



Bohaty's Gourmet Grass Fed Beef

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We're on the web at www.gourmetgrassfedbeef.com

The Grass Fed Gourmet

Quicker Beef Vegetable Soup

Condensed from the Sept/Oct issue of Cook's Illustrated

The goal of this article is to make a great tasting beef soup without the time involved in simmering beef bones.

What's the Beef? Tasters praised the fall-apart tenderness of the shin meat in our original Beef Noodle Soup, but it took hours to break down those tougher muscle fibers into anything remotely tender. I tried to find a cut of meat that had the same textural characteristics of the shin meat but would cook in a quarter of the time. I discovered that those with a loose, open grain—including hanger steak, flank steak, sirloin tip steak, and blade steak—had a texture that fooled testers into thinking I'd cooked it for hours.

Of these 4 cuts, sirloin tip steaks offered the best balance of meaty flavor and tenderness. I discovered the best size of chunks for the soup for 6 generous bowls of soup was ½ inch pieces cut from 1 pound of sirloin tip steaks.

A Better Broth The meat I'd chosen had the right texture but it didn't do much for the rest of the soup. I would have to start with store-bought broth and engage in some serious flavor doctoring.

Reducing the broth to fortify its flavor made it ultra-salty and harsh tasting, making the tasters think it was canned.

Several of the quick soup recipes I found used "everything but the kitchen sink" approach to the vegetables. While they added flavor, it certainly wasn't beef flavor. I decided to stick to the basics: Onions, carrots, and celery—safe

yes: exciting, not very. Then I remembered that many recipes for French onion soup rely on caramelized onions to up the meaty flavor of the broth. The liquid and sugars released by the onions leave a rich brown coating on the pan.

It was time to research into what constitutes beefy flavor. I discovered that beef flavor is accentuated by naturally occurring compounds called glutamates, which are found in numerous foods. Like salt, glutamates stimulate receptors on the tongue, making food taste richer and meatier. Mushrooms are high in glutamates, and are paired or substituted for beef. I experimented with several kinds of mushrooms and found that utilitarian white buttons were OK but a bit bland. However, Cremini mushrooms were perfect. I discovered other ingredients high in glutamates that improved the beefy taste were red wine and tomato paste. Tomato paste which when browned with the meat and then by deglazing the caramelized pan dripping with the red wine boosted the soup's meaty taste. Soy sauce used as a 15 minute marinate for the beef, improve the flavor and texture of the beef without overpowering the soup.

Now to replicate the mouth coating richness of long simmered soups. I discovered I could cheat by adding a tablespoon of powdered gelatin, softened in cold water, and stirred into the finished soup provided the viscosity of traditional broths.

By David Pazmino

Beef and Vegetable Soup

(serves 6)

Choose whole sirloin tip steaks over ones that have been cut into small pieces for stir-fries. If these aren't available, substitute blade or flank steak, removing any hard gristle or excess fat. Button mushrooms can be used in place of the cremini mushrooms. If you like, add 1 cup of frozen peas, corn, or green beans during the last 5 minutes of cooking. For a heartier soup, add 10 ounces of red-skinned potatoes (2 cups), cut into ½ inch pieces during the last 15 minutes of cooking.

1 # sirloin tip steaks, cut into ½ inch pieces
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 # cremini mushrooms, stems trimmed, caps cleaned & quartered
1 large onion, chopped (1 ½ cups)
2 tablespoons tomato paste
1 clove garlic, minced
½ cup red wine
4 cups beef broth (Pacific recommended)
1 ¾ cups chicken broth
4 medium carrots, peeled & cut into ½ inch pieces (about 2 cups)
2 medium celery ribs, ½ inch pieces (¾ cup)
1 bay leaf

½ cup cold water
1 tablespoon unflavored powdered gelatin
2 tablespoons minced fresh parsley leaves
salt & pepper to taste

Directions:

1. Combine beef & soy sauce in medium bowl; set aside for 15 min.
2. Heat oil in large Dutch oven over medium-high heat. Add mushrooms and onion; cook, stirring frequently, until onions are brown & dark bits form on pan, 8-12 min. Remove from pan.
3. Add beef and cook, stirring occasionally, until liquid evaporates & meat browns, 6-10 minutes. Add tomato paste & garlic; cook, stirring constantly, until aromatic, about 30 seconds. Add red wine, scraping bottom of pot with wooden spoon to loosen browned bits, and cook until syrupy, 1-2 minutes.
4. Add beef & chicken broths, carrots, celery, bay leaf, and browned mushrooms and onion; bring to boil. Reduce heat to low, cover, and simmer until vegetables and meat are tender, 25-30 minutes. Meanwhile sprinkle gelatin over cold water & let stand.
5. When soup is finished, turn off heat. Remove bay leaf. Add gelatin mixture and stir until completely dissolved. Stir in parsley; adjust seasonings with salt and pepper, and serve.

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Farm Notes

It's weaning time here at our farm. We choose to do this in pasture with just an electric fence between momma and baby. This causes less stress as they can see each other. The results are fewer problems and no need for antibiotics in the feed to keep the calves healthy. Good for them and you too!

Reserve Your Beef for 2007!

Our grass fed beef is sold as a whole beef carcass, or just a half or quarter. You determine how your beef is cut up and packaged. If you are unfamiliar with this process we can explain the basic cuts of beef and the processor will help you make the final decision.

Our 2007 price is \$1.10 per pound of live animal weight. This is the weight of the live animal at the time it is delivered to the processing plant. Live animal weights usually range between 1150 to 1300#. Dressed or hanging weight is estimated to

be around 60% of live weight. Most processors expect the cutout weight (the weight of the meat going into your freezer) of a whole steer to be 60-65 percent of the dressed weight. The reason for the reduction in weight is the moisture loss during the dry aging process and the amount of bone, fat, & etc removed during processing. Delivery of the live animal to the processing plant is free. Processing costs are the buyer's responsibility. Basic costs of processing can be found at www.gourmetgrassfedbeef.com