

Culinary Outlook

Beat the clock

To survive the dinner rush hour, here are two super fast recipes that use cooked roast beef. Traditionally, the Sunday roast was served in endless sandwiches or disguised as dinner for the rest of the week.

But this doesn't have to be boring! Roast beef, with very little effort, can be economical, adaptable and delicious. The next time you shop for a roast of beef, buy one a little larger than usual. A 5 lb. (2.5 kg) boneless roast can provide a family of four with three meals plus sandwiches.

The secret is a little creativity and the foresight to pack it away for future meals rather than serve it on successive evenings. After your roast dinner, cut the remaining roast in slices or cubes and pack in one-meal amounts in freezer containers, and freeze.

Then, when a quick meal is the order of the day, defrost a package — either in the refrigerator or microwave — just until pieces are pliable enough to separate, and toss in a stir-fry or try Tasty Turnovers or Tijuana Beef and Potatoes.

TASTY TURNOVERS

This well seasoned beef mixture uses convenient refrigerated dinner rolls as the pastry crust. They bake in less than 15 minutes.

- 1 large onion, finely chopped
- 1 garlic clove, minced
- 1 cup (250 mL) chopped mushrooms
- 3 tbsp (45 mL) butter or oil
- 2 cups (500 mL) finely diced cooked beef
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) freshly ground pepper
- 2 tsp (10 mL) Worcestershire sauce
- Few drops Tabasco
- 2 pkgs refrigerated crescent dinner rolls (235 g each)
- ½ cup (125 mL) grated cheese (Swiss, Cheddar or Mozzarella)
- 1 egg, lightly beaten

Preheat oven to 375°F (190°C).

In a large skillet saute onion, garlic and mushrooms in butter or oil until softened but not brown. Stir in beef and seasonings and stir-fry just until heated through. Remove from heat.

Separate each package of crescent dough into 4 rectangles (leave 2 triangles together to form 1 rectangle). Place on a lightly floured surface and press together the diagonal perforations to seal. You should have 8 rectangles.

Place 1/8 of meat mixture on one half of each rectangle. Top each with 1 tbsp (15 mL) grated cheese. Fold remaining pastry over filling and pinch edges with a moistened finger to seal.

Place turnovers on an ungreased cookie sheet and brush with a beaten egg. Cut small slits in top and bake 12-15 minutes or until golden brown and mixture begins to bubble through slits.

Makes 8 turnovers, 4 servings. Serve with steamed vegetables.

TIJUANA BEEF & POTATOES

A quick microwave recipe for busy nights.

- 2 large baking potatoes (about 8 oz/250 g each)
 - ½ lb. (250 g) ½" (1 cm) slices cooked roast beef
 - 1 tbsp (15 mL) butter
 - 1 small onion chopped
 - 1 clove garlic, minced
 - 1 tbsp (15 mL) all purpose flour
 - ¼ tsp (1 mL) each chili powder and ground cumin
 - ½ cup (125 mL) milk
 - 1 tbsp (15 mL) chopped jalapeno peppers (optional)
 - ½ cup (125 mL) grated Cheddar cheese
- Crub potatoes, dry well and pierce in several places with a sharp knife. Place on paper towel and microwave at high (100%) for 6 to 8 minutes, turning over partway through cooking. Potatoes should be tender and yield slightly when

tested with a fork. Wrap in foil and set aside.

Slice beef into ½" (1 cm) strips. Set aside.

Make sauce by combining butter, onion and garlic in a 2 cup (500 mL) glass measure. Cook at high (100%) for 1-2 minutes to soften onion. Stir in flour and seasoning and cook at high (100%) for 30 to 40 seconds.

Stir in milk until smooth. Cook at high (100%) for 1½ to 2 minutes, stirring partway, until sauce comes to a boil and thickens. Stir in jalapeno peppers, if using.

Cut slits in cooked potatoes almost through to the bottom. Fill with meat slices. Spoon

sauce over top. Sprinkle with grated cheese. Reheat at medium-high (70%) for 2 to 3 minutes or until hot. Makes 2 servings.

NOTE: Recipe can be double or adapted to conventional cooking.

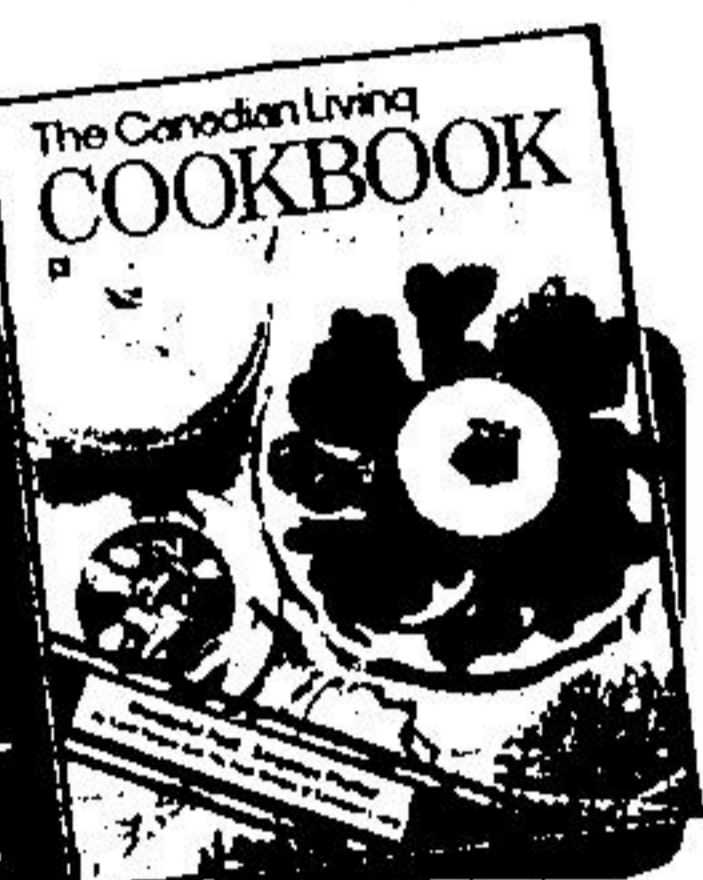


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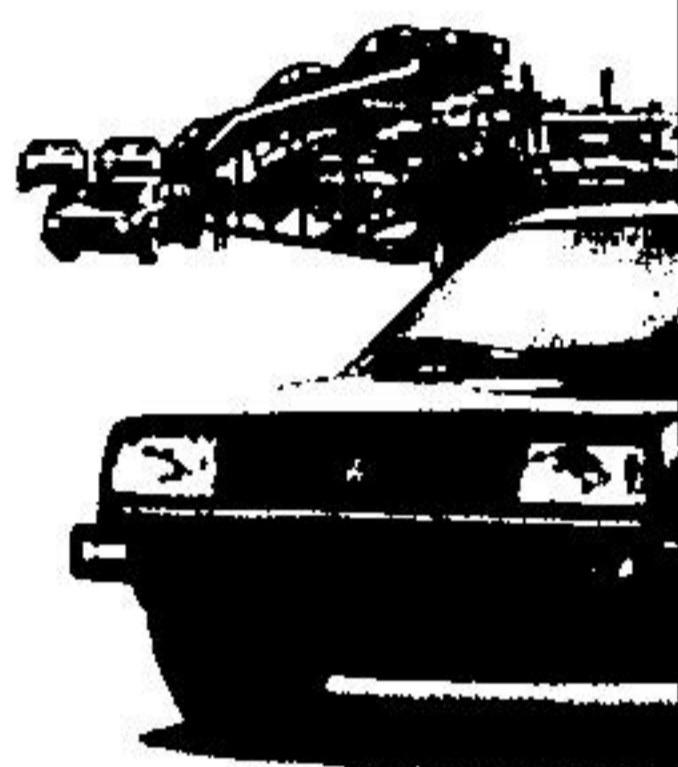


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