

Recipe Information



Recipe Title

IOWAlicious Hot Beef Sundae

Cut of Beef Used

Chuck roast

Recipe Instructions

Ingredients:

Bowl:

- 30oz bag hash browns
- 1/4c butter (melted)
- 1/4c flour

Beef:

- 1 1/2c chuck roast
- 1 tbsp Lowery's seasoning salt
- 2tsp garlic pepper
- butter
- olive oil

Mashed Potatoes:

- 2lbs Yukon gold potatoes
- 2tbsp beef bouillon
- water
- salt
- pepper

Beef Gravy:

- dripping from beef
- water from potatoes
- 4tbsp flour

Corn Pudding:

- 5eggs
- 1/3c butter (melted)
- 1/4c sugar
- 1/2c milk
- 3tbsp cornstarch
- 1can corn (drained)
- 2cans creamed corn

BBQ Sour Cream:

- 1/2c sour cream
- 3tbsp barbecue sauce

Garnish:

- Colby Jack cheese
- cherry tomatoes
- chopped chives
- Bacon "if pork and beef can get along why can't we all"



Directions:**Bowl:**

1. Preheat oven to 350°
2. In a large bowl combine hash browns melted butter and flour. Then place hash browns on an oiled cookie sheet and press to about an eighth of an inch. Cook for 15 to 20 minutes. After done immediately cut into sixths and place hash browns into a bowl.

Beef:

1. Marinate Beef in seasoning salt and garlic pepper. Then sear the meat on stove top with butter and oil. After seared cook on low overnight; pull apart.

Mashed Potatoes:

1. Peel and cut potatoes into a pot. Fill pot with water just covering potatoes, add beef broth. Cook on high until potatoes are soft. Mash as desired.

Beef Gravy:

1. Use beef drippings and enough potato water to make 3 cups. Simmer on stove. Take 1/2 cup hot liquid and whisk in 2-4 tablespoons of flour. Add to make gravy desired consistency.

Corn Pudding:

1. Preheat oven to 400°
2. Mix eggs, butter, milk, and, sugar then add cornstarch finally fold in drained corn and creamed corn. Put batter in a 9 x 13 pan and cook for 45 to 50 minutes.

BBQ Sour Cream:

1. Combine sour cream and barbecue sauce.

Bacon:

1. Cook as directed

Assembly:

Using the bowl that contains the hash browns add 2 pieces of bacon crossing in the center. Secondly add 1/2 cup scoop of mashed potatoes. Then add 1/4 cup of beef over top. Next cover mashed potatoes and beef with gravy. Add a 2 tbsp. scoop of corn pudding to the side. Next add desired amount of BBQ sour cream to the top. Top with cheese and cherry tomato. Finally add chopped chives.

Participant Information**Name**

Harris Thorp