

## November 2020 Table Talk Featuring Johanna Söderström

### Johanna Soderstrom's Ribeye Steak

#### Ingredients

- 2 equally sized Chairman's Reserve® Premium Beef Ribeye Steaks, about 1 inch thick
- Olive oil
- Salt and pepper
- Butter (if using a cast iron skillet)

#### Instructions

1. Let steak sit for at least 1 hour at room temperature.
2. Rub the steak with salt and pepper on all sides and pour olive oil on top of steak.
3. Cook on a grill or skillet:
  - o Grill over charcoal flames or a gas grill on high heat at 450 F degrees for 5 minutes on each side.
  - o For a skillet, cook steak in butter. First sear on high temperature, then cook on medium-high temperature.
4. Add salt & pepper as you turn if desired.
5. Let rest for 5 minutes before slicing.

### Johanna Soderstrom's Small Potatoes Wrapped in Parchment

#### Ingredients

- 1.5 pounds baby yellow potatoes (1 bag)
- 3 tbsp olive oil
- 2 cloves garlic
- 2 sprigs rosemary
- 1 tbsp ginger, chopped
- Salt and pepper

#### Instructions

1. Wash potatoes.
2. Toss potatoes in oil, garlic, rosemary, ginger and salt and pepper for seasoning.
3. Place in parchment paper, then place parchment paper in aluminum foil.
4. Grill for 15 minutes.
5. Serve with steak.

## Johanna Soderstrom's Brussels Sprouts

### Ingredients

- 1 bag brussels sprouts
- Olive oil
- 2 tbsp honey
- ½ tsp red pepper flakes
- 2 tbsp fig jam
- Salt and pepper

### Instructions

1. Wash the brussels sprouts.
2. Cut the brussels sprouts into halves.
3. Preheat in microwave for 3 minutes.
4. Put in skillet with olive oil, honey, fig jam, red pepper flakes and salt and pepper for 10 minutes.
5. Toss and turn to coat.
6. Serve with steak.

## Johanna Soderstrom's Asparagus and Bacon Appetizer

### Ingredients

- 12 pieces of asparagus (4 pieces per person)
- 12 pieces of Wright® Brand Bacon (1 per asparagus)

### Instructions

1. Use thin asparagus and thin bacon OR use thick asparagus and thick bacon.
2. Wrap one piece of bacon around each piece of asparagus.
3. Grill the bacon wrapped asparagus for 10 minutes.
4. Serve as an appetizer.



## Cynthia Trujillo's Carne en su jugo (Meat in its juices)

### Ingredients

- 1 pound of Wright® Brand Bacon
- 4 fresh tomatillos, husks removed
- 3 serrano chile peppers, seeded and chopped (optional)
- 1 clove garlic, peeled
- 3 cups water
- 2 pounds Star Ranch Angus® Beef Flank Steak
- 1 cube beef bouillon
- 2 15.5 oz cans pinto beans
- ½ onion, chopped
- 6 tbsp fresh cilantro, chopped
- Ground black pepper and salt, to taste
- 1 lime, cut into 6 wedges

### Instructions

1. Cook the bacon in a large, deep skillet over medium-high heat until crispy, about 10 minutes. Drain on a paper towel-lined plate. Crumble the bacon and set aside. Brown the onion in the bacon fat. Drain and set aside.
2. Combine the tomatillos, serrano peppers, garlic and water in a small saucepan over medium-high heat; bring to a boil, cover and simmer for 10 minutes.
3. Remove the pan from the heat and allow it to cool. Transfer the contents to a blender and blend until smooth. Set aside. (You can skip the simmering step and blend all the ingredients raw with a few pieces of browned flank steak if you like.)

## Cynthia Trujillo's Carne en su jugo (Meat in its juices)

### Ingredients

- 1 pound of Wright® Brand Bacon
- 4 fresh tomatillos, husks removed
- 3 serrano chile peppers, seeded and chopped (optional)
- 1 clove garlic, peeled
- 3 cups water
- 2 pounds Star Ranch Angus® Beef Flank Steak
- 1 cube beef bouillon
- 2 15.5 oz cans pinto beans
- ½ onion, chopped
- 6 tbsp fresh cilantro, chopped
- Ground black pepper and salt, to taste
- 1 lime, cut into 6 wedges

### Instructions (Cont.)

4. Place a non-stick skillet over medium-high heat; cook the flank steak in the hot skillet until completely browned.
5. Pour the tomatillo mixture over the beef and bring to a boil. Stir the beef bouillon into the mixture and reduce heat to medium. Cover the skillet and simmer until tender, between 30 minutes and an hour.
6. While steak is cooking, heat the pinto beans in a saucepan over medium heat until warm. Reduce heat to low to keep warm until needed.
7. Stir the bacon and pinto beans into the flank steak mixture. Divide the mixture between 6 bowls. Garnish each with onion, cilantro, black pepper and a lime wedge.

## Ronda Gooch's Even Better Sausage Balls

### Ingredients

- 1 box cheddar biscuit mix and seasoning
- 16 oz package Jimmy Dean® Fresh Sausage\*
- 8 oz block of sharp cheddar cheese\*\* (Do not use pre-shredded cheese.)
- 8 oz block of pepper jack cheese\*\* (Do not use pre-shredded cheese.)

\*Use a cookie scoop to make even-sized sausage balls. Scoop out the mix and then roll in hands to form a ball.

\*\*Use fresh shredded cheese and not pre-shredded cheese for this recipe. The coating that is on pre-shredded cheese can make these sausage balls go flat when cooking.

### Instructions

1. Preheat oven to 350 degrees.
2. Combine biscuit mix, biscuit mix seasoning and uncooked sausage.
3. Shred both blocks of cheese, add the cheese to the biscuit and sausage mixture and mix together well.
4. Line two baking sheets with parchment paper and roll the sausage mixture into 1-inch balls, spacing them apart on the baking sheets.
5. Cook for 20-25 minutes and let them cool on some paper towels to soak up some of the oil.

## Zeger Zeilemaker's Chicken with Mango & Brussels Sprouts

### Ingredients

- 1.6 pounds Tyson® Trimmed & Ready Chicken Breasts, diced
- 1½ cups basmati rice
- 3/8 cup olive oil
- 1 medium red onion, chopped
- 6 cloves of garlic
- 2 cups sweet pepper, strips
- 6 tsp curry powder
- 3/8 cup fresh ginger, chopped
- 2.6 pounds small brussels sprouts
- 3 mangos, cubed
- 12 tbsp soy sauce

### Instructions

1. Cook the basmati rice, according to box instructions.
2. Cut the chicken breasts into cubes and place in a large pan with oil. Cook over medium heat for 6 to 8 minutes until lightly brown.
3. Add the onion, garlic and peppers to the chicken and stir fry over medium heat for 1 minute.
4. Add the curry powder, ginger and brussels sprouts and simmer on low heat for approximately 10 minutes. Cook longer for softer brussels sprouts.
5. Add the mango and soy sauce and continue simmering in a pan with the lid until all ingredients are cooked through.
6. Serve and enjoy.