

RECIPES PUBLISHED IN PARTNERSHIP WITH MANITOBA AGRICULTURE, FOOD AND RURAL INITIATIVES

Great Tastes of Manitoba



 **foodManitoba**
Local Farms. Local Foods.

Join us **Saturdays** at **6:30 pm**
CTV Winnipeg

RECIPES

series 2012 / 2013

ZUCCHINI & GOAT CHEESE BEEF ROULADE

Makes 4 servings

2 lb (1 kg) **flank marinating steak**, butter-fried and tenderized
2 tsp (10 mL) smoked paprika
1 tsp (5 mL) EACH salt and black pepper
1 Tbsp (15 mL) olive oil
1 (300 mL) jar roasted red peppers, drained and sliced
1 pkg (140 g) goat cheese, chopped
2 tsp (10 mL) blended basil paste (tube variety)
1 small zucchini, chopped
½ tsp (2 mL) EACH salt and pepper
2 meters butchers twine

Filling: Combine roasted peppers, zucchini, goat cheese, basil, ½ tsp (2 mL) EACH salt and pepper.

Assemble: Spread entire filling on flank steak. Roll tightly away from your body. Tie butchers twine 1-inch apart length-wise. Place on baking tray seam-side down with an oven-safe meat thermometer. Place in oven at 300°F for roughly 1 hour or until digital instant read thermometer reached 155°F (68°C). Remove from oven tent and allow beef to rest for 5 minutes, temperature will rise to 160°F (71°C) for well done. Cut twine and slice in 1-inch pieces.

Marinade: Combine paprika, 1 tsp (5 mL) EACH salt and pepper. Tenderize flank steak, season and drizzle oil on both sides rub in seasoning, wrap and refrigerate 1-12 hours.

BEEF AND CHEESE STUFFED EGGPLANT ROLL-UPS (GLUTEN-FREE)

Makes 6-8 servings

1 lb (500 g) **extra-lean ground beef**
¼ cup (50 mL) EACH yellow onions, diced and tomato paste
1 garlic clove, minced
1 tsp (5 mL) EACH Italian seasoning, salt and black pepper
3-5 small baby eggplants, sliced length-wise
1 ½ cup (150 g) mozzarella cheese, shredded (divided)
2 cup (500 g) cottage cheese (1% M.F.)
⅓ cup (75 mL) EACH parmesan cheese and fresh basil, chopped
1-2 (650 mL) jar marinara tomato sauce

Prepare: Cut ends off eggplants, stand on flattened end, cut lengthwise into thin ¼-inch slices. Sprinkle lightly with salt. Microwave on HIGH for 5 minutes. In skillet over medium-high heat; add first 4 lines of ingredients. Stir until ground beef is browned. Remove from heat, cool. Remove eggplant from microwave, press out excess moisture with clean towel.

Filling: Combine 1 cup (100 g) mozzarella, cottage, parmesan cheeses, basil and beef mixture; do not over mix.

Assembly: Place ¼ cup (50 mL) of filling on end of sliced eggplant closest to you. Roll away from yourself. Place in 1-2 inch baking dish. Repeat. Pour marinara sauce over top sprinkle with reserved ½ cup (50 g) mozzarella cheese. Bake at 350°F (180°C) for 30 minutes or until internal temperature of 160°F (71°C) is reached.

BAKED SHREDDED BEEF AND MONTEREY JACK TAQUITOS

Makes 6 servings

1 tsp (5 mL) EACH garlic powder, chilli powder
½ tsp (2 mL) cumin
1 chipotle peppers in adobo sauce, seeds removed (canned variety)
1 Tbsp (15 mL) EACH adobo sauce, lime juice
½ cup (125 mL) EACH red and yellow bell peppers, chopped
¼ cup (50 mL) cilantro, chopped
4 cups (1 L) **roast beef, cooked & shredded** (2lb/1 kg Blade roast, boneless)
1 pkg (380 g) Monterey Jack cheese blend (Tex-Mex variety)
10-12 soft flour tortilla shells
canola cooking spray

Combine: In large bowl first 6 lines of ingredients. Add shredded beef, mix until combined.

Assembly: Generously spray rectangular baking sheet with cooking spray. Sprinkle cheese on tortilla shell. Add ¼ cup (50 mL) of filling and cover with more cheese. Roll into a cylinder shape. Place on baking sheet. Repeat. Spray all rolled taquitos with cooking spray.

Bake: Place in 400°F (200°C) oven for 5-8 minutes until cheese is melted and tortilla is golden.

GRANDMA ROSA'S POT ROAST

Makes 6 servings

2 lb (1 kg)	sirloin tip roast beef, tied
3 tsp (15 mL)	EACH salt and black pepper (divided)
2 Tbsp (25 mL)	canola oil (divided)
1 cup (250 mL)	EACH celery and carrot, coarsely chopped
1	medium yellow onion, coarsely chopped
2	EACH garlic cloves, minced and bay leaves, dried
2 Tbsp (25 mL)	tomato paste
1 tsp (5 mL)	thyme, dried
½ cup (125 mL)	dry red wine
2 cups (500 mL)	water
1 cup (250 mL)	white button mushrooms and parsnips, coarsely chopped
	parsley (garnish)

Sear: Heat a dutch oven or heavy pot over medium-high heat with 1 Tbsp (15 mL) canola oil. Season roast with 1 tsp (5 mL) EACH salt & pepper, sear to brown all sides; remove from heat.

Caramelize: Add Remaining oil to dutch oven lower heat to medium. Add celery, carrots, onion mix scraping brown bits off the bottom of pot until vegetables are softened. Add garlic and tomato paste stir until garlic is fragrant.

Roast: Place roast over top of vegetables. Add bay leaves, sprinkle dried thyme overtop of vegetables add wine, water and 2 tsp (10mL) EACH salt and pepper. Cover dutch oven with heavy lid and place in a 325°F (170°C) oven for 2 hours. Add parsnips and mushrooms; uncover pot for the last 30 minutes. Remove from oven. Place roast on cutting board allow meat to rest for 10 minutes, slice thinly add back into pot to soak in sauce and vegetables. Serve.

SWEET & SPICY BEEF STIR-FRY

Makes 4 servings

¼ cup (50 mL)	EACH hoisin sauce and low sodium soy sauce
2 tsp (10 mL)	EACH cornstarch, rice vinegar and chilli garlic sauce
1 lb (500 g)	beef stir-fry strips
1 tsp (5 mL)	EACH salt and pepper
2 Tbsp (25 mL)	canola oil, divided
1-inch	fresh gingerroot, peeled and minced
2	garlic cloves, minced
1 cup (250 mL)	EACH red, yellow bell peppers and snow peas, chopped
	green onion, toasted sesame seed (garnish)

Sauce: In large bowl combine first 3 lines of ingred ents, set aside. Season beef strips with salt and pepper. Chop veggies and heat wok over medium-high heat.

Wok: Add 1 Tbsp (15 mL) oil to hot wok, add beef and stir-fry for 3-4 minutes until meat is browned and caramelized. Remove beef from wok; add remaining oil, garlic, ginger, peppers and snow peas stir-fry for 1-2 minutes stir constantly. Add sauce to wok allow to thicken with vegetables. Remove from heat and add beef strips. Serve over rice or noodles, garnish with green onion and toasted sesame seeds.

HEARTY MEATBALL SOUP

Makes 6-8 servings

¾ lb (750 g)	extra-lean ground beef
¼ lb (250 g)	Italian mild pork sausage
⅓ cup (75 mL)	bread crumbs
¼ cup (50 mL)	yellow onion, diced
2 tsp (10 mL)	EACH Italian seasoning, salt (divided)
1 tsp (5 mL)	black pepper
2	garlic cloves, minced
1	egg, slightly beaten
2-(900 mL)	tetra packs no-sodium-added chicken broth
2	red bell peppers, chopped
2 cans	navy beans (540 mL/19 fl oz)
4 cups (1 L)	baby spinach
2 cups (500 mL)	water

Meatballs: Remove sausage casing from pork. Combine ground meats together with breadcrumbs, onion, seasoning, 1 tsp (5 mL) salt, garlic and egg. Form meatballs into bite size balls place on a baking sheet. Bake at 350°F(180°C) for 8 minutes until browned.

Soup: Meanwhile, in a stock pot over medium heat add water, stock, peppers; bring to a simmer. Add baked meatballs and beans and simmer for 10 minutes or until meatballs are well done 160°F(71°C). Remove from heat; add spinach, remaining salt and pepper. Serve once spinach in bright green and wilted.