

Roast Rib of Beef au Jus

BY CHEF TOM SEVERS, COLLIN COLLEGE CULINARY PROFESSOR

20 lb. Beef rib, roast ready, bone in

Mirepoix:

8 oz. Onion

4 oz. Each of Carrot & Celery

2 qt. Brown stock / Beef Broth

Salt & pepper to taste

VARIATIONS:

- Roast rib eye roll, top round, sirloin or strip loin (These cuts may be roasted by the same procedure; roast them on a rack).

PREPARATION:

Place the meat fat-side-up in a roasting pan. Insert a meat thermometer so the bulb is in the center of the meat, not touching bone or fat. Place meat in a preheated 300°F (150°C) oven. Roast until rare or medium done, as desired, allowing for carryover cooking. Roasting time will be at least 3–4 hours.

Remove the meat from the pan and let stand in a warm place 30 minutes before carving. Drain off all but 3–4 oz (100 g) of the fat from the roasting pan. Be careful to retain any juices in the pan. Add the mirepoix to the pan. Set the pan over high heat and cook until mirepoix is brown and moisture has evaporated, leaving only fat, mirepoix and browned drippings. Pour off any excess fat. Pour about 1 pt (500 ml.) stock into the roasting pan to deglaze it. Stir over heat until brown drippings are dissolved.

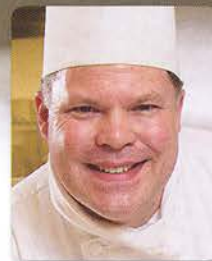
Pour the deglazing liquid and mirepoix into a saucepot with the remaining stock. Simmer until mirepoix is soft and liquid is reduced by about one-third. Strain through a china cap, lined with cheesecloth, into a bain-marie. Skim fat carefully. Season to taste with salt and pepper.

For service, stand the roast on its widest end. Cut down beside the bones to free the meat and slice the meat across the grain. Serve each portion with 1-1/2 oz (50 mL) jus.



Chicken and Sausage Etouffée

BY CHEF THOMAS NIXON, COLLIN COLLEGE CULINARY PROFESSOR



1/2 c. Corn oil
1/2 c. Flour
1 Large onion, chopped fine
1 Stalk celery, chopped fine
1/2 Medium green bell pepper, chopped fine
3 Cloves garlic, minced
20 oz. Low sodium chicken broth
1 tsp. Salt
1/2 tsp. Cayenne pepper
1/2 tsp. Black pepper
1/2 tsp. Dried thyme
1 Bay leaf
1 tbsp. Louisiana hot sauce
1/2 lb. Boneless, skinless chicken thighs, cut into 1/2-inch pieces

1/2 lb. Smoked sausage, sliced
2 Green onions, sliced on the bias
3 c. Cooked white rice

PREPARATION:

Heat oil in a large sauté pan. Whisk in flour and cook, stirring constantly to make a medium dark roux. Add the chicken, onion, celery, green bell pepper and garlic to the roux and sauté over medium heat until the vegetables are tender, approximately 10 minutes. Slowly add the chicken broth while whisking the roux and bring to a boil. Reduce the heat to a simmer and add the spices. Simmer for 20 minutes to thicken. Add the sausage and hot sauce and simmer for approximately 10 minutes longer. Add the green onions and adjust the seasonings. Serve over cooked rice.



Molasses Toffee

BY CHEF JOSEPH CHILES, COLLIN COLLEGE CULINARY PROFESSOR



1-¼ c. (2-½ sticks) Butter
1 c. Sugar
¼ c. Packed Brown Sugar
¼ c. Water
1 tbsp. Molasses
1 c. Small pecan pieces or chopped pecans
½ tsp. Ground Cinnamon
6-8 oz. Dark Chocolate

PREPARATION:

Butter a small baking dish. In a heavy 2 1/2 -qt. saucepan over low heat, melt the butter. Then, add sugar, brown sugar, water

and molasses, stirring until the sugar dissolves. Raise the heat to medium and attach a candy thermometer to the side of the pan. Cook, stirring slowly but constantly, until the temperature reads 290°F (about 15 min.). Remove from heat immediately and remove the thermometer. Stir in the cinnamon. Next, pour the mixture all at once onto your buttered baking dish. Do not scrape the bottom of the pan. Let the candy harden for one minute, then sprinkle the chocolate chips on top and let soften. Using a rubber spatula, spread the chocolate evenly over the toffee. While the chocolate is still warm, sprinkle the pecans over the chocolate and place the whole thing in the refrigerator. Break into desired pieces and store in an airtight container.

