

Wyoming Recipes

White Chicken Chili

Ingredients:

3 cans white northern beans
1 medium onion
3 cloves garlic
2 (4-ounce) cans chopped green chiles
2 teaspoons cumin
1 teaspoon oregano
1 ½ teaspoons cayenne pepper
½ teaspoon salt
1 pound boneless, skinless chicken breasts
32 ounces chicken broth
1 cup water



Topping:

Jack cheese, grated
Limes, quartered
Cilantro, chopped

Directions:

Brown chicken in oil in a skillet. Place chicken and all ingredients (except toppings) in the crock pot. Cook on high for 4 hours. After 4 hours, shred chicken and return to pot. Serve in bowls with your choice of toppings.

Chicken Fried Steak

Ingredients:

3 pounds cube steak, tenderized
3 ½ cups whole milk
2 whole large eggs
3 cups flour
Seasoned salt
¼ teaspoon cayenne
Black pepper
Canola oil, for frying
Salt and pepper



Directions:

Mix 1 ½ cups milk with egg in one bowl. Place the flour mixed with spices on a plate. Season both sides of one piece of meat with salt and pepper, then dip in the milk/egg mixture. Next, place the meat on the plate of seasoned flour. Turn to coat thoroughly. Place the meat back into the milk/egg mixture, turning to coat. Place back in the flour and turn to coat. Place breaded meat on a clean plate, then repeat with remaining meat.

Heat oil in a large skillet over medium heat. Cook meat, 3 pieces at a time, until edges start to look golden brown; around 2 to 2 ½ minutes each side. Remove to a paper towel-lined plate and keep warm.

After all the meat is fried, keep about ¼ cup grease in the pan and pour off the rest. Allow grease to heat up. Sprinkle ⅓ cup flour evenly over the grease. Using a whisk, mix flour with grease, creating a golden-brown paste. Cook until it reaches a deep golden-brown color. Whisking constantly, pour in 2 cups of milk. Cook to thicken the gravy. Add salt and pepper and cook for 5 to 10 minutes, until gravy is smooth and thick.

Chokecherry Jelly

Ingredients:

4-5 cups fresh chokecherries
½ cup lemon juice
1 package powdered pectin
4 ½ cups white sugar



Directions:

Put chokecherries in a large pot and cover with water. Simmer for 15 minutes, gently crushing the berries as they soften. Strain fruit and water through a colander. Save the juice and put pulp back in pot. Cover with water. Simmer and strain again. Discard pulp. You should get at least 3 cups of juice.

Add ½ cup lemon juice to 3 cups chokecherry juice. Stir in 1 package of powdered pectin. Let the juice mixture come to a rolling boil, stirring constantly. Add sugar, stirring constantly. Bring to a rolling boil. Let boil for 2 minutes, stirring constantly to keep it from scorching.

Skim the foam off the top. Put jelly in sterilized jars, leaving ½" at top. Process in a hot water bath for 10 minutes.

Rack of Lamb

Ingredients:

1 rack of lamb ribs
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
2 cloves garlic, minced
Salt and pepper
2 tablespoons olive oil



Directions:

Rub rib rack all over with mixture of rosemary, thyme, and garlic. Sprinkle with freshly ground black pepper. Place in a thick plastic bag with olive oil. Spread oil around so that it evenly coats the lamb. Seal bag and place in a container. Refrigerator overnight.

Remove lamb rack from refrigerator 1 ½ to 2 hours before cooking so that it comes to room temperature. Preheat oven to 450° F, arrange the oven rack so that the lamb will be in the middle of the oven.

Score the fat, sprinkle with salt and pepper, wrap bones in foil, and place in pan, fat side up. Place the roast in the oven and roast at 450° F for 10 minutes, or until the surface of the roast is nicely browned.

Lower the heat to 300° F. Cook for 10-20 minutes longer, until a meat thermometer inserted into the thickest part of the meat reaches 125° F (for rare), or 135° F (medium rare). Remove from oven, cover with foil, and let rest for 15 minutes.

Cut lamb chops away from the rack by slicing between the bones. Serve.

Beef Jerky**Ingredients:**

3 pounds flank steak
½ cup soy sauce
¼ cup sesame oil
¼ cup brown sugar
2 tablespoons sesame seeds
2 teaspoons ground pepper
1 ½ teaspoons powdered ginger



Directions:

Uncurl flank steak, cover it with plastic wrap and freeze for 1 hour, or until firm. Using a sharp chef's knife, trim off and discard excess fat or tendons. With your knife parallel to the cutting board, carefully butterfly the thick slab of meat into 2 thin slabs. Then cut each piece into thin strips $\frac{1}{8}$ " - $\frac{1}{4}$ " thick.

Combine the soy sauce, sesame oil, brown sugar, sesame seeds, ground pepper, and ginger in a large zip-top plastic bag or glass baking dish. Add the sliced meat and coat with the marinade. Refrigerate for at least 3 hours.

When you are ready to dry the jerky, remove the meat from the refrigerator and bring to room temperature.

Meanwhile, remove the racks from the oven, line the bottom of the oven completely with foil, and preheat oven to 175° F. Spray the oven racks with nonstick cooking spray.

Remove the meat from the marinade, draining off the liquid and blotting away any excess marinade with paper towels. Arrange the meat strips side-by-side across the racks, leaving at least $\frac{1}{4}$ " of space between strips.

Place the racks of meat in the oven and cook until completely dry. This can take as little as 2 hours or as long as 5 hours, depending on the thickness and moistness of the meat.

The jerky is ready when it is dry, dark in color, and breaks gently when bent. Blot any residual moisture from the jerky with paper towels and cool completely on the racks before storing.

Store the jerky in an airtight container, kept in a cool, dry place. Well-dried beef stored this way will last 2 to 3 months.