

# Beef Tips Over Noodles

## (serves 8)

### INGREDIENTS:

- 4~5 lbs. beef tips
- 1~2 oz. oil
- 1 cups flour
- 1 tsp salt
- 1 tsp. pepper
- 1~2 Spanish onions, depending on size
- 8~10 oz. fresh mushrooms
- 3 cans (12 oz) of beef gravy
- 1 tsp. nutmeg
- 1 tsp. paprika
- 1 tsp. sage
- 1 tsp. thyme
- 1/2 cup red wine (alcohol boils off as cooks & gives flavor to canned gravy)
- 32 oz. noodles (Dutch style egg noodles)
- ¼ stick of cup butter

### EQUIPMENT:

- Dutch Oven, Dutch Oven Tools & Oven Mitts
- Charcoal Briquettes & Means to Light Briquettes
- Cutting Board, Carving Knife & Paring Knife
- Mixing Bowl (for Prep of Beef & Staging of Veggie – Can use Noodle Pot if no Separate Bowl)
- Can Opener if Canned Gravy & Wine Opener if Cork
- Measuring Cup & Spoons
- Gas Stove & Fuel (for noodles)
- Large Pot & Colander (for noodles)
- Cooking/Serving Spoons x2 (one regular & one slotted) & Spatula

### PREPARATION:

- Cube Meat (if not pre-cubed) & Place into Large Pot (used as mixing bowl)
- Sprinkle Salt & Pepper, Lightly & Evenly over Beef
- Sprinkle Flour, Lightly & Evenly Coat Beef Cubes
- Pre-Heat Coating of Oil in Dutch Oven
- Seer Beef in Dutch Oven, Stirring/Flipping Beef Cubes To Evenly Braise
- Dice Onions & Mushrooms, Add on Top of Beef, and Season with Nutmeg, Paprika, Sage, and Thyme
- After Onions are Translucent, Add Gravy, Rinse Gravy Containers with Wine & Add Wine
- Cook Covered Till Beef is Tender (don't get too hot & burn, stir & check – Simmer at low boil/use coals on top method!
  
- Separately bring water to a boil, with a dash of oil to keep noodles from sticking together & a dash of salt to raise boiling temperature of water
- Add noodles & stir from time to time so no stick to bottom of pot
- Drain noodles using a colander or pot lid & be careful not to be burned by steam rising as you do so
- Stir butter into noodles to prevent them from sticking together after drained

### TIPS:

**Use Dutch oven as a stir fry wok**, heat up oil & oven in the fire BEFORE you add meat and move to ground just off fire when adding & stirring meat so that you are not fighting the heat & smoke of the fire while you are trying to stir fry the meat, cover and add back to fire when Dutch oven cools to the point that meat no longer sizzles in pot, remove and repeat until all sides of meat are evenly braised. **FIGURE OUT CLEAN SURFACE TO PUT DUTCH OVEN LID DOWN BEFORE REMOVING LID!!!**

**CAUTION:** When adding ingredients to Dutch oven with HOT oil in the bottom – it will sizzle & spit oil at you – WEAR A OVEN MIT & DON'T GET YOUR FACE TOO CLOSE – **NEVER** ADD WATER OR WET INGREDIENTS TO HOT OIL or the hot oil will practically explode in your face!

**Noodles can be cooked on fire** (remember to soap bottom of pot!) but a lot easier & safer on camp stove

**NOTE: Roasted Corn on the fire** is a great side dish/vegetable to this dish, particularly since you have fire going anyway: Carefully peel back husk w/o tearing off, remove silk & fold back hush as tightly as you can. Soak corn in water for about 30+ minutes & place directly on hot coals (not flame) & rotate with tongs (NEED TONGS) so corn cooks evenly and doesn't get too many charred spots.