

BEEF  
SAMPLER  
BOX  
RECIPES



**Have A Cow Cattle Company**  
**St. Louis, Missouri**

# Chili Lime Sirloin Steak Fajitas

## MARINADE:

2 tablespoons olive oil  
1/3 cup freshly squeezed lime juice  
2 tablespoons fresh chopped cilantro  
2 cloves garlic, crushed  
1 teaspoon brown sugar  
¼ teaspoon red chili flakes (adjust to your preference of spice)  
½ teaspoon ground Cumin  
1 teaspoon salt  
2 pound sirloin steak



## FAJITAS:

3 bell peppers of different colors: red, yellow and green, deseeded and sliced  
1 onion, sliced  
1 avocado sliced  
flour tortillas  
Lettuce leaves (optional)  
Extra cilantro leaves to garnish  
Sour cream (optional) to serve

## INSTRUCTIONS

Whisk marinade ingredients together to combine. Pour out half of the marinade into a shallow dish to marinate the steak for 30 minutes, if time allows. \*Refrigerate the reserved untouched marinade to use later\*

## FOR SKILLET:

Heat about one teaspoon of oil in a grill pan or cast iron skillet over medium-high heat and grill steak on each side until desired doneness (about 4 minutes each side for medium-rare, depending on thickness). Set aside and allow to rest for 5 minutes.

## FOR GRILLING:

Heat barbecue (or grill) on high heat. Remove steak from the marinade. Grill for 5-6 minutes per side, or until desired doneness is reached. Transfer to a plate and allow to rest for 5-10 minutes.

## FOR VEGETABLES:

Wipe pan or grill plates over with paper towel; drizzle (or brush) with another teaspoon of oil and fry peppers and onion strips. Add half of the reserved marinade, salt and pepper; continue cooking until done.

## ASSEMBLE:

To serve steak, slice against the grain into thin strips. Pack into warmed tortillas, extra cilantro leaves, sour cream, sliced avocado (or your desired fillings), and drizzle over the remaining reserved untouched marinade.

# *The Best Burger is the Simplest Burger*

## INGREDIENTS:

2 lbs. Have A Cow ground beef  
6 rolls  
4 tbsp. unsalted butter, room temp  
6 tsp of Kosher salt (1 tsp per burger, 1/2 tsp per side)  
Dill pickles slices  
Onion, cut into thick slices  
4 to 8 slices of tomato  
12 to 16 torn iceberg lettuce leaves  
Sliced cheese (optional)  
Mayo (or your favorite condiments)



## INSTRUCTIONS

Divide beef into six 1/3-pound balls. Flatten each ball into a 4" round, 3/4" thick patty (ideally, use a stainless steel round ring mold for uniform size and thickness). Make a small depression with your thumb or a spoon into the center of each patty, about halfway through.

Salt that side of the patty with 1/2 tsp salt. Flip the patty over and put a thin layer of butter on the flat side (this gives a caramelized "crust" which seals in juices), then salt with 1/2 tsp salt.

Cut buns in half, butter and put on grill / skillet to toast for approximately 6 minutes until golden brown. When finished, set aside. Char rings of onion on high heat, about 1-2 minutes per side. Set aside.

Cook the burger patties over direct heat on the grill, or over high heat in a heavy skillet, starting with the buttered side down, 4-5 minutes per side, to desired internal temperature (128=rare, 135=med. rare, 145=med, 165=well done).

Place the patty on the bottom bun, top with 3 to 4 pickles, one to two charred onion rings, one to two slices of tomato & three to four lettuce leaves, plus cheese and condiments if desired.

# Braised Tenderized Round Steak

## INGREDIENTS:

Tenderized round steak  
Red wine or beef stock, about 2 cups  
Flour  
Salt  
Pepper  
Olive oil

## DIRECTIONS:

Brush a generous coat of olive oil on the bottom of a skillet, and place the skillet on a stove burner set to medium-high heat.



Make a seasoning mix of flour, salt, pepper and your favorite seasonings. Dredge the tenderized steaks in the flour mixture, coating both sides thoroughly.

Test the oil to make certain it is hot enough by dripping a drop of water into the bottom of the skillet. The oil is hot enough when the water sizzles.

Lay the round steak in the oil and brown it thoroughly until golden brown on one side, then repeat the process on the other, cooking the steaks about halfway.

Pour off the drippings from the skillet, and arrange the steaks single layer on the bottom of the skillet.

Fill the skillet with enough wine, stock or water to cover the steaks by approximately  $\frac{3}{4}$  of their thickness.

Cover the skillet with a tight-fitting lid, place it in a preheated oven set to 350 F and bake for approximately 1 hour. The steaks are done when the internal temperature, as measured by a meat thermometer, is at least 145 F, or medium-rare.

# Sear-Roasted Rib Steak with Garlic Butter

## INGREDIENTS:

3 garlic cloves  
Kosher salt  
8 tablespoons unsalted butter, softened  
1 teaspoon dried thyme  
Ample pinch of coarsely ground black pepper  
2 tablespoons vegetable or olive oil  
2 large (16 to 20 ounces) or 4 small (8 to 10 ounces) bone-in rib steaks or boneless rib-eye steaks



## DIRECTIONS:

### FOR GARLIC BUTTER:

- Chop the garlic finely. Sprinkle 1 tablespoon salt over the garlic and continue to chop it, occasionally smashing and smearing the garlic with the flat side of the knife, until the garlic becomes paste-like.
- Put the garlic paste, butter, thyme, and pepper in a small bowl. Fold the softened butter over and onto the garlic and thyme, mashing it down with the back of a spoon or spatula.
- Use a sheet of plastic wrap to help shape the butter into a log, wrap the log well with the plastic wrap, and refrigerate until ready to use. (The garlic butter can be made up to 3 days ahead; it can also be frozen, well wrapped, for a couple of months.)

### FOR STEAK – GRILLING:

Heat grill on high heat. Grill steak for 5-6 minutes per side, or until desired doneness is reached. Transfer to a plate and allow to rest for 5-10 minutes.

### FOR STEAK – STOVE TOP / OVEN:

- Heat the oven to 425 degrees F.
- In a large ovenproof sauté pan, heat the vegetable oil over high heat until very hot. Season the steaks with a little salt and pepper. Add the steaks to the pan and brown them well on 1 side, about 5 minutes. Turn the steaks and brush them liberally with the garlic butter.
- Finish cooking the steaks in the oven, brushing them occasionally with more garlic butter, until done, about another 5 minutes. (The time will vary depending on how you like your steaks cooked and how thick they are.)
- Remove the steaks from the oven and allow them to rest for 5 minutes before serving. Serve smaller steaks whole or sliced thinly across the grain. Cut larger steaks into 2 servings or into thin slices. Spoon any remaining juices from the pan onto the meat as well.

# Southern Pot Roast

## INGREDIENTS:

1 (3-pound) chuck pot roast (boneless)  
1 teaspoon salt  
1/2 teaspoon black pepper  
3 tablespoons olive oil (divided)  
2 large onions (peeled and quartered)  
4 carrots (peeled, cut into 3-inch pieces, halved lengthwise)  
2 cloves garlic (minced)  
1 cup dry red wine  
3 cups beef broth  
1/2 teaspoon dried leaf thyme  
2 sprigs fresh rosemary  
1 1/2 to 2 pounds potatoes (peeled and quartered)  
For the Gravy:  
2 tablespoons cornstarch  
1/4 cup water (cold)



## DIRECTIONS:

Preheat the oven to 300 F. Sprinkle the chuck roast with salt and freshly ground black pepper. In a large Dutch oven, heat up 2 tablespoons of the olive oil over medium-high heat. Add the quartered onions and cook, stirring, until the onions are lightly browned – about 5 to 8 minutes. Add the carrots to the pot and cook, stirring, for 2 minutes. Remove the carrots and onions to a plate and set aside.

Add the remaining 1 tablespoon of oil to the pan and sear the roast, turning to brown all sides – about 6 to 8 minutes total. Remove the roast to a plate and set aside.

Add the garlic to the Dutch oven and cook, stirring, for 1 minute. Add the red wine and bring to a boil. Stir and scrape up all the browned bits until the wine is reduced by a third. Add the beef broth to the pan, along with the thyme and rosemary. Bring to a simmer.

Add the onions and carrots back to the pot, along with the beef. Cover the Dutch oven tightly and braise the roast in the 300 F oven for 2 hours.

After 2 hours, remove from the oven and add the potatoes. Place back in the oven and continue cooking for one additional hour, or until the potatoes and roast are fork-tender.

Uncover the Dutch oven. Strain and pour the meat juices into a saucepan, and use a gravy separator to eliminate excess fats. Combine the flour and cold water. Stir until smooth and blended.

Mix the juices and flour-water blend. Bring to a simmer in a small pot and cook, stirring, until thickened.

Pour the gravy over the pot roast and potatoes and serve.

# Grilled French Onion Sirloin Steak Sliders

## INGREDIENTS:

1 large sirloin steak, 1 1/2 inches thick (about 3 pounds)  
2 teaspoons olive oil  
1 packet French onion soup or dip mix  
4 tablespoons butter  
3 large red onions, peeled and sliced thin  
1 cup dry sherry  
3 tablespoons beef broth concentrate  
1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme  
24 small ciabatta rolls, sliced for sliders (or yeast rolls)  
1/2 cup spicy whole grain mustard  
5 ounces baby arugula leaves  
48 thin slices Swiss cheese  
24 sweet pickle slices



## DIRECTIONS:

Preheat the grill to high heat, between 400-500 degrees F. Rub the steaks with the French onion soup mix. Then rub them with olive oil and set aside. Slice the onions, rolls, and cheese.

Place a large iron skillet on the grill. Add the butter and sliced onions. Stir and sauté the onions for 2-3 minutes. Then add the sherry, beef broth concentrate, and thyme leaves. Stir and bring to a simmer. Cook the onions until the liquid reduces to a thick glaze, stirring occasionally.

Place the steaks on the grill and cook for 4-5 minutes per side. Take them off the grill and let the steaks rest for at least 5 minutes.

Meanwhile, open each roll and slather a little mustard on the bottom. Add a small pile of arugula on each roll. Then slice the steaks, against the grain, into ultra-thin pieces.

Pile steak slices on the bottom of each bun. Top with hot french onions, and two small slices of swiss cheese. Add a sweet pickle on each sandwich and cover with the roll top. If the steak and onions aren't hot enough to melt the cheese, place the sliders on a baking sheet and set the baking sheet on the warm grill for 2-3 minutes to melt the cheese. Serve warm!

# *Slow Cooker Italian Beef*

## INGREDIENTS:

- 1 (3-pound) chuck pot roast (boneless)
- 1 cup water
- 1 packet dry Italian Dressing mx

## DIRECTIONS:

Put chuck roast in crock pot, sprinkle with seasoning and pour water over.

Cook on low, 8-10 hours. When done, shred beef with two forks.

Serve with rolls, cheese, BBQ sauce, horseradish sauce, sliced pickles, French fried onion rings, etc.!



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