

# Proof

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**- NOT FOR EXACT COLOR MATCH FOR PLACEMENT ONLY -**



## Cooking Tips:

### Step 1:

Remove beef from refrigerator. Lightly coat with seasoned flour, if desired. Slowly brown beef on all sides in small amount of oil in heavy pan. Pour off drippings. Season beef, as desired. (Omit dredging and browning for corned beef brisket.)

### Step 2:

Add liquid, such as broth, water, juice, beer and/or wine, to pan. Bring to a boil; reduce heat.

- For pot roasts and other braised dishes, such as Swiss steak, chilis and shredded beef, use small amount of liquid (1/2 to 2 cups).
- For stews and soups, use at least enough liquid to cover beef.
- Corned beef brisket is cooked in liquid to cover beef.

### Step 3:

Cover tightly and simmer gently over low heat on top of the range, or in a preheated 325°F oven, according to timetable or until beef is fork-tender. (It is not necessary to turn pot roast or steak over during cooking.) When the beef is done, it can be removed from the pan and kept warm while the cooking liquid may be thickened or reduced, as desired.

Remains on Package

Front

\*\*Photo and Recipe Courtesy of The Beef Checkoff\*\*  
Makes 6 to 8 servings.

**MEDITERRANEAN BRAISED BEEF**

**Ingredients:**

- 1 boneless beef chuck shoulder pot roast (3 pounds)
- 1/4 cup all-purpose flour (2-1/2 to 3 pounds)
- 2 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 2 small onions, halved, sliced
- 4 medium shallots, sliced
- 1/4 cup chopped pitted dates
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon pepper

1. Heat oven to 325°F. Lightly coat beef pot roast with flour. Heat oil in Dutch oven over medium heat until hot. Brown beef pot roast; remove. Season with salt and pepper.

2. Add mushrooms, onion and garlic to Dutch oven; cook and stir until onion is lightly browned. Add broth and bay leaf. Return pot roast; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours. Stir in barley; continue cooking, covered, 45 to 60 minutes or until pot roast is fork-tender. Remove pot roast; keep warm. Discard bay leaf.

3. Add peas and sour cream to barley. Cook and stir over low heat just until heated through. Carve pot roast. Serve with barley.

## BRAISED BEEF WITH MUSHROOMS & BARLEY

**Ingredients:**

- 1 boneless beef chuck arm, blade or shoulder pot roast (about 3 pounds)
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium onion, chopped
- 3 large cloves garlic, minced
- 1-1/4 cups ready-to-serve beef broth
- 1 bay leaf
- 1/2 cup medium pearl barley
- 1 cup frozen peas, defrosted
- 1/3 cup dairy sour cream (optional)

Makes 6 to 8 servings.

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Makes 6 servings.

**AUTUMN POT ROAST WITH ROOT VEGETABLES**

**Ingredients:**

- 1 boneless beef chuck arm pot roast (3 to 3-1/2 pounds)
- 1 tablespoon vegetable oil
- 8 small red-skinned potatoes, halved
- 2 large carrots, cut into 2-1/2 x 1/2-inch pieces
- 2 large parsnips, cut into 2-1/2 x 1/2-inch pieces
- 1 small leek, cut into 1-1/2 inch pieces
- 1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water

**Seasoning:**

- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 teaspoon each salt and lemon pepper

1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in Dutch oven over medium heat until hot. Brown pot roast; remove pot roast and vegetables; keep warm.

2. Add 3/4 cup water; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are fork-tender. Remove pot roast and vegetables; keep warm.

3. Skim fat from cooking liquid. Measure and return 2 cups cooking liquid to Dutch oven. Stir in cornstarch mixture; cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce.

## BRAISED BEEF WITH MUSHROOMS & BARLEY

**Ingredients:**

- 1 boneless beef chuck arm, blade or shoulder pot roast (about 3 pounds)
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium onion, chopped
- 3 large cloves garlic, minced
- 1-1/4 cups ready-to-serve beef broth
- 1 bay leaf
- 1/2 cup medium pearl barley
- 1 cup frozen peas, defrosted
- 1/3 cup dairy sour cream (optional)

Makes 6 to 8 servings.

\*\*Photo and Recipe Courtesy of The Beef Checkoff\*\*

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## CUSTOMER SIGN-OFF

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**SPECIALTY PRINTING LLC**  
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## SPECIALTY SIGN-OFF

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Production Coordinator Signature Date

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Art Dept. Signature Date

## LABEL INFORMATION

Designed by: **Lance Doyle** Date: **08/20/08**

Customer: **Hannaford**

Job ID: **HAN216** Rev: **01**

Label Size: **3.25** "W x **3.0** "H CR: \_\_\_\_\_

Fonts: **NA**

Spot Colors:

Four Color Process:

PMS: **CMYK** PMS: **Black - S2** PMS: \_\_\_\_\_

PMS: **4975 Burgundy** PMS: **Black - S3** PMS: \_\_\_\_\_

PMS: **7428 Red** PMS: **UV** PMS: \_\_\_\_\_

PMS: **Deadener** PMS: \_\_\_\_\_ PMS: \_\_\_\_\_

