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Easy Weeknight Steak Bites

Note: I think as women in the cattle industry we hold a responsibility to advocate all cuts of beef for the consumer. Steak and ground beef are easily marketable as they are versatile cuts and easy to prepare. This recipe is a surprising twist as it utilizes stew meat as the star of the dish, an inexpensive cut that can still be as delicious and tender as a cut of steak.

Ingredients

1 - 2 lbs. stew meat
2 - 4 T. butter
2 T. minced garlic
1 T. parsley
salt and pepper to taste

Directions: **Step 1:** Pat the stew meat dry with a paper towel, salt and pepper and set aside. **Step 2:** In a large skillet, melt together butter, garlic, and parsley. On medium-high heat, add seasoned stew meat, cook for two minutes, and flip meat to brown all sides. **Step 3:** Turn the heat down to low and let simmer for 10 to 15 minutes, or as you prepare your sides. **Optional step:** To the drippings add $\frac{1}{4}$ cup of flour to form a roux, slowly add 2 cups of whole milk or cream to create a thickened sauce to go over noodles or your preferred side of potato.

Braised Beef Short Ribs

Note: Beef short ribs seem to be another cut of meat that leaves consumers stumped. This recipe is a must for a cozy Sunday meal.

Ingredients:

- 6-plus beef short ribs
- 2 T. butter
- 1 whole onion, sliced
- 2 T. minced garlic
- 2 tsp. rosemary
- 2 tsp. thyme
- 2 tsp. parsley
- ½ - 1 c. red wine
- salt and pepper to taste

Directions: **Step 1:** Separate beef ribs and pat dry with a paper towel. Generously season beef ribs with salt and pepper and set aside. **Step 2:** In a Dutch oven (or oven safe deep pan), melt 1 T. butter over medium-high heat. Braise beef ribs for three minutes on each side, cook in batches if needed, and set aside on separate plate. **Step 3:** Keep the beef drippings in the pan, then melt remaining butter with sliced onion, cook over low heat until onions are soft. **Step 4:** To the pan add in aromatics: garlic, rosemary, thyme, and parsley. Add ½ cup of red wine, any red will do. Return beef ribs to the pan, cover the entire dish and finish in the oven at 350 degrees Fahrenheit for two hours.

Mom's Cinnamon Rolls

Ingredients: Basic Roll Dough

4 heaping tsp. active dry yeast
½ c. warm water
½ c. (1 stick) butter, melted
2 c. scalded milk
½ c. granulated sugar (plus a pinch)
1 tsp. salt
7 c. (or more) all-purpose flour
2 eggs

Filling

½ c. (1 stick) room temperature butter
½ c. brown sugar
1 tsp. cinnamon

Icing

½ c. (1 stick) room temperature butter
1 8 oz. pkg. cream cheese
1 tsp. vanilla
4 c. confectioners' sugar
¼ c. whole milk

Directions: **Step 1:** Soften yeast in warm water and a pinch of sugar and set aside. **Step 2:** Combine butter, milk, sugar, and salt. Add in 3 cups of flour and mix well. Beat in yeast and eggs. Gradually add remaining flour to form a soft dough ball. **Step 3:** Cover and let rise for two hours or until doubled in size. Turn out on to a lightly floured surface and knead dough adding just enough flour that dough is manageable and no longer sticky. Cut in half. Roll each half into approximately 16x8 rectangle. **Step 4:** Onto the rolled-out dough spread butter, brown sugar, and cinnamon evenly. Roll lengthwise and pinch seam onto the roll. Trim ends, then cut each roll into 12 even slices (makes 24 slices total). **Step 5:** Place cut side down onto a greased 9x13 baking pan. Cover and let rest for 30 minutes or until doubled. Bake at 400 degrees Fahrenheit for 13 to 15 minutes. **Step 6:** For frosting, cream together cream cheese and butter, then add vanilla extract. Slowly add confectioners' sugar 1 cup at a time, then add in whole milk. Beat until desired thickness; for stiffer frosting add more sugar, for thinner frosting add more milk.