



FIVE MARYS FAVORITE GROUND BEEF RECIPES

BY: MARY HEFFERNAN @ FIVE MARYS FARMS

FIVE MARYS RECIPES

TABLE OF CONTENTS

GROUND BEEF FAVORITES:

- 1) BURGERS
- 2) LASAGNA
- 3) KOREAN BEEF BOWL
- 4) HAMBURGER SOUP
- 5) JOE'S SPECIAL
- 6) TACOS
- 7) MEATBALLS
- 8) AVOCADO QUESADILLAS
- 9) TAMALES
- 10) CHILI
- 11) SLOPPY JOES
- 12) BEEF CABBAGE CUPS
- 13) TACO SALAD
- 14) MEATLOAF
- 15) COTTAGE PIE

A FEW SIDES:

- 1) JASMINE RICE
- 2) BRUSSELS SPROUTS & RED GRAPES
- 3) ROASTED ROOT VEGGIES
- 4) COLE SLAW
- 5) KALE & BROCCOLI
- 6) NO-KNEAD BREAD

AND DESSERTS:

- 1) BEST EVER BANANA CAKE AND CREAM CHEESE FROSTING
- 2) SKILLET BISCUITS AND BERRIES WITH WHIPPED CREAM

We hope you enjoy these, from our family to yours!



SERVINGS: 3-4

PREP TIME: 10 MIN

COOK TIME: 5-10 MIN

**DRY AGED BEEF
BURGERS ARE
THE BEST!**

INGREDIENTS

1 POUND GROUND BEEF

SEA SALT
BLACK PEPPER
OR M5 SPICE RUB

ALL THE EXTRAS....
SESAME BUNS (TOASTED)
CHEDDAR CHEESE
KETCHUP
MUSTARD
MAYONNAISE
SRIRACHA MAYO

AVOCADOS
TOMATOES
LETTUCE
PICKLES
ONIONS
SERRANO PEPPERS
MUSHROOMS

DIRECTIONS

- 1) Thaw ground beef, open the package and break or slice pound of beef into 1/3's or 1/4's
- 2) Form round, flat patties and make an indent in the middle of each patty with your thumb to keep the juices in and to help cook evenly.
- 3) Sprinkle with salt and pepper or M5 Spice Rub.
- 4) Grill burgers for a few minutes each side, until you reach between 130-135 degrees inside.
- 5) Take them off the grill a little before they are done to your liking, and tent with tin foil for 5-10 minutes. Make sure not to overcook!
- 5) Toast buns and serve burgers with all the extras and condiments, as you like!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 8-10

PREP TIME: 20 MIN

COOK TIME: 30 MIN

***TRY THE OVEN READY LASAGNA SHEETS OR MAKE YOUR OWN!**

INGREDIENTS

2 POUNDS GROUND BEEF (OK TO USE 1 LB BUT WE LIKE IT MEATY)

OVEN READY "LASAGNE SHEETS" BY BARILLA

1 YELLOW ONION

1 RED BELL PEPPER

2 JARS TOMATO SAUCE

EXTRA VIRGIN OLIVE OIL

2 CUPS MOZZARELLA CHEESE, WHOLE AND SLICED

2 CUPS MOZZARELLA CHEESE, SHREDDED

2 CUPS RICOTTA CHEESE

1/2 CUP GRATED PARMESAN (PREFERABLY FRESHLY GRATED PARMIGIANO REGGIANO)

SEA SALT

BLACK PEPPER

DIRECTIONS

- 1) Preheat oven to 375 degrees. Oil or grease a 9x13 deep baking dish (or two if you double the recipe - and freeze one lasagna for later!)
- 2) Brown 1-2 pounds of ground beef in a large cast iron pan or skillet with diced onion and bell pepper, add salt and pepper or M5 Spice Rub.
- 3) Start with 1 cup of tomato sauce covering the bottom of the baking dish. Then add three sheets of oven ready lasagna sheets to mostly cover.
- 4) Add 1/3 of the cheeses and ground beef and cover with sauce again. Add three more lasagna sheets to cover. Repeat 2 more times and finish with lasagna sheets covered in the rest of the sauce and shredded mozzarella and Parmesan, make sure you have enough sauce left to cover the sheets (they will dry out if not completely covered in sauce)
- 7) Cover with foil and bake for 20-25 minutes. Remove foil and bake an additional 5-10 minutes for a cheesey crust. Let rest 10-15 minutes before slicing to serve.

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 4 -6

PREP TIME: 5 MIN

COOK TIME: 15 MIN

***SUPER EASY!**

INGREDIENTS

2 POUNDS GROUND BEEF

4 CUPS WHITE RICE

2 TABLESPOONS SESAME OIL

1/2 CUP BROWN SUGAR

1/2 CUP LOW SODIUM SOY SAUCE
OR LIQUID AMINOS

1 TEASPOON RED PEPPER FLAKES

1/2 TEASPOON GROUND GINGER
GRATED FRESH GINGER TO TASTE

3 CLOVES OF GARLIC

6 GREEN ONIONS

1-2 HEAD BOK CHOY OPTIONAL

MUSHROOMS OPTIONAL

SESAME SEEDS OPTIONAL

SRIRACHA HOT SAUCE OPTIONAL

**THIS RECIPE ADAPTED
FROM DAMN DELICIOUS**

DIRECTIONS

1) Whisk together sesame oil, brown sugar, soy sauce/aminos, red pepper flakes and ginger and set aside.

2) Add garlic and a little oil to a cast iron pan or large skillet over medium high heat until fragrant (about a minute). Add two pounds of ground beef and cook until browned. Drain excess fat if any.

3) Whisk soy sauce mixture again in bowl and pour over ground beef. Stir to coat and then add sliced green onions and diced box choy (about 1/4 inch pieces). Allow to simmer about 2 minutes with a lid to soften greens. (Optional: add mushrooms, already browned in another pan, at this point too)

4) Serve immediately over white rice or noodles. Garnish with green onion and sesame seed - and don't forget the sriracha if you like it hot!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 8-10

PREP TIME: 15 MIN

COOK TIME: 30 MIN

**EASY AND ALWAYS
A CROWD PLEASER!**

INGREDIENTS

2 POUNDS GROUND BEEF

1 LARGE ONION, DICED

3 CLOVES GARLIC, MINCED

6 STALKS CELERY, DICED

6 CARROTS PEELED & SLICED

3 BELL PEPPERS, DICED

8-10 RED POTATOES

1 CAN WHOLE TOMATOES (14.5 OZ)

3 CUPS BEEF BROTH

4 TABLESPOONS TOMATO PASTE

KOSHER SALT

BLACK PEPPER

1/4 TEASPOON CAYENNE PEPPER
(MORE TO TASTE)

**THIS RECIPE ADAPTED
FROM THE
PIONEER WOMAN**

DIRECTIONS

1) In a large pot over medium heat, brown the meat with the onion, celery, and garlic. Remove the pot from the heat and drain fat if necessary.

2) Return the pot to the heat and add the rest of the ingredients. Stir to combine, then bring to a boil.

3) Reduce the heat, then cover the pot and simmer the soup for 15-20 more minutes, until potatoes are tender but not overly mushy.

3) Soup should be somewhat thick, but if you like it more "soupy," add 1 to 2 cups more broth or hot water and heat through again.

4) Taste and adjust seasonings, adding more salt if needed. Serve with crusty bread and enjoy!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 2-4

PREP TIME: 5-10

COOK TIME: 10-15

***USE FARM FRESH EGGS
IF YOU CAN GET THEM!**

INGREDIENTS

1 POUND GROUND BEEF (BUT
THIS RECIPE EASILY DOUBLES!)

3-4 EGGS

1 ONION, FINELY CHOPPED

1 BAG FRESH BABY SPINACH

SALT AND PEPPER

MUSHROOMS OPTIONAL

RED WINE VINEGAR OPTIONAL

**THIS RECIPE IS AN
OLD FAVORITE IN
MARY'S FAMILY!**

DIRECTIONS

- 1) Add diced onion with a little olive oil to a cast iron pan or skillet and cook until transparent (add mushrooms and cook slightly if you'd like to add them!)
- 2) Brown the ground beef with the onion until cooked evenly, breaking up until no longer pink. Add salt and pepper to taste.
- 3) Add the spinach and mix together. Cook until the spinach wilts, covered if possible, on low heat. (if using frozen spinach, cook separately and drain first, then add and mix)
- 4) Add lightly beaten eggs to the beef and spinach and fold into the mixture until the eggs are set, about 2-3 minutes.
- 6) Serve in a bowl (our family likes it with red wine vinegar poured on too but that's optional!) and a little more salt and pepper to taste.

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 4-6

PREP TIME: 5-10

COOK TIME: 10 MIN

***NO TACO SEASONING
NEEDED WHEN YOU START
WITH GOOD GROUND BEEF!**

INGREDIENTS

2 POUNDS GROUND BEEF

TORTILLAS (WE LOVE "TORTILLA
LAND" UNCOOKED TORTILLAS
YOU COOK/WARM YOURSELF)

CHERRY TOMATOES, HALVED
SOUR CREAM

AVOCADO

LETTUCE

SALSA

HOT SAUCE

SLICED JALAPEÑOS

SALT AND PEPPER

**OUR FAVORITE,
LAST-MINUTE
EASY DINNER!**

DIRECTIONS

- 1) Brown ground beef in a cast iron pan or skillet and add a little salt and pepper, drain any excess fat.
- 2) Warm or cook tortillas on a hot pan, about 30 seconds each side until bubbly (we like the uncooked tortillas found in the refrigerated section at the grocery store) If cooking for a crowd, cook each tortilla one at a time and stack on a plate with a kitchen towel to cover and keep warm until ready to serve.
- 3) Add meat to warm tortilla and then add extras as you like it - cheese, tomatoes, avocado, sour cream, hot sauce, jalapenos.... all the taco fixings!
- 4) Enjoy your first and go back for more!



Enjoy! M5



SERVINGS: 2-4

PREP TIME: 15 MIN

COOK TIME: 30-40

***PESTO ADDS A GREAT KICK!**

INGREDIENTS

1 POUND GROUND BEEF

1 CUP PESTO

2-3 CUPS MARINARA SAUCE

PASTA NOODLES

OLIVE OIL

PARMESAN CHEESE

SALT AND PEPPER

HOMEMADE PESTO:

1 CUP FRESH BASIL LEAVES

3 CLOVES GARLIC, PEELED

3 TABLESPOONS PINE NUTS

1/3 CUP GRATED PARMESAN

1/3 CUP OLIVE OIL

**THIS RECIPE FROM OUR
CUSTOMER
LAURA TOZZI!**

DIRECTIONS

1) Thaw a pound of ground beef and break apart in a bowl. Add a cup to a cup of pesto (homemade or store bought) and mix together with ground beef in the bowl.

2) *For homemade pesto, combine basil, garlic, pine nuts and Parmesan in the bowl of a food processor; season with salt and pepper, to taste. While mixing, add olive oil slowly until emulsified.

3) Use a cookie scoop and scoop the mixture into meatballs and place in a baking dish. Pour marinara over the top of the meatballs and bake at 375 for 30-40 min. (**or put them in the bottom of the slow cooker, covered in sauce for 6-8 hours on low.*)

4) While meatballs are cooking, heat water to a rolling boil and cook your favorite pasta. Drain and add back to warm pot. Add olive oil and salt and set aside.

5) Remove meatballs from the oven and scoop to serve over the pasta. Grate some Parmesan cheese over the top and enjoy!



Enjoy! **M5**



SERVINGS: 4-8

PREP TIME: 10-15

COOK TIME: 8-10

**NOT YOUR AVERAGE
QUESADILLA!**

INGREDIENTS

1 POUND GROUND BEEF

BLACK AND/ OR PINTO BEANS
(OR REFRIED BEANS)

6 FLOUR OR CORN TORTILLAS

1 CAN CHOPPED GREEN CHILES

2-3 AVOCADOS

1-2 CUPS SHREDDED CHEESE
(CHEDDAR AND OR MOZARELLA)

1-2 SLICED JALAPENOS

DIPPING SAUCE:

1 CUP SOUR CREAM,

1/2 CUP SALSA, MIXED

CILANTRO TO TASTE

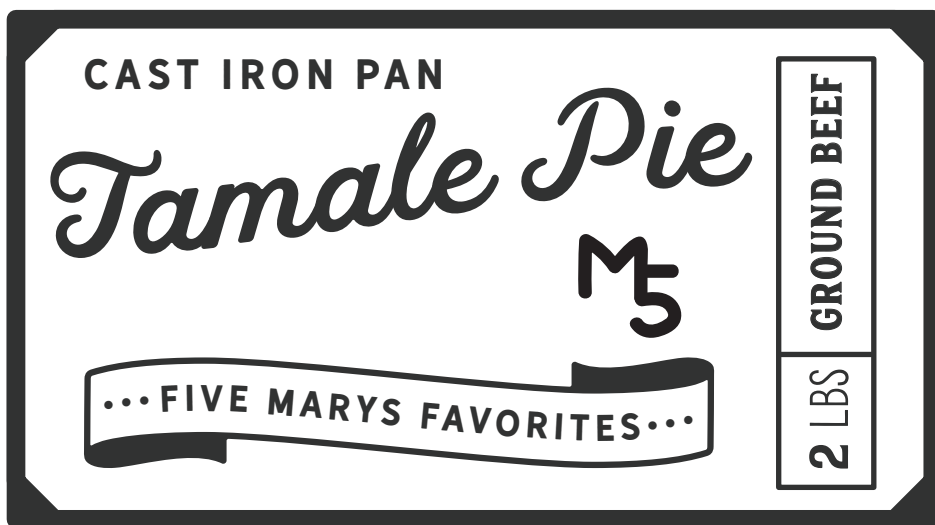
HOT SAUCE TO TASTE

DIRECTIONS

- 1) Preheat oven to 400 degrees F. Line a baking sheet with parchment paper or foil.
- 2) Add ground beef to a cast iron pan or skillet and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks. Drain excess fat and stir in green chiles; set aside.
- 3) Start with some cheese on the tortilla, then add-beans (I like to mix pinto and black beans, well drained or you can use refried beans but if using refried spread beans before cheese), ground beef, avocado and cheese, jalapanos if you like the heat; and then top with another tortilla.
- 5) Place baking sheet into oven and bake until the cheese has melted, about 8-10 minutes.
- 6) Cut into wedges, serve garnished with cilantro, and dip in sour cream & salsa mix (or as we call "Special Sauce") and enjoy!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 5-6

PREP TIME: 10-20

COOK TIME: 30-40

*** JUST ENOUGH SPICE!**

INGREDIENTS

1 LB GROUND BEEF

½ CUP CORNMEAL

1 CUP FLOUR

3 TABLESPOONS SUGAR

1 TABLESPOON BAKING POWDER

¼ TEASPOON SALT

3-4 TABLESPOONS OIL

1 CUP MILK

1 EGG

1 CAN DICED GREEN CHILES

1 TEASPOON CUMIN

1 TEASPOON CHILI POWDER

1 ¼ CUP ENCHILADA SAUCE

2 CUPS OF SHREDDED CHEESE

OPTIONAL TOPPINGS:

SALSA

GUACOMOLE OR AVOCADO

SOUR CREAM

CILANTRO

LIME WEDGES

JALAPENO SLICES

DIRECTIONS

- 1) Preheat oven to 400 degrees F.
- 2) Whisk together cornmeal, flour, sugar, baking powder, and salt. Add oil until soft crumbles form. Whisk in milk and egg. Gently fold in chiles and corn.
- 3) Pour into greased baking pan (or large cast iron skillet). Bake until a toothpick comes out clean, about 20-25 minutes. (*Can also use Jiffy Cornbread mix!)
- 4) While cornbread is baking, combine beef with cumin and chili powder and sauté in a skillet over medium heat until fully cooked, about 10 minutes. Drain and set aside.
- 5) Once cornbread is done baking, reduce oven to 350 degrees. Poke holes in cornbread with a fork and pour enchilada sauce over it. Top with ground beef and shredded cheese, and cover with aluminum foil.
- 6) Bake in oven for 20 minutes. Remove foil and put back until cheese begins to get crusty, about 5-10 minutes. Let cool for 10-15 minutes before serving and adding optional toppings. YUM!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: A LOT!

PREP TIME: 10

COOK TIME: 30

***GREAT SERVED WITH
CORNBREAD AND
M5 HONEY!**

INGREDIENTS

1 LB GROUND BEEF

ONE YELLOW ONION DICED

1/2 TEAS CUMIN

1/2 TEAS GARLIC POWDER

1 TEAS CHILI POWDER

1/2 TEAS CAYENNE PEPPER

2 CANS DICED TOMATOES

1 CAN TOMATO SAUCE

1 CAN KIDNEY BEANS

1 CAN CANNELLINI BEANS

SOUR CREAM

RED ONIONS

CHEDDAR CHEESE

SALT AND PEPPER

**THIS RECIPE FROM OUR
CUSTOMER
LAURA TOZZI!**

DIRECTIONS

- 1) Saute onion in a large dutch oven or pot until translucent.
- 2) Add ground beef and stir until browned, drain if necessary.
- 3) Add spices and mix with meat to combine, over medium heat.
- 4) Add diced tomatoes, beans and tomato sauce and reduce heat to low.
- 5) Stir until heated throughout and let simmer 20 min (*or put in crock pot for 5-7 hours on low.) Add more salt and pepper to taste if needed.
- 6) Serve topped with sour cream, red onions, and grated cheddar in a bowl.
- 7) Don't forget the cornbread and M5 honey!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 4-6

PREP TIME: 10-20

COOK TIME: 20 MIN

***A GREAT ALTERNATIVE
TO BURGERS!**

INGREDIENTS

2 POUNDS GROUND BEEF
1/2 CUP BROWN SUGAR
DASH OF M5 SPICE RUB
1 MEDIUM ONION
1 SMALL RED BELL PEPPER
1 TBLS RED WINE VINEGAR
1 TBLS WORCESTERSHIRE SAUCE
2 CUPS TOMATO SAUCE
2 TBLS TOMATO PASTE

CRUSTY ROLLS TOASTED, AND
LIGHTLY BUTTERED

GARNISH WITH PICKLES!

**THIS RECIPE IS
MAISIE'S FAVORITE :)**

DIRECTIONS

- 1) In a large cast iron pan or skillet, brown the meat until not pink (but doesn't need to be fully cooked yet)
- 2) Combine brown sugar and M5 Spice Rub in a small bowl, add to the skillet and stir until well mixed. Then add onion and red peppers.
- 3) Reduce heat to medium and add red wine vinegar and Worcestershire sauce, cook with meat for 5 minutes, then add tomato sauce and paste and stir to combine.
- 4) Reduce heat to simmer and cook Sloppy Joe mixture 5 or more minutes longer to reduce.
- 5) Using a large slotted spoon, pile sloppy meat onto toasted, buttered buns
- 6) Serve with your favorite sides, like dill pickles or cole slaw!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 2-4

PREP TIME: 10-15

COOK TIME: 10 MIN

INGREDIENTS

1 POUND GROUND BEEF

2 1/2 TSPS DARK SESAME OIL

2 TSPS MINCED PEELED GINGER

3 GARLIC CLOVES, MINCED

1 TABLESPOON SUGAR

2 TABLESPOONS LIME JUICE

1 1/2 TABLESPOONS FISH SAUCE

1/2 TSP CRUSHED RED PEPPER

1/2 CUP SLICED RED ONION

1/2 CUP CHOPPED CILANTRO

8 LARGE GREEN CABBAGE
LEAVES

2 TABLESPOONS UNSALTED,
DRY-ROASTED PEANUTS

DIRECTIONS

- 1) Heat a large cast iron pan or skillet over medium-high heat.
- 2) Add 2 teaspoons dark sesame oil to pan; swirl to coat. Add minced ginger and garlic; cook 1 minute, stirring constantly.
- 3) Add ground beef; cook 5 minutes or until browned, stirring to crumble.
- 4) Combine remaining 1/2 teaspoon oil, sugar, lime juice, fish sauce and crushed red pepper in a large bowl.
- 5) Add beef mixture, onion, and cilantro to the bowl; (leaving a little cilantro for garnish), toss together until evenly coated.
- 6) Place 2 cabbage leaves on each of 4 plates; divide beef mixture evenly among leaves.
- 7) Top each serving with 1-2 teaspoons finely chopped peanuts, garnish with cilantro and serve!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 3-6

PREP TIME: 10-15

COOK TIME: 5-10 MIN

***AN EASY SALAD,
FUN TO ASSEMBLE TOO!**

INGREDIENTS

1 POUND GROUND BEEF

1 CAN CHILI BEANS OR BLACK BEANS (OR ANY BEANS!)

4 TO 6 CUPS CORN CHIPS

1 CUP CHEDDAR CHEESE

2 CUPS SHREDDED LETTUCE

1 LARGE TOMATO

1 SMALL GREEN PEPPER

6 GREEN ONIONS WITH TOPS

1 SMALL AVOCADO

OPTIONAL

SLICED BLACK OLIVES

SLICED JALAPENO

DRESSING:

1 CUP SOUR CREAM

1 CUP SALSA

DIRECTIONS

1) In a large skillet over medium heat, cook beef until no longer pink, add a little salt and pepper to taste; drain if necessary and set aside.

2) Heat beans in a small saucepan and set aside.

3) Assemble taco salad in a bowl in layers:

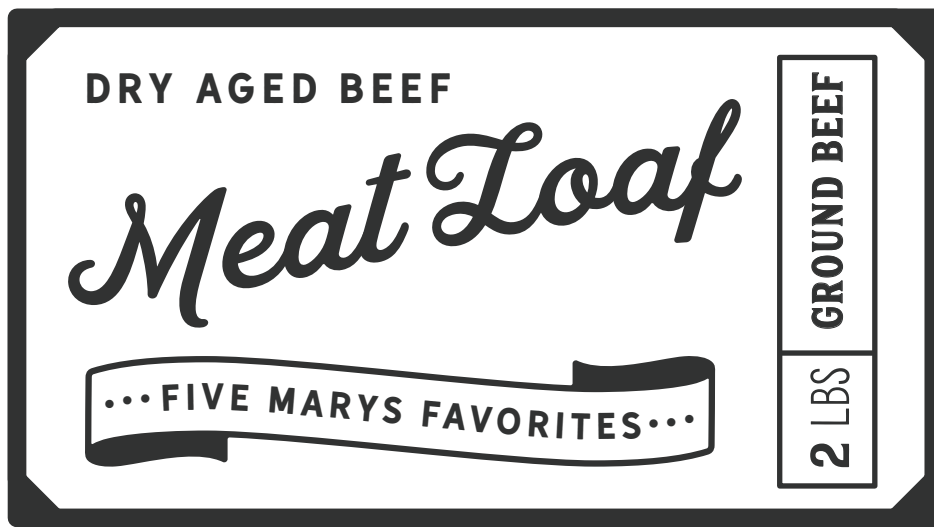
- corn chips broken up slightly
- ground beef
- chili beans
- shredded cheddar cheese
- shredded lettuce
- diced tomato
- diced green pepper & onions
- sliced avocado
- optional olives & jalapeno slices

4) Top with sour cream and salsa dressing (mixed together or seperately if you prefer!)

5) Enjoy with a cold Corona! Cheers!

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 3-6

PREP TIME: 10 MIN

COOK TIME: 45 MIN

***KIDS LOVE IT,
ADULTS TOO!**

INGREDIENTS

DIRECTIONS

2 POUNDS GROUND BEEF
(OR SUB 1 POUND GROUND PORK)

1 1/2 CUPS YELLOW ONION
1/2 RED ONION (OPTIONAL)
1/2 CUP RED PEPPER
3 CLOVES OF GARLIC CHOPPED
1 1/2 CUP FRESH BREAD CRUMBS
1/4 CUP CHOPPED PARSLEY
1/2 CUP MILK
2 LARGE EGGS
2 TABLESPOONS DIJON
1 TABLESPOON HOT SAUCE

GLAZE:

1/2 CUP KETCHUP
1/4 CUP LIGHT BROWN SUGAR
1 1/2 TABLESPOONS APPLE
CIDER VINEGAR

- 1) Preheat oven to 350 degrees
- 2) Saute the chopped onions, red pepper and finely chopped garlic until soft.
- 3) Brown 2 pounds of ground beef (or 1 pound ground beef, 1 pound ground pork)
- 4) Add sauted veggies to meat and add bread crumbs, parsley, milk, eggs, dijon and hot sauce (optional)
- 5) Combine ingredients until well mixed and put in a long skinny loaf pan
- 6) Top with glaze (combine ketchup, brown sugar and apple cider vinegar in a bowl to make glaze)
- 7) Cook at 350 degrees for 45 minutes
- 8) Serve with extra glaze

**THIS RECIPE FROM
MY MOM, JANNIE**

...FIVE MARYS FAVORITES...

Enjoy! M5



SERVINGS: 3-6

PREP TIME: 15 MIN

COOK TIME: 20-30

*** ALSO CALLED
SHEPARD PIE USING
GROUND LAMB**

INGREDIENTS

2 POUNDS GROUND BEEF
1 SWEET ONION
3-4 MEDIUM CARROTS
3-4 CENTER CELERY STALKS
SWEET CORN
OLIVE OIL
COLD BUTTER
SEA SALT
BLACK PEPPER

(FOR MASHED POTATOES)
YELLOW POTATOES
BUTTER
OLIVE OIL
WHITE PEPPER
MILK OR CREAM

**THIS RECIPE FROM
MY GOOD FRIEND
KATHRYN BESSER!**

DIRECTIONS

- 1) Rinse, dice and saute onion, celery and carrots in a little olive oil in a cast iron pan or skillet.
- 2) Add ground beef and brown just a bit.
- 3) Spread the mixture out in the bottom of the pan or in individual pot pie pans or cocottes
- 4) Add sweet corn (1-2 bag defrosted sweet corn or fresh) on top of meat mixture and about 4 tablespoons of cold butter total spread over mixture and between pans.
- 5) Cover everything with a thick mixture of mashed potatoes
- 6) Put in the broiler with the pan in center of the oven, not the top, for about 20 minutes or until golden brown on top.
- 7) Scoop out or serve individual portions and enjoy!

...FIVE MARYS FAVORITES...

Enjoy! M5



Five Marys

SIDES

OUR FAMILY FAVORITES

• M5 •



SERVINGS: ANY

PREP TIME: 2 MIN

COOK TIME: 15 MIN

***SO FAST AND ALWAYS
PERFECT RICE IN THE
INSTANT POT!**

INGREDIENTS

1 CUP JASMINE RICE
TO 1 CUP COLD WATER
1/2 TEASPOON SALT TO TASTE

(1:1 RATIO - YOU CAN COOK 1-4
CUPS RICE IN INSTANT POT)

PRESSURE COOKING TIMES (IN
MINUTES) USING THE MANUAL
SETTING ON INSTANT POT:

-- JASMINE OR WHITE RICE:
USE "RICE" SETTING

-- BROWN RICE (LONG/SHORT):
22-28 MINUTES

-- WILD RICE MIX:
25-30 MINUTES

Enjoy! M5

DIRECTIONS

- 1) Rinse rice under cold water and agitate with your fingers to wash off excess starches, continue to rinse until water is clear.
- 2) Add rice and water to pressure cooker in 1:1 ratio.
- 3) Close and seal the lid with steam release off.
- 4) Cook on rice setting for white rice or on high pressure for 22-30 minutes for brown and long grain rice and then allow natural steam release for 10 minutes.
- 5) Release the remaining pressure, then open the lid quickly.
- 6) Optional: add salt to the rice for seasoning.
- 7) If the rice turns out a bit wet when you open the lid, first fluff the rice with a fork to let the moisture escape through the steam.
- 8) Let the rice rest for about 10 minutes after cooking is finished before releasing any remaining pressure, and serve.

...FIVE MARYS FAVORITES...



SERVINGS: 4-6

PREP TIME: 10 MIN

COOK TIME: 10 MIN

*** ALWAYS A FAVORITE!**

INGREDIENTS

4 CUPS BRUSSELS SPROUTS
1 CUP RED GRAPES
OLIVE OIL
SEA SALT
BALSAMIC VINEGAR OPTIONAL

DIRECTIONS

- 1) Rinse Brussels sprouts in a colander. Slice each, cutting off stem and then cutting in half.
- 2) Heat olive oil in a cast iron pan or skillet on medium heat. Add Brussels sprouts and saute until tender.
- 3) Rinse and slice red grapes in half while Brussels are cooking. Add grapes to the Brussels a few minutes before they are ready.
- 4) Add sea salt to taste and saute everything together. (cover for a softer veggie, but we prefer them crispy and al dente)
- 5) Optional: add a little balsamic vinegar for sweetness.
- 6) Serve warm as a side for your favorite Five Marys meats!

Enjoy! M5

...FIVE MARYS FAVORITES...



SERVINGS: 4-6

PREP TIME: 10 MIN

COOK TIME: 45-60 MIN

***RAINBOW CARROTS
ADD SOME FUN!**

INGREDIENTS

1 LARGE BUTTERNUT SQUASH
3 LARGE YUKON GOLD POTATOES
1 BUNCH MEDIUM BEETS
1 MEDIUM RED ONION
1 BUNCH OF RAINBOW CARROTS
AND/OR 2 LARGE PARSNIPS
1 HEAD OF GARLIC IN CLOVES

KOSHER SALT OR SEA SALT
FRESHLY GROUND BLACK PEPPER
2 TABLESPOONS OLIVE OIL, PLUS
MORE FOR DRIZZLING

DIRECTIONS

- 1) Preheat to 425 degrees F and place two baking sheets in the oven to warm them.
- 2) Cut all the vegetables into 1 1/2-inch pieces.
 - *Butternut squash should be halved, seeded and peeled then cut into pieces.
 - *Yukon potatoes scrubbed and cut into pieces.
 - *Beets scrubbed and tops trimmed, then cut up.
 - *Carrots peeled and cut in pieces
 - *Parsnips scrubbed and cut into pieces, remove the core if it's pithy (usually only in large parsnips)
 - *Cut the onions through the base core to keep some of the layers in chunky pieces.
- 3) Toss all the vegetable pieces with the garlic, olive oil salt and pepper in a bowl.
- 4) Remove the heated baking sheets from the oven, brush or drizzle with olive oil. Divide the vegetables evenly between the 2 pans, spreading them out to assure they don't steam while roasting.
- 5) Roast the vegetables until tender and golden brown, moving around with a spoon or fork occasionally, about 45 minutes to 1 hour.

Enjoy! M5





SERVINGS: 2-4

PREP TIME: 5-10 MIN

COOK TIME: 0

***HOMEMADE MAYO
OPTIONAL!**

INGREDIENTS

SALAD:

1 HEAD GREEN CABBAGE
2 LARGE CARROTS

DRESSING:

1/2 CUP MAYONNAISE
2 TABLESPOONS SUGAR
2 TABLESPOONS LEMON JUICE
1 TABLESPOON VINEGAR
1/2 TEASPOON GROUND PEPPER
1/4 TEASPOON SALT

...FIVE MARYS FAVORITES...

HOMEMADE MAYO:

1 LARGE EGG YOLK
1 1/2 TSPS LEMON JUICE
1 TSP WHITE WINE VINEGAR
1/4 TSP DIJON MUSTARD
1/2 TSP SALT
3/4 CUP CANOLA OIL, DIVIDED

DIRECTIONS

1) Rinse and finely shred the cabbage head; Peel and finely shred the carrots. (or buy the coleslaw packaged mix!)

3) Mix both in a large serving bowl and set aside.

3) Make the dressing by whisking mayonnaise, sugar, lemon juice, vinegar, pepper and salt together in a bowl until smooth and airy.

4) Pour over cabbage and carrot mixture and toss until evenly covered!

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Enjoy!

HOMEMADE MAYO - OPTIONAL!

1) Combine egg yolk, lemon juice, vinegar, mustard, and 1/2 teaspoon salt in medium bowl. Whisk until blended and bright yellow, about 30 seconds.

2) Using 1/4 teaspoon measure and whisking constantly, add 1/4 cup oil to yolk mixture, a few drops at a time, about 4 minutes. Gradually add remaining 1/2 cup oil in very slow thin stream, whisking constantly, until mayonnaise is thick, about 8 minutes (mayonnaise will be lighter in color). Cover and chill. Can be made up to 2 days ahead, keep chilled!

****recipe for mayo from epicurious.com****



SERVINGS: ANY

PREP TIME: 15 MIN

COOK TIME: 30 MIN

***SUPER EASY**

INGREDIENTS

2 BUNCHES KALE (LACINATO)
1 CUP WATER
2 LARGE HEADS BROCCOLI
2 TABLESPOONS OLIVE OIL
4 TABLESPOONS COLD UNSALTED BUTTER
5 CLOVES GARLIC
¼ TEASPOON CRUSHED RED PEPPER, PLUS MORE FOR GARNISH
¾ TEASPOON MALDON SEA SALT

**THIS RECIPE FROM
OUR FRIENDS AT
EATING WELL!**

Enjoy! M5

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DIRECTIONS

- 1) Remove tough stems and ribs from kale; coarsely chop the greens. Cook the kale in ½ cup water in a large skillet over medium-high heat, covered, until barely tender, 2 to 3 minutes. Transfer to a colander.
- 2) Cook broccoli the same way with the remaining ½ cup water. Transfer the kale to a large bowl; drain the broccoli in the colander. Wipe the pan dry.
- 3) Heat 1 tablespoon oil in the pan over medium-high heat. Add the kale and cook, stirring often, until tender and browned in spots, 4 to 6 minutes. Transfer to the bowl.
- 4) Heat the remaining 1 tablespoon oil in the pan. Add the broccoli (cut into florets) and cook, stirring often, until tender and browned in spots, 4 to 6 minutes. Transfer to the bowl.
- 5) Heat butter, thinly sliced garlic and crushed red pepper in the pan over medium heat until the butter is melted. Cook, stirring constantly, until the garlic is light brown, 1 to 2 minutes.
- 6) Drizzle the butter over the vegetables and sprinkle with ¾ teaspoon salt; gently toss to combine. Serve topped with a sprinkling of Maldon sea salt and crushed red pepper, if desired.

NEW YORK TIMES

No-Knead BREAD

...FIVE MARYS FAVORITES...

CRUSTY & DELICIOUS!

SERVINGS: 1.5 LB LOAF

RISE TIME: 18-24 HOURS

COOK TIME: 45 MIN

***A LITTLE TIME
INTENSIVE,
BUT WORTH IT!**

INGREDIENTS

3 CUPS ALL-PURPOSE OR BREAD
FLOUR, MORE FOR DUSTING

¼ TEASPOON INSTANT YEAST

1 ¼ TEASPOONS SALT

CORNMEAL OR WHEAT BRAN AS
NEEDED

**THIS RECIPE FROM
THE NEW YORK TIMES
"NO KNEAD BREAD"**

Enjoy! M5

...FIVE MARYS FAVORITES...

DIRECTIONS

1) In a large bowl combine flour, yeast and salt. Add 1 5/8 cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl. Let dough rest at 12-18 hours, at warm room temperature, about 70 degrees.

2) Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely and let rest about 15 minutes.

3) Using just enough flour to keep dough from sticking to work surface, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran or cornmeal; put dough seam side down on towel and dust with more flour, bran or cornmeal. Cover with another cotton towel and let rise for about 2 hours.

4) When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger. At least a half-hour before dough is ready, heat oven to 450 degrees. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under towel and turn dough over into pot, seam side up; it may look like a mess, but that is OK. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool on a rack.



Five Marys

DESSERTS

OUR FAMILY FAVORITES





SERVINGS: 6-10

PREP TIME: 20 MIN

COOK TIME: 45 MIN

*** OMIT THE FROSTING
FOR BANANA BREAD!**

INGREDIENTS

2 CUPS RIPE BANANAS, MASHED
2 TEASPOONS LEMON JUICE
3 CUPS PASTRY FLOUR
1 1/2 TEASPOONS BAKING SODA
1/4 TEASPOON SALT
3/4 CUP BUTTER, SOFTENED
2 CUPS SUGAR
3 LARGE EGGS
2 TEASPOONS VANILLA
1 1/2 CUPS BUTTERMILK

FROSTING

1/2 CUP BUTTER, SOFTENED
1 (8 OUNCE) PACKAGE CREAM
CHEESE, SOFTENED
1 TEASPOON VANILLA
3 1/2 CUPS ICING SUGAR

OPTIONAL

CHOPPED WALNUTS

**THIS RECIPE ADAPTED
FROM FOOD.COM**

DIRECTIONS

- 1) Preheat oven to 275 degrees; then grease and flour a 9x13 pan (or recipe easily doubles to make two!)
- 2) In a small bowl, mix mashed banana with the lemon juice and set aside and in a medium bowl, mix flour, baking soda and salt; set aside.
- 3) In a large bowl, cream 3/4 cup butter and 2 1/8 cups sugar until light and fluffy. Beat in eggs, one at a time, then stir in 2 tsp vanilla. Beat in the flour mixture alternately with the buttermilk. Stir in banana mixture.
- 4) Pour batter into prepared pan and bake in preheated oven for one hour or until toothpick inserted in center comes out clean.
- 5) Remove from oven and place directly into the freezer for 45 minutes. This will make the cake extra moist!
- 6) For the frosting, cream the butter and cream cheese until smooth. Beat in 1 teaspoon vanilla. Add icing sugar and beat on low speed until combined, then on high speed until frosting is smooth.
- 7) Spread on cooled cake, sprinkle chopped walnuts over top of the frosting, if desired, and ENJOY!



SERVINGS: ANY

PREP TIME: 10 MIN

COOK TIME: 30 MIN

***SERVE WITH
WHIPPED CREAM
OR VANILLA ICE CREAM!**

INGREDIENTS

1 1/2 CUPS ALL-PURPOSE FLOUR
2 TABLESPOONS LIGHT BROWN SUGAR
1 1/2 TEASPOONS BAKING POWDER
1/2 TEASPOON SALT
1 1/2 STICKS COLD UNSALTED BUTTER
1/4 CUP PLUS 2 TABLESPOONS HALF-AND-HALF
3/4 CUP GRANULATED SUGAR, PLUS MORE FOR SPRINKLING
12 OUNCES RASPBERRIES
12 OUNCES BLACKBERRIES
1 1/2 TEASPOONS FINELY GRATED ORANGE ZEST

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FRESH WHIPPED CREAM OR
VANILLA BEAN ICE CREAM

DIRECTIONS

- 1) In a large bowl, combine flour, brown sugar, baking powder and salt. Cut the cold butter into 1/4 inch pieces and cut into the mixture until it resembles coarse meal. Add the half-and-half and stir until the dough is evenly moistened.
- 2) Scoop the dough into 8 loose mounds and set aside (on parchment paper to avoid sticking.)
- 3) Preheat the broiler and position a rack 6 inches from the heat.
- 4) In a large, deep, oven-proof skillet or cast iron pan, combine the 3/4 cup of granulated sugar with the berries, orange zest and 1 cup of water and bring to a vigorous boil. Simmer over moderate heat, stirring occasionally, until the berries are juicy and just broken down, 10 minutes.
- 5) Arrange the mounds of dough on top of the fruit. Cover and simmer over very low heat until the biscuits are springy to the touch and cooked through, 15 minutes.
- 6) Sprinkle the biscuits with granulated sugar and broil for 5 minutes, shifting the pan as necessary, until the biscuits are lightly browned in spots.
- 7) Let cool slightly and serve the biscuits and berries with whipped cream or vanilla bean ice cream!

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Enjoy!

**THANK YOU FOR SUPPORTING
OUR FAMILY FARM!**

*FIVE MARYS
FARMS*



FROM OUR FAMILY
TO YOURS
FORT JONES, CA

WWW.SHOPFIVEMARYS.COM