

Quick Beef dishes

See related story on Taste front.

QUICK BEEF BURGUNDY

Total preparation & cooking time: 30 minutes
1 package fully-cooked, heat-and-serve boneless beef pot roast (1 3/4 to 2 1/2 pounds)
10 ounces uncooked egg noodles
1 pound small mushrooms
2 small onions, cut into thin wedges, separated
2/3 cup Burgundy or dry red wine
3/4 teaspoon dried marjoram leaves, crushed
1 tablespoon cornstarch dissolved in 3 tablespoons water
Chopped fresh parsley (optional)

Cook noodles according to package directions; drain and keep warm.

Meanwhile, remove pot roast from package; transfer liquid to Dutch oven. Cut pot roast into 1-inch pieces; set aside.

Add mushrooms, onions, water and marjoram to liquid. Bring to a boil; reduce heat to medium-low. Simmer, uncovered 7 to 8 minutes or until vegetables are almost tender; stir occasionally.

Add beef. Bring to a boil. Cook 2 to 3 minutes or until beef is heated through; stir occasionally. Stir in cornstarch mixture. Bring to a boil; cook and stir 1 minute or until thickened. Serve over noodles; sprinkle with parsley if desired. Makes 4 servings.

STEAK, PEAR & WALNUT SALAD

3 cups cooked tender beef steak strips
1 package (10 ounces) mixed salad greens
1 firm ripe pear, cut into 12 wedges
1/4 cup crumbled blue cheese
1/4 cup coarsely chopped toasted walnuts
1/4 cup prepared balsamic vinaigrette

In large bowl combine steak, greens, pear, cheese and walnuts. Drizzle with dressing; toss to gently coat. Makes 4 servings.

Cook's tip: Strips of ready-to-serve deli roast beef or slices of heat-and-serve beef tri-tip roast can be substituted for the beef.



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Main dish salad: Steak, Pear & Walnut Salad made with strips of cooked beef, packaged salad greens and prepared salad dressing can be on the table in 15 minutes.

Savory potatoes have Spanish flair

AP — Savory Potatoes Spanish Style is a winner. The recipe combines seasoned onions, garlic and chunky potatoes topped with toasted bread crumbs and cheese. The side dish could be adapted for a vegetarian main course.

The recipe won first prize for Henry Flynn, a student at the City College of San Francisco, in the 1998 Foods From Spain contest for student chefs at the nation's culinary schools.

SAVORY POTATOES SPANISH STYLE

6 cups peeled and cubed potatoes
4 cups vegetable or chicken

broth

Small quantity of olive oil to oil baking dish
4 tablespoons olive oil
2 cups thinly sliced onions
2 tablespoons chopped garlic
2 tablespoons paprika
1/2 teaspoon salt
3 tablespoons sherry vinegar
1 tablespoon fresh chopped tarragon, or 1 teaspoon dried tarragon
1/4 cup soft or dry bread crumbs
1/4 cup grated Manchego cheese (see note)

Preheat oven to 400 F.

In large saucepan, bring potatoes and broth to a boil. Reduce heat and cook, covered, until potatoes are tender, about 15 minutes. Drain potatoes, reserving 1 cup broth; set aside.

Lightly oil a 1 1/2-quart baking dish with olive oil. In a large skillet over medium-high heat, heat 2 tablespoons olive oil until hot. Add onions, garlic, paprika and salt. Cook over medium heat, stirring occasionally, until onions are very tender, about 10 minutes.

Stir in vinegar, tarragon and reserved broth; heat to a boil. Stir in potatoes. Remove from heat. Transfer mixture to prepared baking dish. In a medium

bowl, combine bread crumbs, Manchego cheese and remaining 2 tablespoons olive oil. Sprinkle over potatoes. Bake until topping is browned and cheese is melted, about 25 minutes. Garnish with parsley if desired. Serve immediately.

Makes 4 to 6 servings.

Note: "The Cheese Companion: The Connoisseur's Guide" (Running Press, \$24.95) by Judy Ridgway, says Manchego cheese is a mild, hard cheese.

"This is Spain's best-known ewe's-milk cheese. It is named for the province where it is made — La Mancha, home of Don Quixote." If Manchego is not available, a mild Cheddar cheese may be substituted.

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