



Meat Share

November 2018-February 2019

December 2018

THIS MONTH'S
RECIPES

Rigatoni with Sirloin and Gorgonzola Sauce

Ingredients

Recipe from Food and Wine

2 tablespoons cooking oil
1 pound sirloin steak, cut into 1-inch cubes
1 1/2 teaspoons salt
3/4 teaspoon fresh-ground black pepper
1/2 pound portobello mushrooms, stems removed, caps cut in half and then sliced crosswise
1 shallot or 2 scallions including green tops, minced
3/4 cup beef or chicken broth or homemade stock
1/4 teaspoon Worcestershire sauce
3 ounces Gorgonzola or other blue cheese
1/2 cup heavy cream
2 tablespoons chopped fresh parsley
3/4 pound rigatoni

How to Make It

In a large frying pan, heat 1 tablespoon of the oil over moderate heat. Season the steak with 1/4 teaspoon each of the salt and pepper and add it to the pan. Brown on all sides, about 4 minutes, and remove. The meat should be medium rare.

Add the remaining 1 tablespoon oil to the hot pan, along with the mushrooms and 1/4 teaspoon of the salt. Cook for about 2 minutes. Remove the mushrooms from the pan and add to the steak.

Add the shallot, broth, and Worcestershire sauce to the hot pan. Cook, stirring, to dislodge any browned bits that cling to the bottom of the pan. Simmer until the liquid is reduced to about 1/3 cup, approximately 5 minutes.

Add the cheese and the cream to the pan along with the steak and mushrooms and any accumulated juices, the remaining 1 teaspoon salt and 1/2 teaspoon pepper, and the parsley. Simmer to heat through, about 1 minute.

Meanwhile, in a large pot of boiling, salted water, cook the rigatoni until just done. Drain the pasta and toss it with the sauce.

How to Prepare Chuck Rib Strips

Thin-sliced short ribs are cut across the rib bones of a cow. The cut gives an 8- to 10-inch strip of ribs rather than English style short ribs, which are cut parallel to the bone in rectangular pieces. Thin sliced short ribs, also known as "flanken" or "Korean style beef short ribs." You can braise, grill, or slow cook flanken.

Grilling

-Marinate your meat. Use your favorite marinade, such as Asian marinade or barbecue sauce, in a large freezer bag, place the meat inside and seal the bag. Place the bag in the refrigerator to marinate overnight.

-Heat an outdoor grill to medium-high heat or use a cast iron skillet or your favorite pan on the stove.

-Grill the thin sliced short ribs for 3-4 minutes, turn, and cook for 3-4 more minutes on the other side.

(You can stop here and serve your delicious flavorful rib strips, but be prepared to use your fingers and get messy. This will not be super tender at this stage if cooked over medium rare)

I recommend adding the next steps if you have time.

Braising

-Preheat the oven to 325 degrees Fahrenheit.

-Transfer to a Dutch Oven

-Add beef stock, salt, pepper, onion, garlic, and your favorite spices to the Dutch oven and cover with a lid.

-Bake for 2 hours, or until the meat is fork tender.

Slow Cooker

Place the ribs in a slow cooker. Pour marinade over the meat.

Cover the slow cooker.

Cook on high setting for 5 to 6 hours or on low heat setting for 7 to 8 hours.

We wish you a Merry
Christmas and Prosperous
and Healthy New Year!

Thank You

for supporting our first season of meat shares!

If something comes up and you can't make it, we can meet on Sunday's in Helena.
You must call/email to make arrangements. info@coopercreekranch.com
(406)793-7023 or cell (406)370-7023

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