

HOMEMADE
RECIPES

DORCHESTER
COUNTY

by Shameira Jenkins



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BAKED PINEAPPLE

A sweet and versatile dish made by cooking pineapple with various other ingredients



INGREDIENTS

(1) 20 oz can crushed pineapple, drained

1 cup sugar

2 Lg eggs/3 small eggs

1 stick butter (cut into pads)

5-7 slices white bread

(best if little stale), cut into small pieces

INSTRUCTIONS

1. Grease a casserole dish. In a large bowl, mix all ingredients starting with the eggs.
2. Beat eggs then add the drained pineapple and mix together.
3. Next add the sugar, bread pieces and pads of butter. Mix well but trying not to break up the bread pieces.
4. Bake in preheated oven at 350 degrees for about 45 min.

Consistency similar to stuffing

Kristin Budd - HR





MEXICAN DIP

This Mexican dip for Tortilla chips features a base of spicy cream cheese and sour cream topped with layers of taco beef, lettuce, cheese and vegetables making it extra filling and tasty.

INGREDIENTS

(2) 24 oz Jars of Pace Chunky Mild Salsa (you can make this spicy if you desire)

(2) 1 lb Bags of Mild Cheddar Cheese

1 Aluminum Disposable Lasagna Pan

2 lbs Ground Beef
(2) 8 oz cream cheese

DIRECTIONS

Brown the ground beef, drain the grease, and place it in the bottom of an aluminum pan. Cut the cream cheese into slices and put it on top of the ground beef.

Add the two jars of salsa, spreading it evenly across the top. Top with the bags of mild cheddar cheese. Cover with aluminum foil.

Bake in a preheated oven at 350 degrees for 30 minutes. Remove the aluminum foil and place it back in the oven for 20 minutes. Let cool then enjoy with your choice of Tostitos chips.

PARTY CRACKERS

INGREDIENTS

16 oz saltine crackers (1 box, 4 sleeves)

1 oz dry ranch dressing mix (1 packet)

2 tsp of garlic powder

1-2 tsp of crushed red pepper flakes (less if you don't prefer heat)

1 cup vegetable oil (canola or other light oil)

DIRECTIONS

Place saltine crackers in rectangular container with lid. If not, use a 1 or 2 gallon zip baggie but be careful to keep crackers from breaking

Place crackers into the container/baggie

Mix the ranch dressing mix, garlic powder, red pepper flakes into the oil

Pour the seasoned oil over the crackers then close or zip container

Slowly rotate or flip the container/bag every few hours to redistribute the oil mixture

Once oil has been absorbed into the crackers, they are ready to serve. May take 8 hours or overnight

Can substitute 2 boxes of mini saltines or Cheez-its

BLOODY MARY

drink

INGREDIENTS

1 BOTTLE (32 OZ)
CLAMATO JUICE

1 CAN BEEF
BOUILLON BROTH

15 SHAKES OF
TABASCO

12 SHAKES OF
WORCESTERSHIRE
SAUCE

1 TSP CELERY SEED

2 TBS
HORSERADISH

1 LEMON JUICED

11 GRINDS OF
PEPPER

9 OZ CHOICE OF
VODKA

SALT TO TASTE



Everyone should start their holiday with a glass of their favorite drink. Bloody Mary is a cocktail containing vodka, tomato juice, and more consumed in the morning or early afternoon; hangover cure.

INSTRUCTIONS


Cover the rim of glass with salt and crab seasoning, and decorate the top with olives/cooked spiced shrimp or a couple of slices of honey glazed bacon

OYSTERS ROCKEFELLER




A Classic seafood dish of half oysters in the shell, topped with creamy sauce and baked until golden and bubbly.

Ingredients

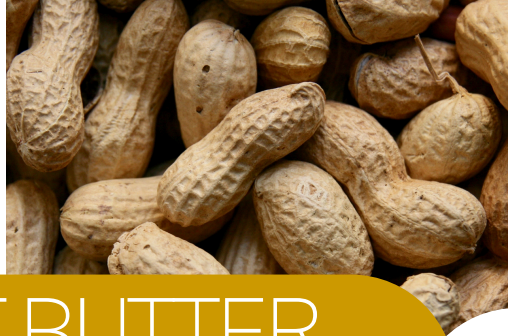


1 PINT SHUCKED OYSTERS 1/2 LB BACON
WORCESTERSHIRE SAUCE BUTTER
HORSERADISH SAUCE (1 GRATED SHARP
DOLLOP PER OYSTER) CHEDDAR CHEESE

Directions



PREHEAT OVEN TO 425 DEGREES
PAN FRY THE BACON UNTIL ITS ABOUT HALFWAY
DONE. SET ASIDE
SAUTE THE OYSTERS IN BUTTER UNTIL THE SNOUTS ARE
SEMI-OPEN
PLACE SAUTEED OYSTERS IN A LIGHTLY GREASED
MINI-MUFFIN PAN. (ONE OYSTER PER CUP)
ON EACH OYSTER, ADD 4-6 DROPS OF WORCESTERSHIRE
SAUCE AND 1 DOLLOP OF HORSERADISH
TOP EACH OYSTER WITH A PIECE OF BACON AND
SPRINKLE WITH CHEDDAR CHEESE TO YOUR LIKING
BAKE IN PREHEATED OVEN FOR 10 MINUTES OR
UNTIL CHEESE IS BUBBLY



PEANUT BUTTER FUDGE

INGREDIENTS

- 2 1/2 CUP SUGAR
- 3/4 CUP MILK
- 1 (12 OZ) JAR PEANUT BUTTER
- 1 (7 OZ) JAR MARSHMALLOW WHIP

INSTRUCTIONS

- COOK SUGAR & MILK UNTIL A SOFT BALL FORMS WHEN PUT IN COLD WATER (USE CANDY THERMOMETER)
- TAKE OFF HEAT & ADD PEANUT BUTTER AND MARSHMALLOW WHIP
- BEAT UNTIL STARTS TO THICKEN
- POUR INTO 7 1/4 X 11 1/4 X 1.5 INCH PAN (GREASED). COOL AND CUT



SWEET POTATO PIE



INGREDIENTS

1 pound of sweet potatoes

2 eggs

(1) 9 inch pie crust

1/2 cup of softened butter

1/2 tsp nutmeg

1 cup white sugar

1/2 tsp cinnamon

1/2 cup milk

1 tsp vanilla

INSTRUCTIONS:

1 Boil the sweet potatoes for 40 to 50 minutes (until tender)

2 Preheat the oven to 350 degrees

3 Run boiled sweet potatoes under cold water and remove the skin

4 Add butter and mix with a mixer

5 Add the sugar, milk, eggs, spices, and vanilla and mix on medium until smooth

6 Pour into unbaked pie crust

7 Bake for 55-60 minutes (until a fork comes out clean)

8 Let cool before serving, so that it sets

9 Serve with whipped cream, if you choose

HARVEST CAKE

INGREDIENTS

5 cups diced apple	2 cups sugar
2 eggs, beaten	1 tsp vanilla
1 cup vegetable oil	1/2 cup applesauce
2 tsp baking soda	1 tsp nutmeg
1 tsp salt	1 tsp cinnamon
3 cups all purpose flour	1/2 cup black walnuts

DIRECTIONS

1. Preheat oven to 350 degrees
2. Grease and lightly flour a bundt pan. Set aside
3. In large mixing bowl, add apples and sugar. Stir together
4. Add the eggs, oil, vanilla, and applesauce then stir.
5. In separate bowl, mix the flour, baking soda, salt, cinnamon, nutmeg, and nuts
6. Pour the dry ingredients into the wet ingredients
7. Stir until well mixed. Spoon into bundt pan.
8. Bake for about 1.5 hours. Use toothpick for doneness and serve



MANDARIN CHICKEN

INGREDIENTS

INSTRUCTIONS

MANDARIN CHICKEN:

3 skinned & boned chicken breasts, halved

1-1/2 tsp salt

1 tsp paprika

1/4 tsp white pepper

2 Tbs butter

RICE ALMONDINE:

1/3 cup unblanched almonds

2 Tbs butter

3 cups of cooked rice

MANDARIN CHICKEN:

Season chicken with dry ingredients and sauté in butter. Combine 2 Tbs sherry, 1-1/2 Tbsp cornstarch, 1/4 tsp onion powder, 1 tsp ground ginger, 2 Tbsp brown sugar, 2 Tbsp soy sauce, 1 cup chicken broth, the juice from one 11 oz can mandarin orange sections, and the juice of 1 can green grapes. Pour over chicken. Cook until thick and clear, stirring frequently. Add oranges and grapes. Heat thoroughly. Serve over beds of **rice almondine**.

RICE ALMONDINE:

Sauté in 2 Tbs butter until golden. Stir in 3 cups of hot, cooked rice that was cooked in chicken broth. Season with salt and pepper.



CHOCOLATE CHIP POUND CAKE

INSTRUCTIONS

Mix all ingredients together

Bake for 1 hour at 350 degrees
in well-greased tube pan

INGREDIENTS

4 Eggs

1 cup of milk

1 cup of oil

1 4-oz vanilla instant pudding

6 oz chocolate chips

1 yellow cake mix



shrimp BURGERS W/ OLD BAY MAYO



YIELDS: 4 BURGERS

1/2 TSP KOSHER SALT

1/4 CUP CANOLA OIL

1 LARGE EGG, LIGHTLY BEATEN

2 SCALLIONS, WHITE & GREEN
PARTS THINLY SLICED

1/4 TSP FRESHLY GROUND
BLACK PEPPER

1/4 TSP GARLIC POWDER

1 LB PEELED AND
DEVEINED MEDIUM
SHRIMP (UNCOOKED)

1/3 CUP PANKO BREADCRUMBS

1 TBS LEMON JUICE

OLD BAY MAYO:

1/2 CUP MAYO

1 TSP TO 1 TBS OLD BAY
SEASONING
(ADJUST TO TASTE)

4 BRIOCHE BUNS, LIGHTLY
TOASTED

LETTUCE & TOMATO FOR
TOPPING

1. For shrimp burgers, coarsely chop half of the uncooked shrimp. Put the remaining shrimp in a food processor and pulse until smooth. Combine both shrimp in a bowl with the breadcrumbs, lemon juice, salt, garlic powder, pepper, scallions and egg then mix to combine. Refrigerate for 10 minutes and then form into 4 patties. Refrigerate for 10 more minutes
2. Heat the oil in a large cast iron skillet over medium-high heat. Cook the burgers about 3 minutes per side
3. For the Old Bay Mayo combine mayonnaise and Old Bay to taste in a small bowl
4. To serve spread the buns with the mayo and place the burgers on the buns. Top the burgers with lettuce and tomato



TACOS

SWEET POTATO & BLACK BEAN TACOS WITH AVOCADO CREMA & CILANTRO

INGREDIENTS

2 SWEET POTATOES	1 LIME	1 AVOCADO
1 YELLOW ONION	6 FLOUR TORTILLAS	2 CLOVES GARLIC
1/4 OZ CILANTRO	1/2 OZ HONEY	6.7 OZ BLACK BEANS
4 TBS SOUR CREAM	1 TSP CUMIN	

DIRECTIONS

1. WASH & DRY ALL PRODUCE. ADJUST RACK TO MIDDLE POSITION & PREHEAT OVEN TO 400 DEGREES. CUT SWEET POTATOES INTO 1/2-INCH CUBES. TOSS ON A BAKING SHEET WITH 1 TBSP OLIVE OIL AND A PINCH OF SALT AND PEPPER. ROAST IN OVEN UNTIL TENDER AND LIGHTLY BROWNED, ABOUT 20 MINUTES

2. HALVE, PEEL AND DICE ONION. PICK CILANTRO LEAVES FROM STEMS; DISCARD STEMS. MINCE/GRATE GARLIC. DRAIN AND RINSE HALF THE BEANS FROM THE BOX (USE THE REST AS YOU LIKE). ZEST 1/2 TSP ZEST FROM LIME, THEN CUT INTO HALVES

3. HEAT 1 TBSP OLIVE OIL IN LARGE PAN OVER MEDIUM HEAT. ADD ONION AND COOK, TOSSING OCCASIONALLY UNTIL SOFTENED, 5-6 MINUTES. SEASON WITH SALT AND PEPPER. ADD GARLIC AND BEANS TO PAN. COOK, TOSSING UNTIL FRAGRANT AND WARMED THROUGH 3-4 MINUTES

4. WRAP TORTILLAS IN FOIL AND PLACE IN OVEN TO WARM, ABOUT 5 MINUTES. (TIP: ALTERNATIVELY, WRAP TORTILLAS IN A DAMP PAPER TOWEL AND MICROWAVE ON HIGH UNTIL WARM, ABOUT 30 SECONDS.) TOSS SWEET POTATOES, HONEY CUMIN, AND JUICE FROM ONE LIME HALF INTO PAN WITH BEANS AND COOK UNTIL LIQUID IS MOSTLY EVAPORATED, 2-3 MINUTES, SEASON WITH SALT AND PEPPER

5. HALVE, PIT, AND PEEL AVOCADO. CUT ONE HALF INTO THIN SLICES. ROUGHLY CHOP OTHER HALF AND PLACE IN A MEDIUM BOWL ALONG WITH SOUR CREAM, JUICE FROM REMAINING LIME HALF, AND LIME ZEST. MASH WITH A FORK UNTIL MOSTLY SMOOTH. SEASON WITH SALT AND PEPPER

6. SPREAD AVOCADO CREMA ONTO TORTILLAS, THEN TOP EACH WITH FILLING, AVOCADO SLICES, AND CILANTRO

Karen Tolley - Finance



SOUTHERN BAKED BEANS

 1 HOUR 15 MIN

 12 SERVINGS

INGREDIENTS

2 TBSP OLIVE OIL

2 GREEN BELL PEPPER, FINELY DICED

1 SWEET ONION, FINELY DICED

1 POUND GROUND BEEF

1/2 CUP KETCHUP

4 TSP YELLOW MUSTARD

2 TBSP WORCESTERSHIRE SAUCE

4 (22 OZ) CANS BUSH'S SOUTHERN PIT BARBECUE BAKED BEANS

1 CUP DARK BROWN SUGAR (OR LIGHT BROWN SUGAR)



INSTRUCTIONS

1. PREHEAT THE OVEN TO 325 DEGREES.
2. IN AN OVEN SAFE SKILLET TO DUTCH OVEN, ADD THE OLIVE OIL, PEPPERS AND ONIONS. COOK FOR 3-4 MINUTES UNTIL THE ONIONS ARE TRANSLUCENT.
3. ADD THE GROUND BEEF. COOK, BEAT UP THE MEAT UNTIL NO LONGER PINK.
4. ADD THE BEANS, WORCESTERSHIRE SAUCE, BROWN SUGAR, KETCHUP, AND MUSTARD. STIR UNTIL THE INGREDIENTS ARE THOROUGHLY COMBINED.
5. IF YOU DON'T HAVE AN OVEN SAFE SKILLET, TRANSFER THE BEAN MIXTURE TO A 9X13 INCH BAKING PAN.
6. TRANSFER TO THE OVEN AND BAKE FOR 45 MINUTES. STIR THE BEANS HALFWAY THROUGH.

Irene Barnes- Council Office

NOTE: The perfect side to go with pulled pork or ribs.



PORK ROAST

Christmas pernil, Dominican pork shoulder

SEASONING:

- 1/2 cup capers
- 1 large red onion
- 1 head garlic large, peeled
- 1/3 cup lime juice or sour orange juice (AKA Seville orange, or bitter orange)
- 4 Tbsp kosher salt (sea salt without iodine)

- 1/2 cup pitted green olives
- 4 Tbsp oregano (dry, ground)
- 2 Cubanela (cubanelle pepper) or green bell pepper, diced
- 2 Tbsp pepper (freshly-cracked, or ground)

PORK:

- 12 lb pork (bone-in leg of ham, or shoulder)
- 3 Tbsp kosher salt (crushed sea salt without iodine)

EQUIPMENT:

- Large roasting pan with wire rack
- Meat thermometer, or oven probe thermometer

NOTES: Please keep in mind the type of oven you have. Convection ovens cook foods 30% faster, so adjust your timing. Strongly advise you acquire a meat thermometer, as this will guarantee your pork is cooked thoroughly.

INSTRUCTIONS

1. In a blender, combine & blend together all the ingredients for the seasoning (**green olives, capers, chopped onion, peeled garlic cloves, black pepper, cubanelle pepper, lime juice and kosher salt**) to obtain a coarse paste.
2. Place the **leg of ham** on a baking tray skin side down. Carve deep holes in the meat on the opposite side of the skin. Keep a distance of about 3 inches between each hole. Don't perforate the skin.
3. Using a teaspoon, stuff the holes with the seasoning mixture, pour on the leg, and spread over the remaining seasoning (the side opposite to the skin).
4. Cover the leg tightly with aluminum foil and refrigerate for 24 hours.
5. Place skin-side-up on a roast tray lined with aluminum foil, and with a wire rack (see notes). Pat dry the skin with paper towels. Rub the skin with **kosher salt**. Cover the leg loosely with aluminum foil. Heat oven to 350 degrees.
6. Cook in the oven 20 minutes per lb. of meat, or until the internal temperature reaches 165 degrees, start measuring at 4 hours cooking time for a 12 lb. leg, inserting the tip of the meat thermometer reaching the center of the leg.
7. Once cooked per the instructions above, remove the aluminum foil and return to the oven to cook until the skin is golden brown. If you prefer the skin bubbly, and crackly, finish cooking in the broiler.
8. Remove from the oven, cover with a clean tea towel, and let it rest for 20 to 30 minutes before serving. If you wish to keep it warm without it drying out, you can place it in an icebox after resting, and serve it up to two hours later.

BAKLAVA

Susan Webb - Planning & Zoning

DIRECTIONS



INGREDIENTS

FOR BAKLAVA:

- 1 PACKAGE OF FILO DOUGH (ABOUT 16 OZ), THAWED
- 2 CUPS WALNUTS, FINELY CHOPPED
- 1 CUP UNSALTED BUTTER, MELTED
- 1 TSP GROUND CINNAMON

FOR THE SYRUP:

- 1 CUP WATER
- 1 CUP SUGAR
- 1 TBSP LEMON JUICE
- 1 CINNAMON STICK
- 1 TSP VANILLA EXTRACT

PREPARE THE NUTS:

- IN A BOWL, COMBINE THE CHOPPED NUTS AND CINNAMON. SET ASIDE

ASSEMBLE THE BAKLAVA:

- PREHEAT OVEN TO 350 DEGREES
- BRUSH THE BOTTOM & SIDES OF 9X13-INCH BAKING DISH WITH MELTED BUTTER
- LAYER 8 SHEETS OF FILO DOUGH, BRUSHING EACH SHEET WITH BUTTER AS LAYERED IN THE DISH
- AFTER THE FIRST 8 SHEETS, EVENLY SPREAD A THIN LAYER OF THE CHOPPED NUTS OVER THE DOUGH
- CONTINUE LAYERING 6 MORE SHEETS OF FILO DOUGH, AGAIN BRUSHING EACH SHEET WITH BUTTER
- ADD ANOTHER LAYER OF CHOPPED NUTS, THEN REPEAT LAYERING PROCESS, ALTERNATING BETWEEN NUTS AND FILO DOUGH. FINISH WITH 8 LAYERS OF BUTTERED FILO DOUGH ON TOP

CUT THE BAKLAVA:

- USING A SHARP KNIFE, CUT THE BAKLAVA INTO DIAMOND/SQUARE SHAPES. BE SURE TO CUT THROUGH ALL THE LAYERS

BAKE:

- BAKE THE BAKLAVA IN THE PREHEATED OVEN FOR ABOUT 45-50 MINUTES, OR UNTIL THE TOP IS GOLDEN

MAKE THE SYRUP:

- WHILE THE BAKLAVA IS BAKING, COMBINE THE WATER, SUGAR, LEMON JUICE & CINNAMON STICK IN A SAUCEPAN. BRING TO A SIMMER OVER MEDIUM HEAT, STIRRING OCCASIONALLY UNTIL THE SUGAR DISSOLVES & THE SYRUP THICKENS SLIGHTLY (ABOUT 10 MIN). REMOVE FROM HEAT & STIR IN VANILLA EXTRACT. LET SYRUP COOL TO ROOM TEMP

ADD THE SYRUP:

- ONCE BAKLAVA IS DONE BAKING, REMOVE IT FROM OVEN & IMMEDIATELY POUR THE COOLED SYRUP ON TOP OF THE BAKLAVA. SYRUP MUST SEEP INTO LAYERS

LET IT SET/SERVE:

- ALLOW BAKLAVA TO COOL COMPLETELY WITH SYRUP SOAKED FOR SEVERAL HOURS OR OVERNIGHT. ONCE SET, CUT THROUGH TO SEPARATE THEN SERVE



CREAMY ITALIAN CHICKEN PASTA

INGREDIENTS

3-4 LBS CHICKEN
BREAST

1 BOTTLE ZESTY
ITALIAN DRESSING

32 OZ BOX OF
CHICKEN BROTH

1 PACKET ITALIAN
DRESSING MIX

2 BLOCKS CREAM
CHEESE

ROTINI PASTA

INSTRUCTIONS

Put in crock pot chicken, dressing, Italian mix, both blocks cream cheese and half the chicken broth.

Let cook for 8 hours on low or until chicken is easy to shred.

Add pasta and rest of chicken broth than mix completely.
Food will be ready 45 minutes later.



INGREDIENTS

1.5 Tbsp oil	1/2 tsp cayenne	2 Tbsp fresh parsley chopped
2 Tbsp butter	1/2 tsp salt	
1 shallot finely diced	1/4 tsp pepper	4 medium potatoes, cut up
1 celery stalk finely diced	2 cups heavy cream	1/4 lime juiced
1 garlic clove minced	2 pint jar of Choptank River Shucked Oysters	2 Tbsp chives chopped
1/2 tsp thyme		1 cup milk

INSTRUCTIONS:

- Put the oil and butter into a medium sized pot on medium heat
- Once butter is melted, add the shallots & celery and potatoes and cook until soft, about 5 minutes. Add the garlic, cayenne, thyme, salt, and pepper, and cook just until you smell the garlic
- Add the heavy cream and milk and cook until your stew just starts to simmer, but is not boiling. Turn down the heat and add your oysters along with the brine they came in. Cook until the oysters start to turn up around the edges
- Portion your stew into three bowls and divide the chives, fresh parsley, and lime juice into each
- It's as easy as that to make oyster stew! This oyster stew recipe can be served on its own as an appetizer or can be eaten as a meal with salad or fresh bread on the side, or both! Crackers are also a popular item to eat with oyster stew.

INSTRUCTIONS

PREHEAT OVEN TO 425 DEGREES

BUTTER A 1-2 QUART CASSEROLE DISH

BOIL 8 OUNCES OF **MACARONI** TILL
DESIRED DONENESS

DRAIN AND PUT INTO CASSEROLE DISH
AND SET ASIDE

IN MEDIUM SAUCE PAN MELT 3 TBSP
OF **MARGARINE BUTTER**

ADD 3 TBSP OF **FLOUR** AND STIR
TOGETHER

SLOWLY ADD 2 CUPS OF **MILK** AND
STIR UNTIL YOU HAVE A PUDDING
THICKNESS

ADD 2 CUPS OF **EXTRA SHARP
SHREDDED CHEESE** (OR A SHREDDED
THREE CHEESE MIXTURE IS GOOD TO
USE)

STIR THE MILK AND CHEESE MIXTURE,
THEN POUR INTO THE COOKED
MACARONI AND MIX ALTOGETHER

COOK FOR APPROXIMATELY 20
MINUTES OR UNTIL BUBBLY AND
SLIGHTLY BROWN AROUND THE EDGES

READY TO EAT

TERRY JONES - FINANCE

MACARONI & CHEESE

soup

BEEF STEW

David Dierks - Facilities

DIRECTIONS

PREHEAT THE OVEN TO 325 DEGREES AND SET A RACK IN THE LOWER MIDDLE POSITION

PAT THE BEEF DRY AND SEASON WITH THE SALT AND PEPPER.

IN A LARGE DUTCH OVEN OR HEAVY SOUP POT, HEAT 1 TBSP OF OLIVE OIL OVER MEDIUM-HIGH HEAT UNTIL HOT AND SHIMMERING. BROWN THE MEAT IN 3 BATCHES, TURNING WITH TONGS, FOR ABOUT 5 MINUTES PER BATCH; ADD ONE TSP MORE OIL FOR EACH BATCH. (TO SEAR THE MEAT PROPERLY, DO NOT CROWD THE PAN AND LET THE MEAT DEVELOP A NICE BROWN CRUST BEFORE TURNING WITH TONGS.) TRANSFER THE MEAT TO A LARGE PLATE AND SET ASIDE.

ADD ONIONS, GARLIC AND BALSAMIC VINEGAR; COOK, STIRRING WITH A WOODEN SPOON AND SCRAPING THE BROWN BITS FROM BOTTOM OF THE PAN, FOR ABOUT 5 MINUTES. ADD THE TOMATO PASTE AND COOK FOR A MINUTE MORE. ADD THE BEEF WITH ITS JUICES BACK TO THE PAN AND SPRINKLE WITH THE FLOUR. STIR WITH WOODEN SPOON UNTIL THE FLOUR IS DISSOLVED, 1-2 MINUTES. ADD THE WINE, BEEF BROTH, WATER, BAY LEAF, THYME, & SUGAR. STIR WITH A WOODEN SPOON TO LOOSEN ANY BROWN BITS FROM THE BOTTOM OF THE PAN AND BRING TO A BOIL. COVER POT WITH LID, TRANSFER TO PREHEATED OVEN & BRAISE FOR 2 HOURS.

REMOVE THE POT FROM THE OVEN AND ADD THE CARROTS POTATOES. COVER AND PLACE BACK IN OVEN FOR ABOUT AN HOUR MORE, OR UNTIL THE VEGETABLES ARE COOKED, THE BROTH IS THICKENED, AND THE MEAT IS TENDER. FISH OUT THE BAY LEAF AND DISCARD, THEN TASTE AND ADJUST SEASONING, IF NECESSARY. SERVE THE STEW WARM -- OR LET IT COME TO ROOM TEMP AND THEN STORE IN THE REFRIGERATOR OVERNIGHT OR UNTIL READY TO SERVE. THIS STEW IMPROVES IN FLAVOR IF MADE AT LEAST 1 DAY AHEAD. REHEAT, COVERED, OVER MEDIUM HEAT. GARNISH WITH FRESH PARSLEY, IF DESIRED.

NOTE: IF YOU DON'T HAVE A DUTCH OVEN OR COVERED POT THAT IS APPROPRIATE FOR THE OVEN, THE STEW CAN BE COOKED ON THE STOVE. THE TIMING WILL BE THE SAME AND IT SHOULD BE COOKED OVER THE LOWEST SETTING.

Freezer-Friendly: *If you want to freeze the stew, transfer it to an airtight container once cooled. It can be frozen for up to 3 months*



INGREDIENTS

3 POUNDS BONELESS BEEF CHUCK (WELL-MARBLED), CUT INTO 1.5-INCH PIECES

2 TSP SALT

1 TSP FRESHLY GROUND BLACK PEPPER

3 TBSP OLIVE OIL

2 MEDIUM YELLOW ONIONS, CUT INTO 1-INCH CHUNKS

7 CLOVES GARLIC, PEELED & SMASHED

2 TBSP BALSAMIC VINEGAR

1.5 TBSP TOMATO PASTE

1/4 CUP ALL-PURPOSE FLOUR

2 CUPS DRY RED WINE

2 CUPS BEEF BROTH

2 CUPS WATER

1 BAY LEAF

1/2 TSP DRIED THYME

1.5 TSP SUGAR

4 LARGE CARROTS, PEELED AND CUT INTO 1-INCH CHUNKS ON A DIAGONAL

1 POUND SMALL WHITE BOILING POTATOES (BABY YUKONS), CUT IN HALF

FRESH CHOPPED PARSLEY, FOR SERVING (OPTIONAL)

The background of the image is a collage of various dishes. At the top, there's a bowl of shrimp in a red sauce with green beans. To the right, there's a bowl of yellow noodles with green vegetables. Below that, there's a bowl of rice with a slice of lime and red peppers. At the bottom, there's a bowl of soup with shrimp and a green leaf. The entire collage is set against a dark, textured background.

THANK YOU

We would like to
acknowledge all staff
members
contributions with
sharing various
recipes with fellow
colleagues and the
community.

Dorchester County