

Beef Stew

Wildcat Catering Crew- Bath County High School

Ingredients:

1 ½ lb. beef stew meat

1 lb. of Applewood-smoked bacon, chopped

Kosher Salt and freshly ground pepper

½ yellow onion, chopped

2 carrots, cut into chunks

3 celery stalks, cut into ½ inch lengths

1 garlic cloves, chopped

6 Tbsp. unsalted butter

6 Tbsp. all-purpose flour

3 cups beef stock or broth

2 Tbsp. tomato paste

½ Tbsp. chopped fresh flat-leaf parsley, plus more for garnish

½ Tbsp. minced fresh thyme

½ Tbsp. minced fresh rosemary

1 bay leaf

4-5 large red skin potatoes

Directions:

Cut the bacon into ½-inch strips. Cook the bacon over medium heat, stirring occasionally, until the bacon is crisp and browned, then set aside. Pour your bacon fat into a heatproof bowl. Transfer half of the bacon grease to the skillet and heat over medium-high heat. Season the beef cubes salt and pepper. Then add beef and cook, stirring occasionally, until brown on all sides. Then add water to skillet, cover with a lid to allow the beef to steam.

Mince onions and garlic. Chop carrots and celery. Then add remaining bacon grease to stock pot over medium heat. Then add onion, carrots, celery, garlic, and cook, stirring occasionally, until the vegetables softens.

In another pot, add the butter and let it melt. Sprinkle with the flour and stir well. Gradually stir in the stock, stir in the tomato paste, parsley, thyme, rosemary and the bay leaf. Then add beef and vegetables to the pot and bring to a boil.

Cut the unpeeled potatoes into quarters, 1-inch slices (depending on the size of the potato), add to pot and boil until they are softened. Once softened, drain and add them to the beef and vegetables. Season stew with salt and pepper. Serve at once, garnished with parsley and the reserved bacon.

Paw Print Cornbread

Ingredients:

1 package "Jiffy" Corn Muffin Mix

1 egg

1/3 cup milk

Directions:

Preheat oven to 400. Grease your silicone paw molds. Blend ingredients. Batter will be slightly lumpy. Let batter rest for 3-4 minutes, stir lightly before filling cups. Fill silicone paw molds about 2/3 up full. Bake 15-20 minutes or until golden brown.

Yield 6-8 paw prints