



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | **Mom's Beef Roast**

1 T Chef's Salt (find recipe in Rubs/Marinade section)

½ t sugar

1 t coarse black pepper

2-3 T Kitchen Bouquet

½ cup corn oil

Massage mixture of all ingredients into beef roast

Sear in broiler

Add 1 cup canned consommé

Wrap in foil

Roast at 350° for 40 minutes