

SPICY CHILI

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| 2 lbs. ground beef | 1 can (6 oz.) chopped green chilies |
| 2 medium onions, chopped | 1/3 cup LEA & PERRINS® Worcestershire Sauce |
| 1 green bell pepper, chopped | 1 Tbsp. chili powder |
| 3 cloves garlic, finely chopped | 1/2 tsp. ground cumin |
| 1 can (28 oz.) crushed tomatoes | 1/2 tsp. salt |
| 1 can (16 oz.) kidney beans, drained | |
| 1 can (6 oz.) tomato paste | |

In large saucepot or Dutch oven, brown ground beef; drain. Add onions, pepper and garlic and cook over medium-high heat, stirring occasionally, 10 minutes or until vegetables are tender. Stir in tomatoes, kidney beans, tomato paste, green chilies, LEA & PERRINS® Worcestershire Sauce, chili powder, cumin and salt. Bring to a boil over high heat. Reduce heat to low and simmer covered 30 minutes. Serve, if desired, sprinkled with shredded cheddar cheese. *Makes 8 Servings.*

* Also delicious served over or with warm corn muffins.



SAVORY GRILLED STEAK WITH SWEET ONIONS

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| 1/4 cup LEA & PERRINS®
Worcestershire Sauce | 2 Tbsp. finely chopped oregano, basil,
parsley or sage |
| 1/4 cup lemon juice | 2 medium red and/or yellow onions,
quartered or in rings |
| 3 Tbsp. red wine vinegar | 1 1½ lb. flank or boneless top loin steak |
| 2 Tbsp. olive or vegetable oil | |

In large, nonaluminium baking dish or plastic bag, combine all ingredients except onions and steak. Add onions and steak; turn to coat. Cover, or close bag and marinate in refrigerator, turning occasionally, 3 to 24 hours. Remove onions and steak, reserving marinade. Grill or broil steak and onions, turning steak and onions once, and basting frequently with marinade, until steak is done (10-15 minutes for medium) and onions are slightly tender. Do not baste with marinade last 5 minutes of cooking. Discard any remaining marinade.

Makes 6 Servings.



CITRUS BALSAMIC GRILL

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| 1/3 cup lemon juice | 1 Tbsp. olive or vegetable oil |
| 1/4 cup LEA & PERRINS® Worcestershire Sauce | 2 tsp. finely chopped garlic |
| 3 Tbsp. balsamic vinegar | 4 boneless skinless chicken breast halves (about 1 1/4 lb.)* |

In large, shallow nonaluminium baking dish or plastic bag, combine all ingredients except chicken. Add chicken; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, 3 to 24 hours. Remove chicken, reserving marinade. Grill or broil chicken, turning once and basting frequently with reserved marinade, until chicken is no longer pink. Do not baste with marinade last 5 minutes of cooking. Discard any remaining marinade.

*Variations: Use 2 1/2 lbs. chicken parts, 1 (2-2 1/2 lb.) boneless top loin, sirloin or flank steak or 4 shell steaks (about 2 lbs.)

Makes 4 Servings.



MARINATED ZESTY SALMON

- 1/3 cup LEA & PERRINS® Worcestershire Sauce
- 2 Tbsp. olive or vegetable oil
- 1 Tbsp. honey
- 1/4 tsp. salt
- 1/4 tsp. ground ginger (optional)
- 2 green onions, chopped
- 1 lb. salmon fillet

In small bowl, blend all ingredients except salmon. In small baking dish, pour 1/4 cup mixture over salmon; turn to coat. Cover and marinate in refrigerator, 30 minutes. Remove salmon; discard marinade. Grill or broil salmon, turning once and basting with remaining marinade, until salmon is done (until flakes easily with fork).

Makes 3-4 Servings.

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LEMON WORCESTERSHIRE CHICKEN MARINADE

- 1/4 cup LEA & PERRINS® Worcestershire Sauce*
- 1/4 cup lemon juice
- 1 tsp. grated lemon peel (optional)
- 1 tsp. sugar

- 1/4 cup olive or vegetable oil
- 2 Tbsp. finely chopped shallots
- 1 tsp. salt
- 4 boneless, skinless chicken breast halves (about 1 1/4 lbs.)


In small bowl, combine all ingredients, except chicken. Pour 1/2 of the marinade into a nonaluminium baking dish or plastic bag; refrigerate remaining marinade. Add chicken to dish or bag; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, up to 3 hours. Remove chicken; discard marinade. Grill or broil chicken, turning once, brushing with reserved marinade until chicken is no longer pink. Garnish, if desired, with lemon slices.

Makes 4 Servings.

* Also delicious with LEA & PERRINS® White Wine Worcestershire Sauce.



WORCESTER-FRY

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- 1 lb. boneless beef steaks, cut into thin strips
 - 1/3 cup LEA & PERRINS® Worcestershire Sauce
 - 2 Tbsp. brown sugar
 - 1 Tbsp. dijon mustard
 - 1 Tbsp. vegetable oil
 - chopped vegetables

Marinate steak for 30 minutes with LEA & PERRINS® Worcestershire Sauce, brown sugar and dijon mustard. Remove steak and reserve marinade. Heat vegetable oil in skillet or wok and brown steak. Remove steak and stir fry vegetables until tender. Return steak and reserved marinade to skillet and continue cooking 1 minute until marinade thickens.

Makes 4 Servings.

TUSCAN STEAK WITH SUN-DRIED TOMATO & ROSEMARY

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| 1/3 cup lemon juice | 1 Tbsp. balsamic or red wine vinegar |
| 1/4 cup LEA & PERRINS®
Worcestershire Sauce | 2 tsp. finely chopped fresh rosemary or
1/2 tsp. dried rosemary leaves, crushed |
| 2 Tbsp. olive or vegetable oil | 1 1/2 lb. boneless top loin or sirloin
steak, about 2-inches thick |
| 1 Tbsp. finely chopped oil-packed
sun-dried tomatoes | |

In large, nonaluminium baking dish or plastic bag, combine all ingredients except steak. Add steak; turn to coat. Cover, or close bag and marinate in refrigerator, turning occasionally, 3 to 24 hours. Remove steak, reserving marinade. Grill or broil, turning once, and basting frequently with reserved marinade, until done (10-15 minutes for medium).

Do not baste with marinade last 5 minutes of cooking. Discard any remaining marinade.

Makes 6 Servings.

* **Open-Faced Tuscan Sandwich:** Serve, if desired, thinly sliced on warm garlic bread slices.



L&P LONDON BROIL

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- 1/3 cup LEA & PERRINS® Worcestershire Sauce
 - 3 Tbsp. olive oil
 - 1 2 lb. London Broil

Marinate London Broil with LEA & PERRINS® Worcestershire Sauce and olive oil for 30 minutes. Cook until done as desired (10-15 minutes for medium). *Makes 6-8 Servings.*

TANGY RED POTATOES

Cut four scrubbed, unpeeled medium sized red potatoes into 1/4 inch slices. Combine 1/4 cup LEA & PERRINS® Worcestershire Sauce with 1/4 cup vegetable oil. Brush on potato slices and grill for 10-15 minutes, until brown and tender. *Makes 4 Servings.*

STUFFED CHICKEN BREASTS


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| 6 | Tbsp. butter, divided | 3 | whole chicken breasts, skinned,
boned and halved |
| 1/4 | cup onion, finely chopped | 1 | each red, yellow and green bell
pepper, in strips |
| 1/2 | lb. mushrooms, finely chopped | 2 | Tbsp. vegetable oil |
| 1 | cup LEA & PERRINS® White Wine
Worcestershire Sauce, divided | | |

In a skillet, over medium heat, melt 2 Tbsp. butter. Add onions, sauté until golden. Add mushrooms and 1/2 cup LEA & PERRINS® White Wine Worcestershire Sauce. Sauté on high heat until liquid has evaporated and mixture is dry. Place chicken in ovenproof dish. Tuck about 2 Tbsp. mushroom mixture under the fillet of each chicken breast. Melt remaining butter and add the remaining LEA & PERRINS® White Wine Worcestershire Sauce and pour over chicken. Bake at 350°F 35 minutes, or until tender or lightly brown, basting occasionally. Sauté pepper strips in oil and serve with the chicken. Garnish with minced parsley, if desired.

Makes 6 Servings.



ZESTY MEATLOAF

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- 2 lb. ground beef
 - 2 eggs
 - 1 cup dry plain bread crumbs
 - 1/3 cup LEA & PERRINS® Worcestershire Sauce
 - 1/3 cup finely chopped shallots or onion
 - 1/4 cup ketchup

Preheat oven to 350°. In a large bowl, combine all ingredients. In 13 x9-inch baking or roasting pan, shape into a loaf. Sprinkle top with additional LEA & PERRINS® Worcestershire Sauce. Bake uncovered 1 hour or until done. Let stand 10 minutes before serving.

Makes 8 Servings.

Variation: For a Mexican Meatloaf, replace shallots and ketchup with $\frac{3}{4}$ cup shredded Mexican-style cheese and $\frac{1}{2}$ cup prepared salsa. Follow baking instructions above. If desired, sprinkle top with an additional $\frac{1}{4}$ cup shredded Mexican-style cheese after baking.

CAESAR SALAD

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| 3 | medium heads romaine lettuce | | grated Parmesan cheese |
| 1/3 | cup olive oil | 3 | cloves garlic, crushed |
| 2-3 | Tbsp. wine vinegar | 4-5 | dashes LEA & PERRINS®
Worcestershire Sauce |
| 2 | Tbsp. lemon juice | | croutons and extra grated cheese |
| 1 or 2 | coddled eggs (recipe below) | | |
| | salt and pepper | | |

To coddle eggs: bring 2 inches of water in small saucepan to a boil. Turn off heat. Using a slotted spoon, lower 1 to 2 eggs into water and let stand for one minute. Remove eggs and let cool.

To prepare salad: rinse romaine lettuce, drain well. Tear leaves into bite size pieces and place in a salad bowl. Drizzle over salad, 1/3 cup olive oil, 2-3 Tbsp of wine vinegar and lemon juice. Break the coddled eggs over center of salad. Crush garlic and sprinkle over salad. Season with salt and freshly ground pepper. Add 4-5 dashes of LEA & PERRINS® Worcestershire Sauce. Sprinkle with grated Parmesan cheese then lightly toss until ingredients are well combined.

Makes 6 Servings.



OLD FASHIONED POT ROAST

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| 1 | 2 $\frac{1}{2}$ to 3 lb. boneless beef pot roast
(rump, chuck or round) | $\frac{2}{3}$ | cup LEA & PERRINS®
Worcestershire Sauce |
| 1 | large onion, sliced | 2 | bay leaves (optional) |
| 1 | can (14 $\frac{1}{2}$ oz.) beef broth | 2 | large carrots, cut into 1-inch pieces |
| | | | 1-1 $\frac{1}{2}$ lbs. medium red potatoes, quartered |



In 6-quart saucepan or Dutch oven, brown roast over medium-high heat. Add onion and cook, stirring occasionally, 2 minutes. Add beef broth, LEA & PERRINS® Worcestershire Sauce and bay leaves. Bring to a boil over high heat. Reduce heat to low and simmer covered, turning occasionally, 1 hour. Add vegetables and continue simmering covered, 1 $\frac{1}{2}$ hours or until roast and vegetables are tender. If desired, remove roast and vegetables to serving platter and thicken gravy*.

*Zesty Gravy: Remove roast and vegetables. Stir in 2 tablespoons flour blended with $\frac{1}{4}$ cup water. Bring to a boil. Simmer, stirring constantly, 2 minutes or until thickened.

Makes 6 Servings.

SAVORY GLAZED PORK CHOPS

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| 2 | Tbsp. olive or vegetable oil | 2 | Tbsp. apple cider vinegar |
| 4 | bone-in or boneless pork chops, $\frac{3}{4}$ inch thick | 1 | Tbsp. brown sugar |
| 2 | large onions, thinly sliced | $\frac{1}{4}$ | tsp. ground sage (optional) |
| $\frac{1}{4}$ | cup LEA & PERRINS® Worcestershire Sauce | | |

Season pork chops with salt and pepper. In 12-inch skillet, heat oil over medium-high heat and cook pork chops, 8 minutes or until almost done, turning once. Remove from skillet; set aside. Add onion and cook, stirring occasionally, 6 minutes or until golden brown. Stir in LEA & PERRINS® Worcestershire Sauce, vinegar, brown sugar and sage. Bring to a boil. Continue cooking until slightly reduced. Return pork chops to skillet and simmer uncovered 2 minutes or until chops are done.

Makes 4 Servings.



TEXAS BBQ SAUCE

- 3/4 cup ketchup**
- 1/3 cup LEA & PERRINS® Worcestershire Sauce**
- 1/4 cup apple cider vinegar**
- 1/4 cup brown sugar**
- 2 Tbsp. vegetable oil**
- 1/2 tsp. garlic powder**
- 1/2 tsp. salt**

In medium saucepan, over medium-high heat, bring all ingredients to a boil. Reduce heat and simmer uncovered, stirring occasionally, 10 minutes. Store covered in refrigerator. Brush on hamburgers, steak, pork chops or chicken.

Makes 1 1/2 Cups.



ROASTED SWEET & SPICY CHICKEN THIGHS

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| 4 | boneless, skinless chicken thighs* | 1/4 | cup LEA & PERRINS®
Worcestershire Sauce |
| 1 | large onion, thinly sliced | 1 | Tbsp. brown sugar |
| 1 | red bell pepper, thinly sliced | | Hot cooked rice (optional) |
| 1/2 | cup apricot preserves | | |

Preheat oven to 400°. In 13 x 9 inch roasting or baking pan, arrange chicken, onion and red pepper. In small bowl, combine preserves, LEA & PERRINS® Worcestershire Sauce and brown sugar. Evenly pour over chicken and vegetables. Roast uncovered 50 minutes or until chicken is done and vegetables are tender. Serve, if desired, over hot rice.

*Variation: Use 4 boneless, skinless chicken breast halves. In aluminum foil-lined broiler pan, arrange chicken breasts and vegetables. Evenly pour sauce mixture over chicken and vegetables. Broil 10 minutes or until chicken is done, turning once.

Makes 4 Servings.



WORCESTER BURGERS



- 1 lb. ground beef**
- 1/4 cup LEA & PERRINS® Worcestershire Sauce**

Mix 1 lb. beef with 1/4 cup LEA & PERRINS® Worcestershire Sauce. Shape into burgers and grill until done as desired. For an extra twist, glaze tops with mix of 2 Tbsp. honey and 2 tsp. Lea & Perrins® Worcestershire Sauce. *Makes 4 Servings.*

T-BONE TO A "T"

- 1/2 cup LEA & PERRINS® Worcestershire Sauce**
- 1 medium onion, chopped or in rings**
- 1 2 lb. T-Bone steak**

Marinate steak and onion in LEA & PERRINS® Worcestershire Sauce for 2 hours or overnight in refrigerator. Discard marinade. Grill or broil until done as desired. (Meat 10-15 minutes for medium). *Makes 1 Serving.*



ORIGINAL BLOODY MARY

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| 4 | ice cubes | 1-2 | dashes hot pepper sauce |
| 1/3 | lemon, juiced | 1 | Jigger (1 oz.) vodka |
| 5-6 | dashes LEA & PERRINS®
Worcestershire Sauce | 6 | oz. tomato juice |

Place ice cubes in a tall glass. Add the juice of the lemon, LEA & PERRINS® Worcestershire Sauce, hot pepper and vodka. Finish with the tomato juice and season with salt and pepper, to taste.

Makes 1 Serving.

HOT NACHO DIP

- 1 lb. (16 oz.) pasteurized process cheese spread, cut up
- 1 jar (11½ oz.) prepared salsa
- 2 Tbsp. LEA & PERRINS® Worcestershire Sauce

In medium saucepan, heat cheese spread, salsa and LEA & PERRINS® Worcestershire Sauce over low heat, stirring occasionally, until cheese is completely melted. Serve hot with tortilla chips.

Makes 3 Cups.

Microwave Directions: In 2-quart microwave-safe casserole dish or bowl, microwave cheese spread, salsa and LEA & PERRINS® Worcestershire Sauce on High 6 to 8 minutes or until cheese is melted, stirring after 3 minutes. Serve hot with tortilla chips.