

## Spareribs and Sauerkraut

2 lbs bone-in pork spareribs(1/2 lb per person)  
1 large (28oz) can of sauerkraut  
1 large yellow onion, peeled & chopped

1 cup white wine  
water  
salt & pepper

### Directions:

Sprinkle salt & pepper on the ribs. Put ribs, sauerkraut, onion, & wine into a large saucepan. Add just enough water to cover the ribs.

Bring to boil and reduce heat to simmer. Simmer until the meat falls off of the bones, anywhere from 1 to 2 hours. Remove bones. Add salt and pepper to taste.

Serves four.



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## Chicken with Mushroom Cream Sauce

Chicken breasts - bone-in  
flour, salt & pepper  
1 cup grapeseed oil, or olive oil  
1/4 cup rich chicken broth  
a small onion, chopped  
1/2 lb fresh mushrooms, sliced  
1 clove of garlic, crushed  
1/2 cup sour cream  
1/2 cup heavy cream  
salt & pepper

### Directions:

Put a cup of flour, a tsp of salt & 1/2 tsp of pepper in a brown paper bag. Shake chicken piece by piece in bag to coat with flour mixture.

Preheat oven 350°. On stovetop, in a large frying pan, heat oil to medium high heat. Brown chicken on all sides.

Butter roasting pan generously. Arrange chicken pieces in it, pour broth over it, & bake at 350° until chicken is tender & cooked, about 40-50 min. Prick with fork if pink or red runs out of hole it is not done. If clear juice runs out, the chicken is done.

20 minutes before chicken is done, start cooking the onions and mushrooms in same frying pan, empty pan of all but 2 tbsp of oil. Add onions and sauté on med. heat. Add crushed garlic clove, mushrooms & cook until mushrooms are no longer crisp. Remove & discard garlic, add the sour cream & heavy cream to onions and mushrooms. Lower heat. Keep warm, but do not boil. Salt & pepper to taste.

When chicken is done, remove from oven. Serve on platter with mushroom sauce spooned over it or served on the side. Serves 6 to 8.



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## Country Ribs & Honey BBQ Sauce

4 pounds country style pork ribs

### Sauce:

1 cup ketchup  
1 cup chili sauce  
1/2 cup honey  
1/2 cup brown sugar  
2 tsp dry mustard  
1/4 cup vinegar  
1/4 tsp cayenne pepper  
1/4 cup butter, softened

### Directions:

Sprinkle ribs with salt, pepper & garlic powder. Lay ribs in roasting pan & bake in 350°F oven for 45 minutes. Remove from pan and drain off all fat. Return ribs to cleaned pan. Stir together sauce ingredients until blended, and baste ribs with sauce. Return to 350°F oven and continue baking and basting until ribs are tender and highly glazed. Turn ribs occasionally so that they are sauced on all sides.



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## Inside Out Stuffed Peppers

1 lb lean ground beef  
1/2 cup onion - chopped  
1 can stewed tomatoes - 16 oz can  
1 large green pepper - chopped  
2 tsp. minced garlic  
1/2 cup long grain rice - uncooked  
1/2 cup water  
2 tsp worcestershire sauce  
1/2 tsp salt  
1/4 tsp pepper  
1 cup cheddar cheese - shredded

### Directions:

In a skillet, brown beef; drain. Transfer to a greased 2 quart casserole. Add the next 9 ingredients. Cover and bake at 350°F for 1 hour or until rice is tender. Uncover and sprinkle with the cheese; return to the oven until cheese melts, about 5 minutes.

Note: 1/4 cup bread crumbs and 1/4 to 1/2 cup of cheese may be added to the mixture before baking.



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