

Texas Recipes

Beef Fajitas

Ingredients:

1 pound flank steak, trimmed and cut against the grain into ¼" strips

Marinade:

3 tablespoons canola oil

2 tablespoons lemon juice

1 teaspoon dried oregano

1 garlic clove, minced

¼ teaspoon salt

¼ teaspoon pepper



Fajitas:

½ medium onion, sliced

1 medium sweet red pepper, sliced into thin strips

2 tablespoons canola oil, divided

8 flour tortilla shells, warmed

2 avocados, peeled and sliced

Salsa and sour cream as garnish

Directions:

In a large re-sealable bag, combine marinade ingredients; add beef. Seal and refrigerate for 3-6 hours or overnight, turning several times. Discard marinade. In a skillet, sauté onion and pepper in 1 tablespoon oil until crisp tender; remove from pan. Add remaining oil and sauté meat until no longer pink, about 4 minutes. Add vegetables to pan and heat through.

To serve, place a spoonful of meat/vegetable mixture on a warmed tortilla and top with avocado, salsa and sour cream. Roll tortilla around filling. Yield: 4-6 servings.

Texas Beef Brisket

Ingredients:

2 tablespoons chili powder
2 tablespoons salt
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon sugar
1 teaspoon dry mustard
1 bay leaf
4 pounds beef brisket, trimmed
2 cups beef stock



Directions:

Preheat the oven to 350° F. Combine all dry ingredients to make a rub. Season the raw brisket on both sides with the rub. Place in a roasting pan and roast for 1 hour. Add beef stock to the roasting pan. Reduce oven heat to 300 degrees. Cover pan and continue to cook for 3 hours or until tender. Trim the fat and slice the meat across the grain. Top with juice from the pan

Texas Caviar

Ingredients:

8 ounces Italian dressing
2 cans black eyed peas, drained and rinsed
1 can of shoe peg corn, drained
1 can Ro-tel diced tomatoes and green chilies
½ cup red bell pepper, diced
½ cup green bell pepper, diced
1 cup chopped celery
¾ cup chopped green onion
½ bunch of cilantro, chopped
Garlic and salt to taste

Directions:

In a large bowl, mix everything. Cover and refrigerate overnight. Serve with corn chips.

Frito Pie

Ingredients:

1 pound ground chuck
3 cloves garlic, minced
1 can tomato sauce
1 can Ro-tel diced tomatoes and chiles
½ teaspoon salt
1 teaspoon ground oregano
1 tablespoon ground cumin
2 tablespoons chili powder
1 can (14-ounce) kidney beans, drained and rinsed
1 can (14-ounce) pinto beans, drained and rinsed
¼ cup masa
½ cup warm water
Individual bags of Fritos
Grated cheddar cheese
Diced red onion



Directions:

Brown ground chuck with garlic in a pot over medium-high heat. Add tomato sauce, Ro-tel, salt, oregano, cumin, and chili powder. Cover and reduce heat to low. Simmer for 30 minutes.

Add beans. Stir to combine, then cover and simmer for another 20 minutes.

Mix masa with water and then add to the chili. Stir to combine and simmer for a final 10 to 15 minutes. Set aside.

Serve by cutting the Frito bags open. Pile in chili, cheese, and diced onion. Serve immediately with plastic forks.

Chicken Fried Steak with Gravy

Steak Ingredients:

- 1 pound beef bottom round, trimmed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 cup flour
- 3 whole eggs, beaten
- ¼ cup vegetable oil



Directions:

Preheat oven to 250° F. Cut the meat with the grain into ½” thick slices. Season each piece on both sides with the salt and pepper.

Place flour onto a plate. Place the eggs into a bowl. Dredge the meat on both sides in the flour. Pound meat to tenderize until each slice is about ¼” thick. Once tenderized, dredge the meat again in the flour. Dip the meat in the egg and finally in the flour again. Repeat with all the pieces of meat.

Pour vegetable oil to cover the bottom of a 12” skillet and place over medium-high heat. Once the oil begins to simmer, add the meat in batches. Cook each piece on both sides until golden brown, approximately 4 minutes per side.

Remove the steaks to a baking sheet and place in the oven. Repeat until all the meat is browned.

Gravy Ingredients:

- 1 tablespoon vegetable oil
- ¼ cup all-purpose flour
- 2 cups chicken broth
- ½ cup whole milk
- Salt and pepper, to taste

Directions:

Add 1 tablespoon vegetable oil to the pan used to cook steaks. Whisk in the flour. Add the chicken broth to the pan. Whisk until the gravy comes to a boil and begins to thicken. Add the milk and whisk until the gravy reaches desired consistency, approximately 5 to 10 minutes. Serve the gravy over the steaks.

Fried Okra**Ingredients:**

5 cups oil for frying
¼ cup cornmeal
½ cup unbleached flour
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon garlic powder
1 teaspoon cayenne pepper
1 pound fresh okra, sliced into ½" pieces
½ cup buttermilk

**Directions:**

Fill the pan about halfway up the side with oil. Heat the oil in a large skillet to 350°F.

Combine the cornmeal, flour, salt, black pepper, garlic powder, and cayenne pepper in a bowl. Dip the sliced okra in the buttermilk and then dredge in the flour mixture until well coated.

Cook the okra in batches, but do not overcrowd the pan. Cook the okra until golden brown. Remove the slices from the oil onto paper towels and serve immediately.

Texas Chewy Pralines

Ingredients:

Nonstick cooking spray
1 cup white sugar
1 cup brown sugar
1 cup light corn syrup
1 pound butter
2 cups heavy cream
2 teaspoons vanilla extract
8 cups pecans



Directions:

Line cookie sheets with foil and spray with cooking spray. Combine sugars and corn syrup. Cook the mixture over medium/low heat until the candy thermometer registers 250° F, stirring often.

Remove mixture from burner and add butter. Stir until butter is melted. Slowly stir in cream. Return mixture to the burner and stir constantly until the candy thermometer reads 242° F. Remove from heat and stir in vanilla extract and pecans. Drop onto prepared cooking sheets and let cool completely.

Texas Sheet Cake

Ingredients:

For the cake:

2 cups sugar
2 cups all-purpose flour
¼ cup cocoa
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ cup butter, melted
½ cup buttermilk
½ cup vegetable oil
1 cup water
1 egg, lightly beaten
1 teaspoon vanilla extract



For the frosting:

¼ cup plus 2 tablespoons milk

¼ cup cocoa

½ cup butter

1 pound confectioners' sugar, sifted

1 teaspoon vanilla extract

1 cup chopped pecans

Directions:

Preheat oven to 400° F. Grease and flour a 13"x 9"x 2" baking pan.

Sift together the sugar, flour, cocoa, baking soda, and cinnamon, and set aside. Stir together the remaining ingredients. Mix the wet ingredients with the dry ingredients, stirring until you have a smooth, rather thin batter.

Pour into your prepared pan and bake at 400° F for 20 to 25 minutes, or until a toothpick comes out clean.

While the cake is baking, prepare the frosting. Mix the milk and cocoa in a heavy saucepan and continue stirring. Add the butter and, over medium heat, stir until the butter melts. Remove from heat and gradually stir in the sugar and vanilla until smooth. Add the pecans.

When the cake is just out of the oven, spread the frosting evenly on the hot cake.