

Show #59. Meat and Potatoes Men

Chocolate Chocolate Cake

1 3/4 C Flour
2 C. Sugar
3/4 C. Cocoa
1 1/2 tsp Baking Soda
1 1/2 tsp Baking Powder
1 tsp. Salt
2 each Eggs
1 C Milk
1/2 cup Vegetable Oil
2 tsp. Vanilla
1 cup Hot coffee

Combine first six ingredients, add the next four ingredients to this mixture, then the hot coffee. Pour into a floured 10-inch pan. Bake at 350 F for about 45-50 minutes, or until a toothpick comes out of the middle, clean.

Icing
1 cup butter
1 cup Crisco or cream cheese
4-5 cups powdered sugar
1 cup cocoa powder
1 cup milk (more if icing is too thick)

Combine the butter and crisco until well blended and smooth, in a mixer with a beater. Slowly add the powdered sugar and cocoa (combined) on low speed until well blended. Add the milk until the mixture is a smooth, spreadable consistency. Ice the cake.

Rib Eye steak

2 8 ounce steaks
1 tsp garlic powder
1 tsp chopped parsley
1 tsp salt
1/2 tsp ground pepper
1 tsp chili powder
1 tbsp olive oil

Mix the dry ingredients in a bowl, then rub on each side of the steaks, coating thoroughly. In a sauté pan, (or on a grill), put the olive oil and let get very hot, add the steaks and sear on each side for about two minutes, then finish in an oven, or reduce the heat of the pan, cover with a lid, and finish on the stove.

Merlot Bernaise Sauce

1 Tbsp Tarragon (fresh or dried)
1 tbsp Chopped shallots
1 cup merlot
2 egg yolks
1/2 cup melted butter
1 tbsp lemon juice
salt and pepper to taste

In a saucepan reduce the merlot with the shallots and tarragon. Over a bain marie, put a stainless steel bowl with the egg yolks, whisk vigorously until they firm up, but don't scramble. Pull off the bain marie, slowly add the melted butter, lemon juice, salt and pepper. Serve over the rib eye steak.

Gruyere Potato Gratin

2 potatoes, slice thin
1 cup heavy cream
1/2 cup grated gruyere cheese
1/4 tsp nutmeg
salt and pepper to taste
toss everything together in a bowl, then put into individual soufflé cups,

or muffin tins, bake in a 350 F. oven for about one hour. Run a knife around the edge to loosen the potatoes, turn out onto the plate, serve hot.

Julienne Vegetable Sauté

1 carrot
1 zucchini
1/2 onion
1 head garlic
1 bunch Chinese broccoli
1 tbsp olive oil
1 tbsp oyster sauce
1 tbsp butter

Julienne cut the carrot and zucchini, slice the onion thin, chop the garlic and Chinese broccoli. In a sauté pan, heat the oil, add the onion and garlic, let cook for a minute, then add the other vegetables. Sauté for about two minutes, then add the oyster sauce, butter and salt and pepper. Serve hot.