

# Luna Pier Dog House



*An Authentic-Style Flint Coney.*

## Recipes for Flint-Style Coney Sauce

Revised September 27, 2009



*A Home-Style Flint Coney.*

### Recipe Notes:

- Why is there less ground chuck in these recipes than in Aunt Fern's original version? Because of the difference in volume between browned 70/30 ground beef and browned 80/20 ground chuck.
- The hot dogs you grind up will affect the flavor of the finished sauce. Using Koegel Viennas for this makes a lot of sense.
- Yes, tomato sauce comes in 8 oz cans. Use 6 oz for the Basic recipe. Just drink the rest, it's good for you.
- Don't use garlic powder instead of minced garlic. Throw that powdered stuff away ... it's not the same. However, granulated garlic is an excellent substitute for minced garlic.
- While it's possible to grind the hot dogs in a food processor (on slow speed, using the blade labeled "shred"), a better texture is created by using an old-fashioned hand meat grinder. These are available in specialty and antique shops, commercial food equipment dealers, and the cooking section of Cabela's in Dundee. An electric or commercial meat grinder should be used for bulk and larger amounts.
- There are versions of this recipe that say to add onions, not to brown the ground beef first, and to slow-cook it all day long. Not everyone likes onions, not browning the ground beef first means greasy sauce later, and if you do use a crock pot for this, add the chili powder, salt and pepper much later in the cooking process.
- Grease from the ground chuck should be collected in a glass dish, cooled, and disposed of properly.



*All photos and artwork by Dave Liske*

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essor (i.e., a glorified "typewriter") for a number of years, and come to find out, she'd been archiving a large number of family recipes. Looking through this volume, I found recipes for dishes I had become more than familiar with. One recipe in particular caught my eye, even though it was nothing more than an odd list of ingredients:

### CONEY ISLAND SAUCE

- |  |                                     |
|--|-------------------------------------|
| 1 TBS Shortening                                 | 1 TBLs butter                       |
| 2 chopped onions                                 | 1 1/2 lbs ground beef               |
| 1/2 tbs garlic powder                            | 1 TBLs chili powder                 |
| 1 TBLs prepared mustard                          | 1 (6 oz) can tomato sauce or catsup |
| (6 oz) water                                     |                                     |
| 4 or 5 weiners (hot dogs) ground salt and papper |                                     |

Aunt Fern

There are certain reasons this recipe ended up being more than just interesting to me:

- Aunt Fern (mom's aunt, not mine) and Uncle Eric lived in downtown Flint most of their married life together. For decades, Angelo's was one of Fern and Eric's more frequent hangouts for one of their favorite dinners, those same Flint-style coneys I also enjoyed.
- The rumor mill has often claimed there are ground hot dogs in Angelo's own sauce.

After playing around with Aunt Fern's list of ingredients for a while, I developed the Home-Style version in this pamphlet. In three months during 2008 at the beachhouse at Lake Erie in Luna Pier, Michigan, we made 72 five-quart batches of this recipe.

In September 2009 I took the time to play around with beef hearts and beef kidneys based on further rumors Angelo's original recipe contained these ingredients along with ground beef. The resulting recipe is included in this pamphlet as well. Some family like one version over the other, with positive votes going in both directions. Whichever one you use, I hope you enjoy it!

## The Story of This Version of The Recipe

Dave Liske, Luna Pier, Michigan, September 2009

When I was growing up in Grand Blanc, Michigan, my parents would take us to Angelo's Coney Island at the corner of Franklin and Davison Roads in Flint for a real Flint-style coney. Or we'd head out to Genesee Valley Shopping Center to another coney shop that used to be near where the Hamady Bros. grocery store used to be ... on the east end. A man would be making those Flint-style coney right there in the window of the restaurant in the mall as we walked past. And wherever we had a coney, or even just a hot dog, we'd always be sure to look for a Koegel's sign. Those were the good ones, and still are.

At one time, coney sauce made with Angelo's coney sauce were called Flint-style coney sauce, although I'm not sure that's true any longer. (I know they were listed on the menu that way at the Mega Coney Island in Fenton just a few years ago.) But I've had so many of them in my lifetime, I can still taste that sauce if I simply think about it for a second or two. At one point, living in an apartment on Franklin in Flint, right down the road from the original location, on a clear day I could smell those things cooking when a breeze would waft that wonderful smell south that couple blocks to our balcony. A few years later, when the U.S. Navy parked me out on the east coast for about 6 years, my parents would head to that same original Angelo's location on the corner of Franklin and Davison Roads and pick up a half-gallon of the sauce. They'd then fly out to where I was stationed in Maryland and Virginia, with the sauce and some Koegel Viennas in a carried-on cooler, and a 12-pack of Vernors ginger ale in mom's suitcase. (Cadbury Schweppes had only recently purchased Vernors from A&W, and the drink wasn't yet available out east.)

A few years ago my mom loaned me a blue three-ring binder. She'd had a simple Brother word proc-

## Home-Style Flint Coney Sauce\*

### Ingredients

1-1/4 lb 80/20 ground chuck  
5 Koegel Viennas  
1 Tbs shortening or lard  
1 Tbs unsalted butter  
1 tsp minced garlic  
1 Tbs prepared yellow mustard  
6 oz tomato sauce  
6 oz water  
3 Tbs mild chili powder  
Kosher salt and ground pepper

### Equipment

1 12" skillet  
1 colander  
1 meat grinder  
1 8" x 8" glass dish  
1 2-quart sauce pan  
Lid for 2-quart sauce pan

Brown the ground chuck in the skillet till it's nice and tender. Dump it into the colander and let it drain. Push on the browned meat in the colander with the back of a spoon until most the grease is out, and then dump the meat into the sauce pan.

Install discs onto the front of the meat grinder for a fairly small grind and grind the hot dogs into the glass dish. After digging the rest of the ground hot dogs out of the inside of the grinder, add the ground hot dogs to the browned meat.

With the exception of the chili powder and the salt and pepper, add the remaining ingredients to the sauce pan and mix it all as completely as possible. Start heating the sauce on the stove over medium heat. When it comes to a simmer, cover the saucepan, set the burner for low heat, and let the sauce simmer for 20 minutes, stirring occasionally to prevent scorching. Add the chili powder to the sauce and stir it in well. Check the flavor of the sauce and add the salt and pepper to taste.

Cover the sauce again and let it simmer another 10 minutes to let the flavor develop before serving on grilled Koegel Viennas in natural casings on decent (not wimpy) steamed buns, all topped with a squiggle of a rich yellow prepared mustard and some chopped onion ... or on nacho chips with cheese and jalapeños.

## Authentic-Style Flint Coney\*

### Ingredients

1/2 lb beef heart  
1/2 lb beef kidney  
2 lb 80/20 ground chuck  
4 Tbs shortening or lard  
4 Tbs unsalted butter  
2 tsp minced or granulated garlic  
2 Tbs ground mustard  
5 Tbs mild chili powder  
3 Tbs Spanish paprika  
Kosher salt and ground pepper

### Equipment

1 6-quart pot  
1 meat grinder  
1 8" x 8" glass dish

*\* Be sure to read the Recipe Notes on the back page.*

Use the meat grinder to grind the beef heart and beef kidney. Set the pot over low heat and melt the lard and butter in the saucepan. When the fats are melted, add the ground heart, kidney, chuck, the garlic and ground mustard and stir well.

Let the sauce simmer for 45 minutes, stirring occasionally. Don't allow the meat to dry out; add a tablespoon each of butter and lard if necessary and lower the heat when necessary. At the end of the 45 minutes, add the chili powder and the paprika. Also add salt and pepper to taste, then simmer the sauce another 5 minutes before serving.

For best results, serve on grilled Koegel Viennas that have been cooked over low heat (250F) so the natural casing snaps when bitten.



*A half-pound each of beef heart and beef kidney.*