



Some Recipes to Share

Gordon & Jeannine | Kim, Pat, Rebecca and Garnet | R.R. #2 Devlin, ONT P0W 1C0 | 1-807-486-3477

Jeannine Cornell's All Day Long Stew

INGREDIENTS

- 1½ lbs stewing beef
- 1 10 oz can tomato soup
- 1 cup water or red wine
- ¼ cup flour
- 3 medium carrots sliced thick
- 4 potatoes cut into ½ chunks
- 1 stock of celery cut into 1 inch pieces
- 2 beef bouillon cubes
- 1 bay leaf
- 3 grinds fresh pepper, rosemary and thyme
- 4 tbsp. minute tapioca

DIRECTIONS

- Mix soup, water/wine and flour until smooth.
- Combine with other ingredients in covered roaster.
- Bake in 275° F oven for 4-5 hours.
- Can also be made in slow cooker.

Roast Beef ~ Prime Rib, Sirloin Tip or Rump Roast

DIRECTIONS

- Preheat oven to 550° F.
- Place the roast, fat side up, on a rack in a pan in the oven.
- Reduce the heat immediately to 350° F and cook 18-20 minutes per pound for medium rare.
- For extra flavouring, sprinkle with a commercial seasoning mixture before roasting.

Cornell's Beef on a Bun

INGREDIENTS

- 4-5 pound beef roast
- 1 can coke
- 1 cup ketchup
- 1 package onion soup mix

DIRECTIONS

- Put roast in slow cooker.
- Mix coke, ketchup, and onion soup mix together and pour over beef roast.
- Cook 4-5 hours on high or 6-8 hours on low.
- Break meat apart with fork and serve on buns.
- Serve with mustard, mayonnaise and horseradish.

Cornell's Marinated Steak

INGREDIENTS

- 3 sirloin or flank steaks
- 2 tbsp. molasses
- 2 tsp. ginger
- 2 tsp. dry mustard
- ⅓ cup soy sauce
- ¼ cup oil
- 1 tsp. fresh garlic crushed

DIRECTIONS

- Mix ingredients thoroughly.
- Marinate flank steak in mixture for 24 hours, then barbecue.
- Can also be used with hamburgers, steaks, etc.



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Mrs. Harvey's Barbecued Short Ribs

INGREDIENTS

- 2 pounds short ribs
- 3 tbsp. flour
- 1 tsp. salt
- dash of pepper
- 2 tbsp. oil
- 1 onion chopped
- ¼ cup vinegar
- 2 tbsp. brown sugar
- 1 cup chili sauce or ketchup
- 2 cups water
- 2 tsp. dry mustard
- 2 cup celery, diced
- 1 tsp. salt

DIRECTIONS

- Make sure ribs are cut into 3 inch pieces.
- Combine flour, salt and pepper and put in plastic bag.
- Shake each rib with seasoned flour to cover.
- Heat oil in frying pan and brown ribs.
- Lift meat into casserole.
- Add chopped onion to frying pan and brown.
- Add all remaining ingredients to frying pan and heat near boiling.
- Pour over short ribs in casserole.
- Cover and bake in 325° F oven for 2 hours or until tender.
- Can also be cooked in a slow cooker.

Chuck Roast ~ Crossrib Roast, Blade Roast

DIRECTIONS (OPTION 1)

- Preheat oven to 300° F.
- Place the roast, fat side up, on a rack in a pan.
- Add 1 cup water and 2 cups red wine or 1½ cups vegetable stock.
- Cover and bake 35-40 minutes per pound.
- For extra flavouring, sprinkle with a commercial seasoning mixture before roasting.

DIRECTIONS (OPTION 2)

- Place roast in slow cooker and cover with home-made or commercial barbecue sauce.
- Turn to high for 2 hours, then reduce to low.

Joanne Clysdale's Beef Barley Soup

INGREDIENTS

- 1 beef shank
- 2⅓ cup barley
- 1 package onion soup mix
- 3 stocks of celery cut into small pieces
- 5 cups of water
- 1 can of peas and carrots

DIRECTIONS

- Cut beef of shank and cut into bite-sized pieces.
- Combine all ingredients together, except can of peas and carrots and simmer for 3-4 hours.
- Add peas and carrots 10 minutes before serving.
- Can also be made in a slow cooker.



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Round Steak and Vegetable Stir-Fry

INGREDIENTS

- 2 round steaks, cut into strips 2 inches by 1 inch x ¼ inch
- Frozen chinese vegetables
- 3 cloves of garlic
- 2 tbsp. minced ginger root
- 2 tbsp. soy sauce
- 2 tbsp. red wine
- 2 tbsp. water
- 1 tbsp. cornstarch
- vegetable oil

DIRECTIONS

- In a small bowl, combine garlic, ginger root, soy sauce, red wine and water.
- Marinate meat in this mixture for 15 minutes.
- Combine cornstarch with 1 tbsp. of water and set aside.
- Heat oil over high heat in wok or large, heavy frying pan.
- Drain meat, saving sauce and add to wok. Stir-fry quickly until no longer pink (about 2 minutes).
- Remove meat and set aside. Add frozen vegetables and stir-fry 3-4 minutes.
- Add meat to vegetables and stir-fry for 1 minute.
- Add marinate and cornstarch mixture. Toss contents until sauce thickens.
- Serve with rice or noodles.

Doris' Meatloaf

DIRECTIONS

- Beat 2 eggs and 1 package of dry onion soup mix.
- Add ⅓ cup ketchup; 1½ cups bread crumbs; ¾ cup warm water; and, 2 pounds ground beef.
- Mix together and bake at 350° F for 1 hour in a 9"x5" loaf pan.

Doreen's Sweet n' Sour Meat Balls

INGREDIENTS

- 2 pounds ground beef
- 1 onion (finely chopped)
- 1 tsp. salt
- ¼ tsp. pepper

- 1 cup water
- 1 cup brown sugar
- ½ cup vinegar
- ½ cup ketchup
- 2 tbsp. soya sauce
- 1 tbsp. corn starch

DIRECTIONS

- Mix first four ingredients together and form into tiny meatballs.
- Brown meat balls in pan on all sides and move to roasting pan.
- Mix together last six ingredients and pour over meat balls.
- Bake in 325° F oven for 1½ hours.
- They freeze well.