

Slow Roasted Clod Heart



Marinade

adapted from allrecipes.com

Ingredients:

- 1/3 cup soy sauce
- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 tablespoons garlic powder
- 3 tablespoons dried basil
- 1 1/2 tablespoons dried parsley flakes
- 1 teaspoon ground white pepper
- 1/4 teaspoon hot pepper sauce (optional)
- 1 teaspoon dried minced garlic (optional)

Directions:

1. Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.
2. Line cooking pan with foil or place clod heart in oven roasting bag, pour marinade over the meat, cover with foil or seal bag. Cook in a low (170°F – 180°F) oven or on the grill until done – start early, this can take 5 – 8 hours depending on the size of your beef.

NOTE: Clod heart is a single, large muscle embedded within the Chuck, so this is actually like an eye of Chuck. This one dressed out to about 6 lbs. Our **PHNB Brisket** is also a nice choice this cooking method.

Salsa

Yields about 4 cups

Ingredients:

- 2 medium cans diced petite tomatoes
- 1/2 cup finely chopped celery
- 1/2 cup chopped red onion
- 1/2 cup finely chopped Serrano or Jalapeño chiles
- ¼ cup snipped cilantro
- 1tbs. lime juice
- Pinch of garlic salt
- Pinch of dried oregano, crushed
- Pinch of ground cumin

Directions:

Combine all ingredients in a bowl. Cover and let stand for one hour to blend flavors.

Hawaiian Macaroni Salad

adapted from [Cook's Country](#)

Ingredients:

- 1 lb elbow macaroni
- 1/2 cup apple cider vinegar
- 2 cups whole or 2% milk, divided
- 2 cups mayonnaise, divided (DO NOT USE MIRACLE WHIP – trust me on this one)
- 1 Tbsp brown sugar
- 4 green onions, thinly sliced
- 1 large carrot, peeled & grated
- 1 celery stalk, minced
- Salt & pepper

Directions:

1. Bring 4 quarts of water to a boil. Add 1 Tbsp salt and the macaroni; cook until VERY soft, about 15 minutes. Drain and return to pot; add the cider vinegar and toss until absorbed. Let cool for 10 minutes.
2. Meanwhile, whisk together 1 1/2 cups of the milk, 1 cup of the mayonnaise, the brown sugar, 1/2 tsp of salt and 2 tsp pepper.
3. Once the cooked pasta has cooled for 10 minutes, whisk in the dressing. Let cool completely.
4. Add the remaining 1/2 cup milk and 1 cup of mayonnaise, along with the scallions, carrot and celery. Stir to combine, then season to taste with salt & pepper. Chill for at least one hour before serving.

Why this recipe works:

Hawaiians cook the macaroni for their Hawaiian Macaroni Salad until it's "fat," or very soft. Turns out they know what they're doing. While overcooking the pasta seems like a bad idea, it actually enables the macaroni to absorb more dressing. The dressing for our Hawaiian Macaroni Salad had to be thin enough to soak into the pasta, so we used an equal amount of mayonnaise and milk, and a lot of each. To prevent the cider vinegar from curdling the milk, we poured the vinegar directly over the hot macaroni. After the vinegar soaked in, we poured on about half the dressing, gave the mixture a stir, and let it cool. We then stirred in the remaining dressing and added grated carrot, chopped celery (for crunch), scallions, a bit of brown sugar, and some vigorous shakes of salt and black pepper.