



# Fast Boneless Beef Shank Recipe

**Dr. Karen S. Lee**



## **Fast Boneless Beef Shank Recipe:**

**Fast Favorites Under Pressure** Meredith Laurence, 2016-05-15 *Fast Favorites Under Pressure* by Blue Jean Chef Meredith Laurence is written with the smaller household in mind. These days so many pressure cooker recipes are written for bigger pressure cookers and designed to serve 6 to 8 people. When you're dealing with pressure cooking, however, cutting a large recipe back to feed just 2 to 4 people is not always straight forward. *Fast Favorites Under Pressure* does all the work for you with every recipe guaranteed to work in a 4 quart pressure cooker. The recipes also double very easily so if you're cooking in an 8 quart cooker you'll have no trouble making twice as many fast favorites. *Fast Favorites Under Pressure* also includes tips and tricks for pressure cooking so you can be even more successful with your pressure cooker. Blue Jean Chef Meredith Laurence has created more than 100 recipes for the 4 quart Pressure Cooker that are sure to become family favorites including Chicken Alfredo, Rotini, Red Wine Braised Short Ribs, Lime Shrimp with Spicy Tomato Grits and Mint Chocolate Fudge Cake with Ganache. From soups to pasta, meat to seafood, grains, vegetarian and dessert, all types of appetites will have choices to get a meal on the table in a fraction of the time. *Quick & Easy Ketogenic Cooking* Maria Emmerich, 2016-03-15 What is the ketogenic diet? It's a way of eating that shifts your body from being a sugar burner to being a fat burner. It's also a revolutionary way to support better health; it can improve everything from epilepsy to obesity to autoimmune disease and more. If you want to try a ketogenic diet but are busy, stressed and unsure about how to adjust your diet to make your body burn fat, this book is for you. Not only are the recipes fast and simple to prepare but they're also specifically designed to support your body in ketosis so you can heal. They are grain free and built around real whole foods in keeping with Paleo principles. Plus there are many options for those looking for nut free, egg free, dairy free and vegetarian meals. It's easier than you think to prepare mouthwatering, nourishing ketogenic meals. *Quick Easy Ketogenic Cooking* shows you how. The ketogenic diet is a way of getting your body to stop relying on sugar for energy. When we get most of our energy from fat instead, something amazing happens: our health soars and extra weight falls off. The ketogenic diet has been used as a treatment for epilepsy for decades and it also can help treat obesity, heart disease, metabolic syndrome, autoimmune disease and more. *Quick Easy Ketogenic Cooking* makes the ketogenic diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. Plus with its emphasis on real whole foods, it's perfect for anyone following Paleo and its abundance of nut free, egg free and dairy free options make it ideal for those with food allergies or intolerances. This book includes more than 170 recipes such as Spring Popovers, Chicken Alfredo, Taco Bar, Night Slow Cooker, Sweet n' Spicy Short Ribs, Pizza Sticks, Mushroom Ragu, Skillet Lasagna, Smoked Salmon, Flourless Fudgy Brownies. Plus an introduction to the ketogenic diet explains how and why it works and how to become a fat burner. There are also tips and tricks for keto success, suggestions for eating keto at restaurants and six meal plans: two weekly and four monthly to make meal planning effortless. No matter how busy you are, there is time to eat well. Your health is worth it. **The Big Instant**

**Pot Cookbook** Rockridge Press, 2022-10-18 Create 500 flavorful fuss free recipes with your Instant Pot Nothing beats the Instant Pot when it comes to cooking tasty meals that require minimal effort From breakfast staples to decadent desserts The Big Instant Pot Cookbook is packed with 500 mouthwatering recipes you can make with your Instant Pot and just a few basic kitchen tools No highly processed ingredients no complicated cooking techniques no piles of dishes to clean just hassle free meals you can easily whip up even on your busiest days An Instant Pot overview Get an in depth look at the Instant Pot s features functions and accessories so you can make the most of this versatile appliance An enticing range of flavors Enjoy a delectable variety of dishes from all over the world like Mexican Hot Chocolate Porridge Tuscan Chicken Stew Thai Pineapple Fried Rice Coconut Fish Curry and Cr me Br l e Recipes for any Instant Pot Discover recipes that work with any Instant Pot model with tips for scaling recipes up or down depending on the size you re using Unlock the power of your favorite pressure cooker and make delicious dishes for every meal with this Instant Pot recipe book *Meat Illustrated* America's Test Kitchen, 2020-10-27 MEAT EATERS REJOICE Increase your meat counter confidence with this award winning meat cookbook that shows you how to cook 72 cuts of meat in 300 kitchen tested recipes With chapters organized by animal and its primal cuts Meat Illustrated is the meat eater s go to meat cookbook and handbook Discover essential information and techniques that will empower you to make steakhouse worthy meals and explore everything your butcher shop has to offer Inside you ll find 300 recipes covering 72 cuts of meat including beef pork lamb and veal Cut specific guidance on buying prepping storing cooking and more Step by step photos break out tutorials and hundreds of hand drawn illustrations Need to know techniques from smoking and grilling to braising and curing Learn the best methods for center of the plate meats like Butter Basted Rib Steaks spooning hot butter cooks the steaks from both sides so they come to temperature as they acquire a deep crust and meltingly tender Chinese Barbecued Roast Pork Shoulder cook for 6 hours so the collagen melts to lubricate the meat And get ideas on how to complete your meals with delicious sides like Fried Brown Rice with Pork and Shrimp or Libyan style chickpea and orzo soup So don t just go to the butcher become the butcher Full of comprehensive hands on guidance this ultimate meat cookbook takes the mystery out of buying and cooking meat like a pro **Essential Pépin** Jacques Pépin, 2011-10-18 For the first time ever the legendary chef collects and updates the best recipes from his six decade career Featuring DVD clips demonstrating every technique a cook will ever need In his more than sixty years as a chef Jacques P pin has earned a reputation as a champion of simplicity His recipes are classics They find the shortest surest route to flavor avoiding complicated techniques Now in a book that celebrates his life in food the world s most famous cooking teacher winnows his favorite recipes from the thousands he has created streamlining them even further They include Onion Soup Lyonnaise Style which Jacques enjoyed as a young chef while bar crawling in Paris Linguine with Clam Sauce and Vegetables a frequent dinner chez Jacques Grilled Chicken with Tarragon Butter which he makes indoors in winter and outdoors in summer Five Peppercorn Steak his spin on a bistro classic M m s Apple Tart which his mother made every day in

her Lyon restaurant and Warm Chocolate Fondue Souffl part cake part pudding part souffl and pure bliss Essential P pin spans the many styles of Jacques s cooking homey country French haute cuisine fast food Jacques style and fresh contemporary American dishes Many of the recipes are globally inspired from Mexico across Europe or the Far East In the DVD clips included in the ebook Jacques shines as a teacher as he demonstrates all the techniques a cook needs to know This truly is the essential P pin

**Lucky Peach Presents 101 Easy Asian Recipes** Peter Meehan, the editors of Lucky Peach, 2015-10-27 Delicious straightforward recipes fill Lucky Peach 101 Easy Asian Recipes along with romping commentary that makes the book fun to read as well as to cook from Associated Press Beholden to bold flavors and not strict authenticity the editors of Lucky Peach present a compendium of 101 easy Asian recipes that hit the sweet spot between craveworthy and stupid simple and are destined to become favorites Your friends and lovers will marvel as you show off your culinary worldliness whipping up meals with fish sauce splattered panache and all the soy soaked ginger scalliony goodness you could ever want all for dinner tonight You ll never have a reason to order take out again

**The Complete America's Test Kitchen TV Show Cookbook 2001-2024** America's Test Kitchen, 2023-10-03 Discover nearly 2 000 recipes and product recommendations from the first 24 seasons of America s Test Kitchen hit cooking show Explore the living archive of every recipe featured on public television s most popular cooking show America s Test Kitchen In this ATK cookbook you ll find nearly 2 000 recipes from 24 seasons including those not originally shown on TV an updated shopping guide for the latest top rated equipment and ingredients indispensable notes and tips straight from Test Kitchen chefs Join 2M weekly viewers as they cook alongside Bridget and Julia and the ATK experts A comprehensive collection of recipes reviews and tips this is the perfect cookbook for beginners more experienced home chefs and America s Test Kitchen fans

*Comfortable Under Pressure* Meredith Laurence, 2013-04-13 If your pressure cooker has been collecting dust then you need to get Comfortable Under Pressure Meredith Laurence the Blue Jean Chef has been cooking on live television on QVC for over ten years By sharing tips tricks and techniques with the QVC customers while equipping their kitchens with QVC s professional Technique and Blue Jean Chef cookware Meredith has helped people become comfortable in their kitchens Now in this cookbook Meredith gives you a wide variety of delicious recipes for the pressure cooker so you can get meals on the table in one third of the time it would normally take Her recipes tips and techniques will help make any cook more Comfortable Under Pressure With 125 recipes and over 100 tips and explanations Comfortable Under Pressure will help you create delicious meals while becoming more versatile and at ease with your pressure cooker Don t let the pressure get to you Get Comfortable Under Pressure

*Muy Bueno: FIESTAS* Yvette Marquez-Sharpnack, 2023-04-11 Taste your way through a year of holidays with Yvette Marquez Sharpnack creator of the popular food blog Muy Bueno You ll discover how to show your love on Valentine s Day with Heart Shaped Berry Empanadas celebrate Mother s Day with Guava Mimosas whip up Chile Braised Pork Ribs for D a de los Muertos make a big batch of Red Chile and Chicken Tamales for the December holidays and

much more Included along with the over 100 delicious seasonal recipes are step by step instructions for making holiday themed crafts that are fun for children and grown ups alike Page 4 of cover ￼￼￼￼￼￼￼ ￼￼,2008 **Tiffy Cooks** Tiffy Chen,2024-02-27 The wildly popular blogger and TikTok sensation behind Tiffy Cooks shares 88 of her favorite easy everyday family style recipes from across Asia Tiffy Chen started blogging about food and recipes after learning to cook from her mother and grandmother In her debut cookbook Tiffy shares memories and recipes shaped by growing up in Taiwan a country with rich culture diverse cuisines and some of the best street food in the world along with beloved family recipes and unique dishes inspired by her travels across Southeast Asia With eighty eight a very lucky number in Chinese culture flavor packed recipes Tiffy offers her favorite quick and easy everyday dishes like a classic Taiwanese Breakfast Sandwich and her grandmother s Sesame Chicken Rice Also included are family style dishes to pass around and enjoy from Drunken Chicken and Braised Five Spice Beef to Garlic and Scallion Lobster and Braised Sticky Pork Belly You ll find favorites like bao buns wontons and dumplings that are great to make in bulk all freezer friendly to help you save time and have them on hand for when the mood strikes With gorgeous step by step photography and heartwarming stories about traveling in Asia and finding the best street food in Taiwan Tiffy Cooks celebrates Asian food and family in this must make collection of go to easy recipes

**Simple Thai Food** Leela Punyaratabandhu,2014-05-13 Thai takeout meets authentic regional flavors in this collection of 100 recipes for easy economical and accessible Thai classics from the rising star behind the blog She Simmers Who can say no to a delicious plate of Pad Thai with Shrimp a fresh tangy Green Papaya Salad golden Fried Spring Rolls or a rich savory Pork Toast with Cucumber Relish Thai food is not only one of the most vibrant wonderfully varied cuisines in the world it also happens to be one of the tastiest and a favorite among American eaters The good news is with the right ingredients and a few basic tools and techniques authentic Thai food is easily within reach of home cooks Take it from Leela Punyaratabandhu a Bangkok native and author of the popular Thai cooking blog She Simmers In her much anticipated debut cookbook Leela shares her favorite recipes for classic Thai fare including beloved family recipes popular street food specialties and iconic dishes from Thai restaurant menus around the world All of Leela s recipes have been tested and tweaked to ensure that even the busiest cook can prepare them at home With chapters on key ingredients and tools base recipes one plate meals classic rice accompaniments and even Thai sweets Simple Thai Food is a complete primer for anyone who wants to give Thai cooking a try By the end of the book you ll be whipping up tom yam soup and duck red curry that will put your local takeout joint to shame But perhaps more importantly you ll discover an exciting new world of Thai flavors and dishes including Stir Fried Chicken with Chile Jam Leaf Wrapped Salad Bites and Crispy Wings with Three Flavored Sauce that will open your eyes to all the wonderful possibilities that real Thai cooking has to offer One Pot of the Day Kate McMillan,2012-10-02 Take the fuss out of dinner with this hearty collection of satisfying seasonal one pot meals for every day of the year Whether it s slow cooked short ribs a hearty casserole or a healthy stir fry bursting with seasonal vegetables the main course recipes

found in this book will provide inspiration throughout the year Fresh spring vegetables like sugar snap peas leeks and tender asparagus bring new life to baked pastas creamy risottos and fluffy frittatas In summer the garden bounty stars in lighter fare like braised meat dishes with diverse flavors roasted and stir fried seafood stratas and enchiladas In autumn root vegetables take a leading role in pot roasts gratins and rustic tarts while classic comfort foods such as meat loaf and baked ziti with sausage are back to school favorites Rich savory dishes like meat pies fall off the bone lamb tagines spicy curries herbed cassoulets and warming stews feed a crowd and keep winter s chill away With this book discover 365 recipes for delicious seasonal food that is made or finished in one pot including many meatless and oven to table selections Colorful calendars at the beginning of each chapter offer an at a glance view of the dishes best suited for the ingredients occasions and typical weather of the month You ll find a variety of recipes to satisfy any craving and suit any meal with accompanying notes offering ideas for variations garnishes and other tips Full color photographs enhance many of the recipes to help guide your cooking You ll be amazed at the wide range of dishes from which to choose just open this book check the calendar and discover an exciting new one pot dish to try

**The Pho Cookbook** Andrea Nguyen, 2017-02-07 JAMES BEARD AWARD WINNER With this comprehensive cookbook Vietnam s most beloved aromatic comfort food the broth and noodle soup known as pho is now within your reach Author Andrea Nguyen first tasted pho in Vietnam as a child sitting at a Saigon street stall with her parents That experience sparked a lifelong love of the iconic noodle soup long before it became a cult food item in the United States Here Andrea dives deep into pho s lively past visiting its birthplace and then teaching you how to successfully make it at home Options range from quick weeknight cheats to impressive weekend feasts with broth and condiments from scratch as well as other pho rice noodle favorites Over fifty versatile recipes including snacks salads companion dishes and vegetarian and gluten free options welcome everyone to the pho table With a thoughtful guide on ingredients and techniques plus evocative location photography and deep historical knowledge The Pho Cookbook enables you to make this comforting classic your own

Quick Frozen Foods ,1954 No-Thaw Paleo Cooking in Your Instant Pot® Dr. Karen S. Lee, 2020-01-14 Delicious Paleo Dinners Without the Wait Dr Karen S Lee author of Keto Cooking with Your Instant Pot and Paleo Cooking with Your Air Fryer has created 75 mouthwatering Paleo recipes that easily come together in your Instant Pot with ingredients straight from the freezer so busy families can get amazing healthy meals on the table without wasting time defrosting meat prepping sides or cleaning up You ll never find yourself in a pinch at dinnertime again This wide array of tasty recipes has endless flavors to discover and countless favorites for your family to love Enjoy hearty dishes like Thai Green Curry Chicken Low Carb Memphis Style BBQ Ribs Korean Style Braised Oxtail Chipotle Chili con Carne or Weeknight Chicken Piccata Cook up lighter seafood meals like Sweet Potato Lobster Rolls or Easy Peasy Seafood Paella There are also tons of warming soups like Chicken Potpie Soup and yummy pastas like Quick Zoodles Bolognese to indulge in This exciting collection of delicious new Paleo dinner ideas combined with the speedy cooking and easy cleanup of

the Instant Pot will make dinnertime an absolute breeze     The Woks of Life Bill Leung, Kaitlin Leung, Judy Leung, Sarah Leung, 2022-11-01 JAMES BEARD AWARD NOMINEE NEW YORK TIMES AND USA TODAY BESTSELLER IACP AWARD FINALIST PUBLISHERS WEEKLY STARRED REVIEW The Woks of Life did something miraculous It reconnected me to my love of Chinese food and showed me how simple it is to make my favorite dishes myself KEVIN KWAN author of Crazy Rich Asians The family behind the acclaimed blog The Woks of Life shares 100 of their favorite home cooked and restaurant style Chinese recipes in a very special book J Kenji Lopez-Alt author of The Food Lab and The Wok ONE OF THE TEN BEST COOKBOOKS OF THE YEAR San Francisco Chronicle Simply Recipes ONE OF THE BEST COOKBOOKS OF THE YEAR The New York Times Food Wine NPR Smithsonian Magazine Delish Epicurious This is the story of a family as told through food Judy the mom speaks to traditional Chinese dishes and cultural backstory Bill the dad worked in his family's Chinese restaurants and will walk you through how to make a glorious Cantonese Roast Duck Daughters Sarah and Kaitlin have your vegetable forward and one dish recipes covered put them all together and you have the first cookbook from the funny and poignant family behind the popular blog The Woks of Life In addition to recipes for Mini Char Siu Bao Spicy Beef Biang Biang Noodles Cantonese Pork Belly Fried Rice and Salt and Pepper Fried Oyster Mushrooms there are also helpful tips and tricks throughout including an elaborate rundown of the Chinese pantry explanations of essential tools including the all important wok and insight on game changing Chinese cooking secrets like how to velvet meat to make it extra tender and juicy Whether you're new to Chinese cooking or if your pantry is always stocked with bean paste and chili oil you'll find lots of inspiration and trustworthy recipes that will become a part of your family story too     Bangkok Leela Punyaratabandhu, 2017-05-09 From one of the most respected authorities on Thai cooking comes this beautiful and deeply personal ode to Bangkok the top ranked travel destination in the world WINNER OF THE ART OF EATING PRIZE Every year more than 16 million visitors flock to Thailand's capital city and leave transfixed by the vibrant culture and unforgettable food they encounter along the way Thai cuisine is more popular today than ever yet there is no book that chronicles the real food that Thai people eat every day until now In Bangkok award winning author Leela Punyaratabandhu offers 120 recipes that capture the true spirit of the city from heirloom family dishes to restaurant classics to everyday street eats to modern cosmopolitan fare Beautiful food and location photography will make this a must have keepsake for any reader who has fallen under Bangkok's spell

*Professional Cooking for Canadian Chefs* Wayne Gisslen, Mary Ellen Griffin, Le Cordon Bleu, 2006 Wayne Gisslen's *Professional Cooking for Canadian Chefs* has helped train hundreds of thousands of professional chefs with clear in depth instruction on the critical cooking theories and techniques successful chefs need to meet the demands of the professional kitchen Now with 1,200 recipes and more information than ever before this beautifully revised and updated edition helps culinary students and aspiring chefs gain the tools and confidence they need to succeed as they build their careers in the field today     *Classic German Cooking* Luisa Weiss, 2024-10-29 A collection of more than 100 of the best most emblematic

recipes of German and Austrian home cooks from the author of Classic German Baking To many German food is humble comfort food the kind of food that may not win a beauty award but more than makes up for it with its power to soothe nourish and cheer In Classic German Cooking Luisa Weiss who was born in Berlin to an Italian mother and American father and married into a family with roots in Saxony has collected and mastered the essential everyday recipes of Germany and Austria Classic German Cooking features traditional and time honored recipes that are beloved in homes across the region such as Rinderrouladen Braised Beef Rolls Quarkauflauf Fresh Cheese Souffl H hnerfrikassee Chicken Fricassee and authentic Viennese Gulasch or Alpine Germkn del Plum Butter Stuffed Steamed Dumplings Cozy Apfelk chle Apple Fritters bring warmth to an afternoon snack while tangy Spargelsalat White Asparagus Salad signals the sweet start of Spring Luisa gives history and context to the cooking of Germany and its influences worldwide Sprinkled with both personal stories and historical insights Classic German Cooking will leave you with a well rounded understanding of the cuisine and its lasting influence

## Whispering the Strategies of Language: An Psychological Quest through **Fast Boneless Beef Shank Recipe**

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