

Cooking with Kids – Meat and Chicken

Dad's Meatloaf with Tangy Tomato Sauce

Chicken Pot Pies with Biscuit Crust

Pork Cutlets with Herbed Pan Gravy

Dad's Meatloaf

2 slices white bread, crusts removed, torn into chunks by hand
¼ cup whole milk
¾ pound ground beef
½ pound ground pork
1 cup Tangy Tomato Relish (recipe follows)
1 egg
Fresh thyme
Salt and pepper
3 to 4 bacon slices

1. Preheat the oven to 350 degrees.
2. Place the white bread in a bowl and add the milk; let rest.
3. In a mixing bowl, combine the ground beef and pork with the tomato relish, eggs and thyme; season with salt and pepper.
4. Squeeze the excess milk from the bread and add the soaked bread to the meat mixture.
5. Lightly oil a cookie sheet.
6. Form the meat mixture into a log and transfer to the cookie sheet.
7. Coat the top of the meatloaf with more tomato relish.
8. Bake the meatloaf until firm and the juices run clear. Let rest 10 minutes; slice and serve with more relish.

Tangy Tomato Relish

1 tablespoon olive oil
½ onion, finely diced
1 red bell pepper, finely diced
2 garlic cloves, minced
1 tomato, seeded and diced
2 tablespoons chopped parsley
¾ cup ketchup
½ tablespoon Worcestershire sauce
Salt and pepper

1. Add oil to a saucepan and place over medium heat.
2. Add the onion, pepper and garlic; cook until softened.
3. Add the tomatoes, parsley, ketchup and Worcestershire; season with salt and pepper.
4. Simmer the relish until flavors combine. Remove from heat; let cool.

Chicken Pot Pies with Biscuit Crust

2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon black pepper
¼ cup grated parmesan cheese
¾ stick cold unsalted butter, cut into pieces
1-¼ cups buttermilk

3 tablespoons butter
½ cup diced onion
¼ cup diced celery
¼ cup diced carrots
2 tablespoons all purpose flour
2 cups chicken broth
½ cup frozen peas
1 pound boneless chicken breasts, diced
Salt and pepper

1. Preheat oven to 400 degrees.
2. Sift together flour, baking powder, baking soda, salt, and pepper into a medium bowl. Stir in cheese.
3. Blend in butter with your fingertips until mixture resembles coarse meal.
4. Add buttermilk and stir just until a dough forms.
5. Bring a sauté pan to medium heat and add the butter. Cook onion, celery and carrots until softened and lightly browned.
6. Sprinkle in the flour and cook 1 minute. Add the vegetable broth and bring to a simmer. Cook until thickened.
7. Add the peas and chicken and cook until warm. Season with salt and pepper.
8. Transfer to 9 by 13-inch casserole dish. Using spoons, drop biscuit mixture on top of casserole, leaving space between mounds.
9. Bake until biscuit topping is golden brown and the casserole is bubbling, about 25 to 30 minutes. Let stand ten minutes and serve.

Pork Cutlets with Herbed Pan Gravy

2 tablespoons olive oil
4 pork chops
2 shallots, minced
1 tablespoon butter
2 tablespoons flour
1 cup chicken stock
Fresh rosemary
Salt and pepper

1. Bring a large skillet to medium-high heat and add the oil.
2. Season pork with salt and pepper and cook, turning once, until nicely browned on both sides.
3. Transfer to a plate and let stand 5 minutes.
4. Reduce the heat to low and add the butter and shallots to pan and cook until softened.
5. Add the flour and cook, stirring, 1 minute more.
6. Add the stock and bring to a simmer; cook until thickened.
7. Season with rosemary, salt and pepper. Serve over pork chops.