

Short Ribs and Cornmeal Dumplings  
From *A Taste of the West* by Coors Brewing Company

3 pounds beef short ribs, cut into serving-size pieces  
1 medium onion, cut into thin wedges  
1 clove garlic, minced  
1 28-ounce can diced tomatoes  
1 12-ounce can Coors (feel free to substitute) beer  
1 fresh or dried hot red chili pepper, seeded and chopped  
2 tablespoons soy sauce  
1 tablespoon sugar  
1/4 teaspoon ground nutmeg  
1/2 cup yellow cornmeal  
1 beaten egg  
1/2 cup all-purpose flour  
1 teaspoon baking powder  
1 8-ounce whole kernel corn, drained

In a Dutch oven or large pot, brown short ribs on all sides; season with a little salt and pepper. Remove ribs; drain off fat, reserving 2 tablespoons. Add onion and garlic to reserved drippings; cook till onion is tender. Add undrained tomatoes, Coors, chili pepper, soy sauce, sugar, nutmeg, and salt and pepper to taste. Return meat to Dutch oven; bring to a boil. Reduce heat; simmer, covered, 1 1/2 to 2 hours. Cool; skim off fat. Return to boiling. Meanwhile, prepare Cornmeal Dumplings: Combine 1 cup water, the cornmeal, and 1/2 teaspoon salt; bring to boiling. Cook and stir till thickened. Remove from heat. Stir some of the hot cornmeal mixture into egg; return all to hot mixture. Stir together the flour, baking powder and pepper to taste. Add to cornmeal mixture; beat well. Stir in kernel corn. Drop by rounded tablespoonfuls into the boiling stew. Cover; simmer until dumplings are done, 10 to 12 minutes. Makes 8 servings.

Kale Salad Sova Style

Extra virgin olive oil  
Fresh lemons  
Fresh garlic

Bacon

Kale

Salt and freshly ground pepper

Parmesan or Pecorino cheese, grated

Make dressing first, then cook bacon. Cut the tough ribs out of kale and chop leaves to bite-size.

My favorite way to make this dressing is in a small Mason jar with a lid. All amounts are at your discretion:

Equal parts extra virgin olive oil and fresh lemon juice

Mince fresh garlic to taste and place in a jar; add the olive oil and lemon juice, and salt and pepper to taste. Shake the jar vigorously.

Dice raw bacon and crisp in a frying pan over medium heat. While bacon is cooking, chop kale and place in a salad bowl. Add the bacon over the kale while the bacon is still hot; it will help soften the kale. I even pour some of the hot bacon grease on the kale. Pour dressing on kale and toss. Top with grated Parmesan or Pecorino just before serving.