

Hangry Hungry Hippos

Grant County High School

Berry Marinated Beef

Ingredients:

3 cups of mixed berries (**black berries, black raspberries, and blue berries**) one cup each.

1 cup of water

Directions:

1. Cover berries with water, let simmer for 5 minutes
2. Blend or puree
3. Reduce to a syrup and use in the beef recipe

Ingredients:

2 pounds of **flank steak** (or **flat iron steak**)

4oz low sodium soy sauce

Berry mixture (recipe attached)

¼ cup chopped **green onion**

2 ½ tablespoons of garlic

2 tablespoons of sesame seeds

2 tablespoons of sesame oil

Directions:

1. Place the beef in a shallow dish. Combine soy sauce, berry mixture, green onion, garlic, sesame seeds, and sesame oil in a small bowl. Pour over the beef. Cover and refrigerate for at least 1 hour.
2. Cook beef on a pan 1-2 minutes per side. Make sure it is 140 degrees F.

Pickled Vegetables

Ingredients:

½ cup of water

½ cup rice wine vinegar

¼ cup sugar

1 teaspoons salt

1-2 cups of **carrots shredded**

1-2 cups of **cucumbers shredded**

1 cup of **red onion Julienne**

1 cup parsnip shredded

Directions:

1. Place water, vinegar, sugar, and salt into a pot. Turn on the stove top and cook until the sugar dissolves.
2. Take the pot off the stove top and let cool completely
3. Using a mandolin, cut the vegetables into roughly a Julienne slice.
4. Place the vegetables into the mixture and let sit for 15 minutes.

Quinoa

Ingredients:

1 cup, quinoa

2 cups, water

Directions:

1. Run cold water over in a fine meshed strainer until water is clear
2. Put the quinoa in a saucepan bring to a boil once boiling reduce heat and bring to a simmer and cover.
3. simmer for 15 to 20 minutes or until the water is absorbed.
4. Should be fluffy

Rice

Ingredients:

2cup, rice

4 cups, beef stock (low or no sodium)

Directions:

1. Bring beef stock to a boil and then add in rice.
2. Then turn heat down to low and cover with a lid.
3. Simmer for 45 to 55 minutes or until the water is absorbed.

Roasted Vegetables

Ingredients:

1 cup **carrot**

1 cup parsnip

1.5 cup **red potatoes**

1 cup **sweet potato**

2 cups halved **Brussel sprouts**

2 tablespoons olive oil

1 tablespoon low sodium, soy sauce

2 teaspoons ground blacks pepper

Directions:

1. Preheat oven to 375°F
2. On a cutting board, cut into large dice. (NOTE: all vegetables must be relative in size.)
3. In a large bowl, add olive oil, soy sauce, and fresh ground pepper.
4. Add both potato combinations into the bowl, coat them well and place them in a half hotel pan for baking. Let them cook for approximately 10 minutes.

5. While the potatoes are cooking add the remaining vegetables into the bowl. Coat them well and after around 10 minutes pull the potatoes out and add the remaining vegetables to the pan. Let them cook for 20-30 minutes.