



**FABBYNOSH**  
**MY FAVOURITE BEEF**  
**RECIPES**

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COOKED UP BY GARY ALLEN

Today many different cattle breeds can be found throughout the world, all of these are believed to have come from a single ancestor called the aurochs. In prehistoric times, the aurochs were widespread throughout Europe and Asia and is known to have been hunted by men from the earliest times. Many believe that cattle were first domesticated in Europe and Asia during the Stone Age, remains of domesticated cattle dating to 6,500 B.C. have been found in Turkey and other sites in the near East. Around 55 B.C. the Romans recorded seeing red cattle in southwestern England. The red Devon cattle from that area of Britain are considered one of the oldest beef breeds in existence today. Over 900 different breeds of cattle are now known to exist. Breed associations maintain registrations for many of the individual breeds, with some cattle breeds ancestry traced back 600 years or more.

When buying beef, you should make sure the meat is red, any brown colouring usually indicates that it's been open to the air for too long. The meat should be firm to the touch, any fat should be creamy coloured, if there's some fat flecked or marbled throughout this is a good indication that it is more tender.

In this book I have captured some of my favourite beef recipes and their history for you to enjoy, there are many familiar dishes but as usual I have added my own particular spin on them.

In summary there are many schools of thought on who produces the best beef, you only have to speak to an Australian or a South African and they will tell you the American beef doesn't come anywhere near theirs in taste or texture. For me the rules are simple, just use an approved supplier and buy to suit your own taste and loyalty. The truth is everyone knows secretly that British beef is the best.

Experiment and enjoy, happy cooking

Gary

CHATEAUBRIAND

STEAK TARTARE

BEEF STROGANOFF

MEATBALLS

STEW AND DUMPLINGS

BETTY'S MEATLOAF

BEEF WELLINGTON (BOEUF EN CROUTE)

HUNGARIAN GOULASH

BEER CHILLI

ROAST BEEF & YORKSHIRE PUDDING

FAJITAS

TRADITIONAL BUT A LITTLE OUTSIDE THE BOX



The Chateaubriand steak sometimes known as a Filet mignon is a cut from the fillet or tenderloin. Originally created by chef Montmireil in the 18<sup>th</sup> century, Master Chef to Vicomte de Chateaubriand the French author and diplomat who served Napoleon as an ambassador and Louis XVIII as Secretary of State. Chateaubriand is considered the most extravagant cut of meat and in my opinion epitomizes the culinary art when it comes to preparing the king of meats.

**Ingredients:**

- 2lb (1kg) center-cut of fillet with any excess fat trimmed off
  - 4 large Portobello mushrooms
  - 2 cloves garlic (optional extra) for me enough to taste is all
  - 8 tablespoons olive oil
  - 2 Knobs of butter (Not margarine)
  - 2 tablespoon brandy
  - 1cup red wine
  - Ground sea salt
  - Ground black pepper
1. Preheat the oven to 230C (If using a different pan for the oven cooking place it in the oven to get hot)
  2. Season the meat with black pepper and salt
  3. Place your skillet or frying pan on a medium to high heat and add 2 tablespoons of oil
  4. When the oil is hot place the meat in the pan and sear on all sides
  5. When you have a crusty seal put the pan into the oven or transfer to the preheated oven pan
  6. Roast in the middle of the oven for 15 to 20 minutes depending on how rare or well done you want it
  7. When the chateaubriand is ready transfer it to a warmed plate and cover with tin foil and allow it to rest for 15 minutes
  8. Using you frying pan or oven pan warm the juices from the roasting on the stove top, when hot add the butter and garlic and stir together
  9. Add thickly sliced mushrooms and seasoning, sauté for about 3 minutes turning them regularly, add more oil if the pan becomes too dry

10. Take the pan off the stove, add the brandy and return to the heat
11. If you cooking with gas tilt the pan towards the open flame to let it flambé, the same can be done with a kitchen lighter
12. Once the brandy has evaporated lower the heat and add the wine, allowing to simmer for two minutes
13. Carve the meat into slices (usually quite thick), plate individually, drizzle the sauce over the top of the meat and serve

#### **Accompaniments & Garnish**

- The sauce is more than enough
- Serve with seasonal vegetables but don't overfill the plate, a little mustard on the side





Steak Tartare is said to originate from the times of Genghis Khan. The legend being that nomadic Tatar people of the Central Asian didn't have time to cook and thus placed meat underneath their horses' saddles, at the end of a journey the meat would be tenderised and ready to eat. The good news is there is no requirement for you to ride a horse whilst making this tasty dish, give it a try, it's actually very nice.

**Ingredients:**

- 500g (1lb) pound finely ground beef fillet (Must be really fine)
- 1 small finely chopped white onion
- 1 teaspoon Dijon mustard
- Half a teaspoon of hot pepper sauce (Tabasco) optional
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brandy
- Salt to taste
- Ground white pepper to taste
- 1 egg yolk

Mix all the ingredients together until well blended, refrigerate for 30 minutes to allow the flavors to combine. Serve on toasts/crackers with some green salad as dressing. My particular favourite is on a fresh bread role with a boiled egg on the side and a sprinkling of pepper (pictured).



Note: Freezing the meat for a few days before use will ensure there are no parasites or bacteria present, this is particularly important in less hygienic countries





# Beef Stroganoff

Serves 6

Beef Stroganoff was first cooked up in Saint Petersburg, Russia by Charles Brière a chef employed by the wealthy and powerful Stroganoff family. Brière entered the recipe for his beef dish named after his employer in a competition, 'L'Art Culinaire' in 1891 and won first prize. Legend has it that his boss Count Pavel Alexandrovich Stroganoff had lost all his teeth and his chef had designed this recipe to help the Count enjoy his beef even without his pearly whites. This is my variation on the theme, it brings back fond memories for me as it was the first dish I made for Shelly before we were married, it seemed to do the trick and yes she still has her teeth. Once again feel free to experiment a bit, I have made this with red peppers to compliment the onions and give it more colour and even spiced it up with some sweet chilies in the past.

## Ingredients:

- Olive oil cooking spray
  - 1kg beef fillet, trimmed and cut into thin strips
  - 2 brown onions chopped
  - 2 cloves of crushed garlic
  - 400g of sliced button mushrooms
  - 1 tablespoon of HP sauce (A1 Steak Sauce)
  - 3 teaspoons corn flour or more if required to thicken
  - 1 cup of stock
  - 1 tablespoon Worcestershire sauce
  - 1 cup of single cream
  - 3 tablespoons of tomato paste
  - 1 table spoon of Dijon mustard
  - Half a cup of red wine
  - Ground salt and pepper to season
1. In a large frying pan, spray with olive oil, pan fry the steak until bubbling in their own juices
  2. Drain meat juice off and discard, add stock and simmer for 20 minutes, do not allow the meat to boil dry, top up as required
  3. In a separate pan cook the onions until soft (not brown) add the mushrooms and continue to cook until warmed through
  4. Add the onion and mushroom mix to the steak and simmer on a low heat
  5. Add the Worcestershire sauce, garlic, HP sauce, mustard and tomato paste, stir in ensuring the mix doesn't catch/burn on the bottom of the pan
  6. Let the mix cook on a low heat, stirring every few minutes, gradually add the wine at each stir

7. The longer you leave it to cook the more tender the meat will become (can be made in advance and reheated provided you haven't added the cream)
8. 10 minutes before serving gradually add the cream and season to taste
9. If your stroganoff is too watery mix the corn flour with a little cold water so it looks like milk. I find a small glass and your fingers are the easiest way and you get rid of all the lumps.
10. Gradually add the corn flour to the stroganoff stirring in slowly, you will see and feel the mixture thicken, stop when you are happy

### **Accompaniments & Garnish**

- Spiral a little single cream and sprinkle flaked parsley
- Serve with a few seasonal vegetables or on a bed of rice or pasta
- A nice glass of medium bodied red wine will make it perfect







Where did the first meatball come from, no one knows exactly. However there are meatball recipes dating back to the Romans, as found in an ancient recipe book "De re coquinaria libri decem (Cuisine in Ten Books)" written by Marcus Gavius Apicius, who was born in 25 AD. The second book in the set is about mixtures of meat and other ingredients, one recipe is for meatballs. Apicius' also rates meats used for meatballs: "The ground meat patties of peacock have first place, if they are fried so that they remain tender. Well I'm not planning a peacock book just yet, however feel free to changed the ingredients as you wish, the measures are just there as a guide.

**Ingredients:**

- 1kg (2lb) pound ground (minced) beef
- 1 cup of dry bread crumbs
- Half a cup of milk
- 2 level teaspoons of dried parsley flakes
- 2 finely chopped onions
- 2 eggs
- Salt and pepper to taste

1. Mix all ingredients until well blended
2. Shape into 1 ½ inch meatballs
3. Bake uncovered in 400 degree oven until light brown (20 -25 minutes)
4. To pan fry cook over medium heat in a little olive oil, turning occasionally until brown (20 minutes)
5. Serve as an aperitif with a dip of choice or as a main course





# Beef Stew and Dumplings

Serves 8

Imagine Mr Caveman who has just invented his first cooking pot, now instead of burnt offerings off a stick held over the fire he can make it in a pot. Now we know these guys didn't stay vegetarian for very long and pretty soon they were adding meat to the vegetables. Meanwhile Mrs Caveman was busy making basic bread dough and wanted to get in on the act, so she put a few bread balls in the mix. There you have it, my spin on how stew and dumplings was invented, of course it has been taken to new heights and called many things around the world now. The bottom line is call it what you want and spice it up however you feel, at the end of the day that's stew.

## Ingredients:

### Stew

- 1 Kg boneless stewing beef cut into small cubes
- 2 large chopped onions
- 3 parsnips peeled and cut into 4 cm julienne
- 6 carrots peeled and cut into circles (no reason just I like them like this)
- 2 small turnips peeled and cut into cubes
- Any other veggies in the cupboard, don't overdo it , (peas are best for colour)
- 2 teaspoons of sugar
- 2 cups of beef stock, more if required
- 2 cups of red wine
- 3 tablespoons of tomato paste
- 2 tablespoons of butter
- 1 tablespoon rosemary chopped (fresh if possible)
- 500g of sliced mushrooms
- 8 to 10 small potatoes peeled and quartered
- 2 cloves of garlic grated or minced
- Salt & Pepper to taste

### Dumplings

- 2 cups of self raising flour
- 1 cup of beef suet
- If you want more just ensure the mix is flour two to one with the suet

1. Sauté the beef in until all sides are browned, don't crowd or it will steam and not brown properly, cook it in batches if necessary. When finished transfer to a large casserole pot with a lid
2. Put the vegetables into the sauté pan, add butter, garlic and sugar, cover and cook over medium high heat for approximately 10 minutes, then add them to the meat in the casserole
3. Put the wine into the sauté pan to deglaze, then add the beef stock and then whisk in tomato paste and rosemary, allow to simmer for a few minutes before pouring into the casserole

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