

Recipes by Katie Burns of Burns Farms, Pikeville, Tenn.

Italian Oven-Baked French Fries

Ingredients

Russet potatoes - as many needed for serving size.
olive oil
Italian seasoning
salt and pepper

Directions

Preheat the oven to 450 degrees Fahrenheit. Cut the potato lengthwise into 1/4-inch thin slices; then cut each slice into 1/4-inch fries. Create an ice bath (bowl of water with ice) and let sit for a couple of hours. This helps with the starchiness of the potatoes and your fries will be crispier. Also, it's a great trick for prepping food ahead of time.

When ready to cook - drain fries and place on a towel to dry. In a medium bowl, toss the potatoes and olive oil. Season with salt, black pepper, and lots of Italian seasoning and then toss to coat. Place the potatoes on Pam sprayed sheet pan and bake for 25 minutes or to desired crispness. Serve hot.

Burns Farms Flank Steak

Ingredients

2 lb. flank steak
1/4 c. olive oil
3 T. balsamic vinegar
Italian herb mix
salt and pepper
Sous-Vide machine

Directions

To prepare the meat, first lay the flank steak flat on a sheet pan. Pour over 1/4 cup olive oil and smooth over the meat. Season generously with salt, pepper, and Italian seasoning mix. Slowly pour 3 T. of balsamic vinegar over the meat and pat in with your hands. Cover with plastic wrap and refrigerate for 12 hours.

Sous-Vide at 131 degrees Fahrenheit for 6 hours. Finish on the grill. Let sit for 10 minutes before slicing.

Homemade Pizza

Ingredients for Pizza Sauce

1 T. olive oil
6 garlic cloves
1 6 oz. can of tomato paste
1 small container of cherry tomatoes (sliced)
1 small can of Bloody Mary mix (V8 spicy)
Italian seasoning

Directions for Sauce

Sauté garlic cloves in olive oil for one minute - do not let brown. Add in all the ingredients and simmer for 30 minutes.

Note: You can use a jar of pizza sauce, but this is fun too!

Pizza Dough Ingredients

1 c. warm water - 105 to 110 degrees Fahrenheit
1 T. sugar
1 T. active dry yeast
2 to 2 1/2 cups all-purpose flour
1 tsp. salt

Directions for Dough

Put warm water into a mixer fitted with a dough hook. Add sugar and yeast and stir to combine. Let mixture sit for 5 minutes, or until it becomes frothy and bubbles form. Add olive oil and gently stir to combine. Add 2 cups of flour and salt and mix on stir setting with the dough hook until the dough begins to form a ball. Dough will still be slightly sticky. Add more flour as needed to form a dough ball. Transfer to a floured surface and knead into a smooth dough, adding up to 1/2 cup extra flour if needed. Place in a bowl with a little bit of olive oil in the bottom of the bowl. Set in a warm and sunny place. Cover with a damp towel. Let sit for a couple of hours before rolling out. Once dough is rolled - sprinkle corn meal on a sheet pan. Set rolled dough on top. This will prevent sticking to the pan. Pre-heat oven on bake to 500 degrees Fahrenheit.

Pizza Topping Ingredients

The fun thing about this recipe is that you can have any toppings you want! I highly recommend sliced fresh mozzarella.

1 lb. ground beef
Italian seasoning
salt and pepper
garlic powder
1 green bell pepper
1 red onion
fresh basil

Directions for Toppings and Baking

Sauté ground beef with Italian seasoning, salt, pepper, and garlic powder (add spices to taste) until browned and then set to the side. I like to leave my ground beef in chunks for added texture and appeal; we always want to see the beef. Wipe out grease. In the same pan, sauté onion and green bell pepper with a little olive oil or butter. I like to slice mine in strips, but you can also dice. Set to the side and let cool before decorating your pizza. Layer the pizza with sauce first (I like a lot of sauce), next mozzarella, then peppers, onions and last add the beef. Bake at 500 degrees Fahrenheit for 10 minutes or until the cheese is melted and the edges of the pizza start to brown. Before serving add some fresh basil.

Note: One of the reasons we like homemade pizza is because our daughter loves helping us in the kitchen with the dish. Enjoy the mess and good family fun!