat and toast, stirring, about 2 minutes. Transfer to spice grinder and pulse until smooth.

Borracho Beans: Thoroughly wash 1 cup dried pinto beans cover with water and soak overnight. Drain and rinse beans, place in medium saucepan and add water to cover beans by about 3 inches. Place over low heat and simmer until just tender, about 1-1/2 hours, adding more water if necessary to keep beans covered. Drain. In large fry pan over medium-heat, place 1

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Per Serving (excluding unknown items): 555 Calories; 20g Fat (32.2% calories from fat); 44g Protein; 52g Carbohydrate; 18g Dietary Fiber; 84mg Cholesterol; 461mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

# Batter-Dipped Fondue Meatballs

## **Servings: 12**

*1 1/2 pounds lean ground beef*

*1 large egg*

*1/4 cup dry bread crumbs*

*2 tablespoons beer or apple juice*

*1 teaspoon garlic salt*

*1/2 cup butter; see notes*

*2 cups vegetable oil*

### **FROTHY BATTER:**

*1 cup Bisquick® baking mix*

*1 large egg*

*1/2 cup beer or apple juice*

### **MUSTARD SAUCE:**

*1/2 cup mayonnaise*

*1 tablespoon finely chopped onion*

*2 tablespoons prepared mustard*

### **HORSERADISH SAUCE:**

*1/2 cup sour cream*

*1/8 teaspoon Worcestershire sauce*

*1 tablespoon prepared horseradish*

Mix the meat, egg, breadcrumbs, beer and garlic salt. Shape the mixture into 3/4 inch balls.

Prepare the frothy batter: Mix all batter ingredients with a fork (batter will be slightly lumpy).

Heat the oil and butter in a metal fondue pot to 375° F. Spear the meatballs with a fondue fork, dip into the batter, and cook in the hot oil to desired doneness, about 2 minutes. Serve with both sauces.

Prepare sauces: For each sauce, mix ingredients together; refrigerate until serving time.

***Do not use margarine. If you wish, omit the butter and increase vegetable oil to 2 1/2 cups.***

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Per Serving (excluding unknown items): 694 Calories; 68g Fat (87.4% calories from fat); 13g Protein; 9g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 529mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 11 1/2 Fat; 0 Other Carbohydrates.

# Beer Sausages In Beer Sauce

*2 pounds cooked polish sausages*  
*1 cup beer*  
*2 tablespoons cornstarch*  
*1/4 cup vinegar*  
*1/4 cup brown sugar*  
*1/4 cup mustard*  
*1 tablespoon horseradish*

Cut cooked sausages into 1/2 inch slices. In skillet combine sausage and beer. Cover and simmer for 10 minutes. Combine brown sugar and cornstarch. Stir in vinegar, horseradish and mustard. Add to sausages.

Cook and stir until bubbly. Keep warm and serve warm using toothpicks.

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Per Serving (excluding unknown items): 3315 Calories; 263g Fat (73.4% calories from fat); 132g Protein; 83g Carbohydrate; 3g Dietary Fiber; 636mg Cholesterol; 8751mg Sodium. Exchanges: 1 Grain(Starch); 18 1/2 Lean Meat; 42 Fat; 3 Other Carbohydrates.

# Cocktail Beer Ball

*2 pounds ground chuck*  
*1 cup catsup*  
*1 cup beer*  
*4 tablespoons worcestershire sauce*  
*4 tablespoons vinegar*  
*3 tablespoons sugar*

Form meat into balls the size of small walnuts. Brown well; pour off all grease and drain. Combine all other ingredients to make sauce and bring to a boil. Add meat balls to sauce, reduce heat and simmer two hours. Serve hot in chafing dish or serve as a main dish over rice.

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Per Serving (excluding unknown items): 2946 Calories; 188g Fat (59.2% calories from fat); 166g Protein; 126g Carbohydrate; 4g Dietary Fiber; 681mg Cholesterol; 4074mg Sodium. Exchanges: 23 1/2 Lean Meat; 23 1/2 Fat; 8 Other Carbohydrates.

# Betty's Bar-B-Que Beef

**Servings: 6**

*1 1/2 pounds chuck roast, or other cuts of beef*

*2 cups ketchup or barbecue sauce*

*2 tablespoons honey*

*12 ounces beer, your favorite*

*1 packet onion soup mix*

Place all ingredients in crockpot and cook on high 3-4 hours or low 4-8 hours. Shred meat and serve on buns.

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Per Serving (excluding unknown items): 383 Calories; 18g Fat (43.7% calories from fat); 20g Protein; 33g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 1591mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Fat; 2 Other Carbohydrates.

# Brisket

**Servings: 5**

*2 1/4 pounds lean beef brisket*  
*1 tablespoon vegetable oil*  
*3/4 cup red wine, or beer*  
*1 tablespoon dijon mustard*  
*1/2 teaspoon dried whole thyme*  
*1/4 teaspoon rosemary*  
*1/2 teaspoon salt*  
*3 garlic cloves, minced*  
*1 bay leaf, crumbled*  
*3 carrots, cut into 2" sticks*  
*5 small red potatoes, halved*  
*1 large onion, quartered*  
*2 tablespoons quick-cooking tapioca*  
*1/4 cup water*

Trim fat from brisket. Heat oil in a large frying pan over medium-high until hot, brown brisket on all sides. Place carrots, onion and potatoes in crockpot. Sprinkle tapioca over top of vegetables. Add browned brisket. Combine wine and remaining ingredients. Pour over top of brisket. Cover with lid and Cook on High for 4 1/2 to 5 hours or on LOW for 8 hours. The tapioca will thicken the liquid to make its own gravy.

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Per Serving (excluding unknown items): 792 Calories; 57g Fat (67.6% calories from fat); 37g Protein; 25g Carbohydrate; 3g Dietary Fiber; 149mg Cholesterol; 426mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.

# Dave's Meat Loaf

**Servings: 4**

*1 pound extra lean ground beef*  
*1/4 pound sausage*  
*1/4 cup dark beer*  
*1 egg*  
*2 slices bread torn in soft crumbs*  
*1 onion, chopped*  
*3 tablespoons parsley, chopped*  
*1/2 teaspoon ground black pepper*  
*few drops Worcestershire sauce and*  
*tabasco sauce*

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

Most soups and stews can be prepared in a crockpot. Just decrease the liquid ingredients (not as much liquid will evaporate from a closed slow-cooker) and continue to cook for 6 or more hours.

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Per Serving (excluding unknown items): 454 Calories; 33g Fat (66.2% calories from fat); 28g Protein; 10g Carbohydrate; 1g Dietary Fiber; 151mg Cholesterol; 352mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.

# French Dip Sandwich

**Servings: 4**

*1 pound beef roast*

*12 ounces beer*

*1 packet onion soup mix*

*4 hard rolls*

Trim fat from roast. Put roast in crockpot and sprinkle with soup mix. Pour beer over top. Cook on low for about 8 hours. Cut or pull apart to make sandwiches on hard roll. Juice makes an excellent dip.

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Per Serving (excluding unknown items): 467 Calories; 21g Fat (42.4% calories from fat); 25g Protein; 38g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 1245mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Fat.

# Beer-Battered Onion Rings

Chapter 22 - Vegetables



## Servings: 64

*10 ounces flour*  
*2 teaspoons baking powder*  
*2 teaspoons salt*  
*1/4 teaspoon white pepper*  
*1 egg*  
*1 pint beer*  
*flour, as needed for dredging*  
*4 pounds onions, whole*

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1. Sift the dry ingredients together.
2. Beat the egg in a separate bowl. Add the beer to the beaten egg.
3. Add the egg-and-beer mixture to the dry ingredients; mix until smooth.
4. Peel the onions and cut in 1/2-inch (2-centimeter) thick slices.
5. Break the slices into rings and dredge in flour.
6. Dip the rings in the batter a few at a time. Using the swimming method, deep-fry at 375°F (190°C) until done. Drain on absorbent paper, season with additional salt and white pepper and serve hot.

Yield: 1 quart (1 liter), enough for approx. 4 pounds (1.8 kg) rings

*Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the ON COOKING book.*

*Approximate values per 1-oz. (79-g) serving*  
**Calories 230, Total fat 10 g**  
**Saturated fat 2.5 g Cholesterol 5 mg**  
**Sodium 460 mg Total carbohydrates 31 g Protein 4 g**

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Per Serving (excluding unknown items): 30 Calories; trace Fat (5.1% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 84mg Sodium.  
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

# Asparagus with Honey-Garlic Sauce

*The National Honey Board*

*Internet address: <http://www.honey.com/>*

## **Servings: 4**

*1 pound asparagus*  
*1/4 cup Dijon mustard*  
*1/4 cup dark ale or dark beer*  
*3 tablespoons honey*  
*1/2 teaspoon minced garlic*  
*1/4 teaspoon crushed dried thyme*  
*leaves*  
*1/4 teaspoon salt*

Add asparagus to boiling, salted water and cook, covered, about 2 minutes or until barely tender. Drain. Combine mustard, ale, honey, garlic, thyme and salt; mix well. Pour over cooked asparagus.

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Per Serving (excluding unknown items): 80 Calories; 1g Fat (8.2% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.

# Halibut Delight

*Paula, Fairbanks, Alaska*

*Alaska Seafood Marketing Institute*

*Internet address: <http://www.state.ak.us/local/akpages/COMMERCE/asmihp.htm>*

## **Servings: 3**

*1 pound halibut, cut into chunks*

*1 cup flour*

*1 1/2 teaspoons garlic powder*

*1 1/2 teaspoons curry powder (or a bit less)*

*1 teaspoon marjoram*

*2 teaspoons baking powder*

*3/4 teaspoon lemon pepper*

*2 cups Panko (Japanese bread crumbs)*

*8 ounces flat beer*

Combine flour, garlic powder, curry powder, marjoram, baking powder, and lemon pepper. Mix well. Slowly add enough flat beer to make a thick batter.

Dip halibut in batter and then roll in Panko. Let stand for 2 minutes. Deep fry in 375°F fat until golden brown. Drain on absorbent paper and serve with a tartar sauce or a zesty tomato, horseradish sauce for dipping.

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Per Serving (excluding unknown items): 896 Calories; 52g Fat (54.1% calories from fat); 56g Protein; 43g Carbohydrate; 2g Dietary Fiber; 119mg Cholesterol; 1793mg Sodium. Exchanges: 2 Grain(Starch); 7 Lean Meat; 8 Fat; 1/2 Other Carbohydrates.

# Quick Brew Stew

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

## **Servings: 4**

*1 pound boneless pork loin, cut into  
1/2" cubes*  
*2 tablespoons all-purpose flour*  
*1/2 teaspoon salt*  
*1/4 teaspoon black pepper*  
*1 teaspoon vegetable oil*  
*1 large onion, peeled and sliced  
1/2-inch-thick*  
*1 clove garlic, minced*  
*2 tablespoons chopped fresh parsley*  
*1 teaspoon caraway seed*  
*1 bay leaf*  
*8 ounces chicken broth*  
*8 ounces beer*  
*1 tablespoon red wine vinegar*  
*2 teaspoons packed brown sugar*

## **Preparation Time: 10 minutes**

## **Cooking Time: 45 minutes**

Coat pork with combined flour, salt and pepper. Heat oil in Dutch oven; brown meat over medium-high heat. Add onions and garlic. Cook and stir 5 minutes. Stir in remaining ingredients. Bring to a boil. Cover; cook over medium-low heat for 40 minutes or until meat is very tender.

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Per Serving (excluding unknown items): 211 Calories; 7g Fat (30.7% calories from fat); 23g Protein; 11g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 495mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

# Beer Cheese Soup

## **Servings: 8**

*1 cup butter*  
*1 cup finely chopped celery*  
*1 cup finely chopped carrots*  
*1 cup finely chopped onion*  
*1 cup all-purpose flour*  
*1 teaspoon mustard*  
*8 cups chicken broth*  
*12 ounces beer, preferably flat*  
*2 cups shredded cheddar cheese*  
*3 tablespoons freshly grated parmesan cheese*  
*chopped fresh parsley*

In a large soup pot over medium heat, melt butter. Add celery, carrots, and onion; sauté until tender but not brown. Remove vegetables with a slotted spoon, reserving butter in soup pot. Place vegetables into a food processor or blender; whirl until smooth; set aside.

In the soup pot over medium hat, make a roux with reserved butter, flour, and mustard. Gradually add chicken broth, stirring constantly. Reduce heat to medium-low and cook 10 to 15 minutes, stirring constantly, until mixture just comes to a gentle boil and is thickened.

Reduce heat to low. Add beer and stir to combine. Mix in pureed vegetables and cheddar cheese; simmer another 20 minutes, stirring occasionally, until cheese is melted. Remove from heat. Serve in soup bowls topped with Parmesan cheese and parsley.

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Per Serving (excluding unknown items): 455 Calories; 35g Fat (69.7% calories from fat); 15g Protein; 19g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 1237mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 6 Fat; 0 Other Carbohydrates.

# Cheddar Soup

## **Servings: 6**

*4 tablespoons unsalted butter*  
*1/2 cup finely diced celery*  
*1/2 cup finely diced leeks white part only*  
*1/2 cup finely diced carrots*  
*4 tablespoons all-purpose flour*  
*4 cups beef broth*  
*12 ounces light beer*  
*1 pound Vermont white cheddar cheese*  
*1 pound New York orange cheddar cheese*  
*pinch of cayenne pepper*  
*fresh ground black pepper*  
*salt to taste*  
*fresh chives snipped for garnish*

Melt the butter in heavy soup pot. Add the diced celery, leeks and carrots; cook, stirring, over low heat for 3 minutes. Add flour and cook, stirring, over low heat an additional 2 minutes. Add the broth and beer. Bring to a simmer very slowly so vegetables become tender, about 15-20 minutes, stirring occasionally.

Over low heat, gradually add the cheeses, whisking all the time, until smooth. Season with cayenne, black pepper and salt. Continue cooking over low heat until heated through. Do not boil, or soup will separate.

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Per Serving (excluding unknown items): 762 Calories; 58g Fat (69.5% calories from fat); 46g Protein; 11g Carbohydrate; 1g Dietary Fiber; 179mg Cholesterol; 1808mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 8 Fat.

# Holiday Rye Bread

*Fleischmann's Yeast*

*Internet address: <http://www.breadworld.com/index.html>*

**Servings: 24**

**Yield: 4 Loaves**

*3 cups all-purpose flour (3 to 3 1/2 cups)*

*1/3 cup sugar*

*1 tablespoon grated orange peel*

*2 1/2 teaspoons salt*

*2 teaspoons fennel seed*

*2 packages Fleischmann's® Active Dry Yeast, \* see note*

*1 cup beer or malt liquor*

*1/2 cup water*

*1/4 cup light molasses*

*2 tablespoons butter or margarine*

*2 1/2 cups medium rye flour*

*Molasses glaze*

**MOLASSES GLAZE**

*2 tablespoons molasses*

*2 tablespoons water*

In large bowl mix 1 1/2 cups all-purpose flour, sugar, orange peel, salt, fennel seed and undissolved yeast.

Heat beer, water, molasses and butter to 125° to 130°F; add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/2 cup all-purpose flour; beat at high speed 2 minutes scraping bowl occasionally. Stir in rye flour and enough remaining all-purpose flour to make soft dough.

Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Punch dough down; turn out onto lightly floured surface. Divide into 4 equal pieces. Roll each to 10 x 6-inches. Roll each up tightly from long side, as for jelly roll, tapering ends; pinch seams to seal. Place on greased baking sheets. Cover; let rise in warm, draft-free place until doubled in bulk, about 1 hour.

With sharp knife, make 3 diagonal cuts on top of each loaf; brush with molasses glaze. Bake at 375°F for 15 minutes; brush loaves with glaze. Bake additional 10 minutes or until done. Remove loaves from oven and brush again with glaze. Cool on wire racks.

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Molasses Glaze: Mix 2 tablespoons of molasses with 2 tablespoons of water until well blended.

*\*To save up to 50% rising time use Fleischmann's® Rapid Rise Yeast. Follow above directions except reduce first rising cover kneaded dough and let rest on floured surface 10 minutes. Proceed with recipe*

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Per Serving (excluding unknown items): 134 Calories; 1g Fat (9.2% calories from fat); 3g Protein; 27g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 235mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

# Stuffed Loin Roast with Beer Sauce

*National Pork Producers Council*  
*Internet address: <http://www.nppc.org>*

## **Servings: 8**

*3 pounds double pork loin roast*  
*15 shredded wheat crackers*  
*1/3 cup finely chopped onion*  
*2 tablespoons horseradish*  
*1 1/2 teaspoons caraway seed,*  
*divided*  
*2 teaspoons brown sugar, divided*  
*1/2 cup plus 2 tablespoons beer*  
*2/3 cup water*  
*1 tablespoon cornstarch*  
*1 teaspoon chicken bouillon granules*  
*1 teaspoon Worcestershire sauce*

## **Preparation Time: 15 minutes**

## **Cooking Time: 1 hour 15 minutes**

For stuffing, crush crackers to form 2/3 cup crumbs. Stir together crumbs, onion, horseradish, 1 teaspoon caraway seed and 1 teaspoon brown sugar. Add 2 tablespoons beer; toss to mix.

Untie roast. Pat stuffing mixture on one of the loins. Place second loin on top; re-tie to secure. Place in roasting pan. Sprinkle with salt and pepper. Roast in 325°F oven for 65-75 minutes or until done, internal temperature reaches 155-160°F and meat is just slightly pink in center. Remove roast from pan.

Deglaze roasting pan with the 1/2 cup remaining beer. Strain into small saucepan. Stir together water, cornstarch, bouillon granules, 1 teaspoon brown sugar, Worcestershire sauce and 1/2 teaspoon caraway seed. Stir into beer in saucepan. Cook and stir until thickened and bubbly. Cook 1 minute more. Slice roast to serve. Serve with Beer Sauce.

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Per Serving (excluding unknown items): 243 Calories; 9g Fat (33.6% calories from fat); 31g Protein; 7g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 166mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.