



**You could WIN
\$\$\$ toward
a year of beef
for the BBQ!**

Grand Prize - \$2,500!

Second Prize (50) - Digital Thermometers (\$25.00 retail value)

To Enter: Visit beefinfo.org and complete an entry form or write your name, address and telephone number on paper and mail to: Beef Bucks, P.O. Box 1500-1283, Etobicoke, ON M9C 4V5.

No purchase necessary. Contest closes August 31, 2006.

At a drawing in September 2006, 51 entries will be chosen to win.

Must be a Canadian resident of the age of majority. See official rules for details at beefinfo.org.

Enter online @ beefinfo.org

For more grilling recipes visit www.beefinfo.org/grillingrecipes.



CGJUN06 © HP Foods Limited 2006. All rights reserved. HP and Lea & Perrins are registered trademarks of HP Foods Limited and its subsidiaries.

Beef sizzles year-round!

Canadian Grilling



Year-round grilling is just so Canadian, eh?
Here are some delicious reasons to fire up the grill.



Our love of the grill...

In Canada
the barbecue
season never
ends – we are
seasonless
sear-ers!

In the eager anticipation of the sizzle and aroma of a perfectly grilled steak, we dare to brave the barbecue even when temperatures dip below 0°C!
We are simply grill-crazy.

But let's face it, summer is still **THE BEST!** So kick back and enjoy the warm sun's rays with your friends, your barbecue and your all-time grilling favourite – **Canadian Beef!**



Beef on the grill...

In Canada, hamburgers rule – they're the No. 1 meat on the grill, with steaks coming in at a close second. Now is the time to expand your horizons and explore some new grilling options.

The New Kids on the block...

Beef Medallions and Rotisserie Roasts are two new beef cuts designed especially for the grill.

Tender juicy **Grilling or Marinating Beef Medallions** are thick-cut steaks that make it easier to get the doneness you like – from medium-rare to well-done. Beef Medallions are shaped to fit neatly on the plate without the need to cut them to serve. Look for **Grilling or Marinating Medallions**, such as **Rib Eye, Cross Rib and Top Sirloin**.

Beef Rotisserie Roasts are boneless roasts cut to be barbecue ready. They cook up evenly either on the spit or right on the grill using indirect heat. Look for tender **Premium Rotisserie Roasts**, such as **Top Sirloin and Prime Rib**, which you simply season before cooking. Also check out value **Rotisserie Roasts**, such as **Cross Rib and Inside Round**, which benefit from a marinade for 12 to 24 hours before cooking.



Be the Grill Master...

- First, brush grill with vegetable oil or spray with cooking spray to prevent foods from sticking. Then preheat grill on high for 10 minutes. Reduce heat to medium-high to grill.
- To check grill temperature: If you can hold your hand 5 inches (12 cm) from grill for 5 to 6 seconds, it means low, 3 to 4 seconds means medium, 1 to 2 seconds means hot. OR use oven thermometer on grill during barbecue roasting.
- Cook with lid closed for best flavour, most even cooking and energy efficiency.
- Check doneness earlier than recipe says. Wind, temperature and grill type can affect cooking time.
- No need to 'nick and peek' to know if your meat is done – **a food thermometer takes the guesswork out of grilling**. When close to being done, insert a digital rapid-read thermometer sideways into steaks and burgers or into the thickest part of a roast. OR use an oven-safe meat thermometer to monitor cooking while barbecue roasting.
- NEVER place cooked food on the same plate that held raw meats, without washing the plate first.
- To clean grill after cooking, turn barbecue to high for 10 minutes and scrape with barbecue brush.



Serious Sizzle!

6



Beef Skewers with Golden Grilled Vegetables

This is a great casual summer entertaining dish that goes beyond burgers and buns. Set out the grilled meat, vegetables and pitas on platters and let family and friends have the fun of assembling their own dinners. Place meat and vegetables into pita pockets to eat.

1/4 cup (50 mL)	coarsley chopped packed fresh parsley
3	green onions, thinly sliced
2 tbsp (30 mL)	Lea & Perrins® Worcestershire Sauce
1/2 tsp (2 mL)	EACH paprika, salt and pepper
1	egg
1 lb (500 g)	Lean Ground Beef
1/4 cup (50 mL)	dry bread crumbs
2	garlic cloves, minced
4	pita bread
	Golden Grilled Vegetables (recipe to the right)
	HP® Sauce

1. Combine parsley, green onions, Lea & Perrins®, paprika, salt and pepper in bowl. Beat in egg. Add beef, bread crumbs, 2 tbsp (30 mL) water and garlic. Mix well.

2. Shape by heaping 2 tbsp (30 mL) into small sausage shapes. Thread each lengthwise onto metal or soaked wooden skewer. Place skewers on greased grill over medium heat. Close lid and grill, turning once, for 12 minutes until digital rapid-read thermometer inserted into centre of each reads 160°F (71°C).

3. Meanwhile, grill pita bread, turning once, until warmed, about 2 minutes. Cut each pita in half and open to form pockets. Remove meat from skewers and serve with Golden Grilled Vegetables, tucked into pita pockets. Drizzle meat with more HP® Sauce.

Makes 6 servings or 12 skewers.

Per Serving: 406 Calories, 22 g protein, 15 g fat, 47 g carbohydrate
Excellent source of iron (25% DV) and zinc (46% DV), 49% DV sodium.

Golden Grilled Vegetables:

Scatter 3 **medium onions**, thinly sliced, and 1 **sweet red or green pepper**, seeded and thinly sliced, in centre of double thickness heavy-duty foil. Drizzle with 2 tbsp (30 mL) **extra-virgin olive oil**, 1/4 cup (50 mL) **HP® Sauce** and 1/2 tsp (2 mL) each **salt and pepper**; toss together. Cover with second double-thickness of foil; seal edges tightly. (Make-ahead: Refrigerate for up to 5 hours.) Place on grill over medium-high heat. Cook, turning occasionally, until tender, about 20 minutes. Slit top of foil and fold back. Toss with additional **HP® Sauce** if desired.



Marinated Steak with Sassy Beer Sauce

Try a large Marinating Steak for a casual summer dinner. It's affordable, tasty and a 2 lb (1 kg) steak can serve 6 people when surrounded with a platter of vegetables. Use brown ale or dry stout in the sauce since they are both rich in malt flavour and will add a bold beer taste. Serve the grilled steak sliced thinly across the grain with extra dipping sauce.

2 lb (1 kg)	Beef Marinating Steak (Inside Round, Sirloin Tip or Flank), 1 to 2 inches (2.5 to 5 cm) thick
1 cup (250 mL)	Heinz® Ketchup
1 cup (250 mL)	HP® Sauce
1	bottle (341 mL) dark beer
1/4 cup (50 mL)	EACH packed brown sugar, cider vinegar and Lea & Perrins® Worcestershire sauce
3	green onions, thinly sliced
1/2 tsp (2 mL)	EACH red pepper flakes, and hot pepper sauce (optional)
1/2 tsp (2 mL)	salt
1/4 tsp (1 mL)	pepper

Doneness Timing for Steaks

THICKNESS	MINUTES PER SIDE		
	MED-RARE 145°F (63°C)	MEDIUM 160°F (71°C)	WELL-DONE 170°F (77°C)
1/2 - 3/4 inch (1-2 cm)	3-4	4-5	5-6
1 inch (2.5 cm)	5-6	6-7	7-9
1 1/2 inches (4 cm)	9-10	10-14	15-18
2 inches (5 cm)	11-14	14-18	18-22

1. Pierce meat all over with fork and place in large sealable freezer bag; set aside. Combine remaining ingredients in large saucepan. Remove 1 cup (250 mL) and pour over meat in bag; refrigerate for 12 to 24 hours. Meanwhile, bring remainder of sauce to boil over medium-high heat. Reduce heat to medium-low and simmer until thickened and reduced to about 2 cups (500 mL), about 30 minutes. Let cool.

2. Place steak on greased grill over medium-high heat. Discard marinade. Grill, turning once with tongs and brushing with some of the sauce, for 6 to 14 minutes per side until digital rapid-read thermometer inserted sideways into centre of steak reads 140°F (60°C) for medium-rare.

3. Transfer to cutting board; cover with foil and let stand for 10 minutes until temperature rises 5°F (3°C). Cut crosswise into thin slices and serve with remaining sauce. **Makes 6 servings.**

Per Serving: 321 Calories, 30 g protein, 7 g fat, 32 g carbohydrate
Good source of iron (22% DV) and excellent source of zinc (57% DV), 40% DV sodium.

8



9

Ginger Beef Roast with Orange and Cantaloupe Salad (see page 10)



Ginger Beef Roast with Orange and Cantaloupe Salad

This recipe is perfect for a patio party – it serves many and the meat cooks unattended on the barbecue while you enjoy yourself. If timing is critical, you can cook the roast an hour ahead, letting it rest before serving. If using a Premium Rotisserie Roast instead, marinate for only 1 to 2 hours, just for flavour. You can substitute orange segments, mango or peaches for the cantaloupe if desired.

- 1/2 cup (125 mL) EACH vegetable oil, teriyaki sauce and finely chopped gingerroot and onion
- Grated zest and juice of 1 large orange (4 tsp/20 mL zest + 3/4 cup/175 mL juice)
- 2 tsp (10 mL) EACH hot Asian chili sauce, chopped garlic and sesame oil
- 4 lb (2 kg) Beef Rotisserie Roast** (Sirloin Tip, Inside Round or Cross Rib)
- 16 cups (4 L) mixed salad greens
- 4 to 6 cups (1 to 1.5 L) Salad ingredients: chopped cucumber, cantaloupe chunks, sweet pepper chunks
- Citrus Salad Dressing (recipe follows)
- Salt and pepper

1. Combine vegetable oil, teriyaki sauce, gingerroot, onion, orange zest and juice, chili sauce, garlic and sesame oil in large sealable freezer bag. Remove 1 cup (250 mL) of the marinade and set aside to use in Citrus Salad Dressing. Pierce roast all over with fork and add to bag; seal and refrigerate for 12 to 24 hours. Discard marinade; pat roast dry with paper towelling.

2. Place drip pan under grill; add 1/2 inch (1 cm) water to pan. Preheat barbecue to medium-high (400°F/200°C).

Cooking with rotisserie: Insert spit rod lengthwise through centre of roast; secure with holding forks and place over drip pan.

Cooking without rotisserie: Place roast on grill over drip pan that is moved to one side; turn off heat under just the roast.

3. Insert meat thermometer into middle of roast, avoiding spit rod (if using). Cook at constant heat in closed barbecue until thermometer reads 155°F (68°C) for medium (about 30 minutes per lb/500 g). Remove roast to cutting board; tent with foil for 10 to 15 minutes to allow temperature to rise an additional 5°F (3°C). Toss salad greens and ingredients with Citrus Dressing and spoon onto individual plates. Carve roast thinly across the grain; place on top of salad ingredients and season with salt and pepper. **Makes 10 to 12 servings.**

Citrus Salad Dressing: In small jar with lid, shake together 1/3 cup (75 mL) **olive oil**, 1/3 cup (75 mL) **cider or white wine vinegar** and 1 cup (250 mL) of the reserved marinade; season with **salt and pepper** to taste. **Makes 1-1/2 cups (375 mL).**

Per Serving (based on 12 servings): 366 Calories, 29 g protein, 23 g fat, 11 g carbohydrate
Good source of iron (23% DV) and excellent source of zinc (78% DV), 23% DV sodium.



Doneness Timing for Barbecue Roast Beef

(using medium-high heat)

ROTISSERIE ROASTING		DONENESS (Internal temperature when removed from heat)	INDIRECT HEAT ROASTING	
minutes/lb	minutes/kg		minutes/lb	minutes/kg
20-22	42-47	MED-RARE (140°F/60°C)*	20-25	40-50
22-25	50-55	MEDIUM (155°F/68°C)	25-30	55-65
30	65	WELL (165°F/74°C)	30	75

*Internal temperature after standing: 145°F (63°C)

Revel in the Recklessness of Roasting...

Beef roast on the barbecue is the best for easy, fuss-free summer cooking.

• For **Premium Oven or Premium Rotisserie Roasts**, the cooking doesn't get any easier – just rub, roast and relax!

• For **Oven or Rotisserie Roasts**, marinate in the fridge for 12 to 24 hours before barbecue roasting. Enjoy medium-rare to medium and slice thinly to serve.

• **Try indirect heat roasting** to barbecue roast without a rotisserie. Place drip pan under grill in one-half of a 2-burner barbecue; add 1/2-inch (1 cm) water to pan.

Light barbecue; heat to approx. 400°F (200°C) with lid closed. Turn off burner under drip pan. Place roast on grill over unlit burner and roast at constant heat with lid closed. If using a 3-burner barbecue, position roast and drip pan in centre of barbecue; turn centre burner off.

• **Resist peeking when barbecue roasting.** Lifting the lid lets heat escape, lengthening cooking time.



Barcelona Beef Steak with Spanish Couscous

The meat develops a deep flavour as it tenderizes in this simple Spanish-accented marinade. Serve with the Spanish Couscous Salad for a colourful festive meal. If using Grilling Steaks or Medallions, marinade for 1 to 2 hours just for flavour.

- 1/4 cup (50 mL) Grated zest and juice of 1 medium orange
 - 1 tsp (5 mL) EACH minced onion and cider vinegar
 - 1/2 tsp (2 mL) EACH chopped garlic and crushed dried rosemary
 - 1-1/2 lb (750 g) EACH salt, pepper and ground cumin
- Beef Marinating Steaks or Medallions**
(Inside Round, Sirloin Tip or Cross Rib), cut 1 inch (2.5 cm) thick (about 4 Medallions)
Spanish Couscous Salad (recipe follows)



1. Combine orange zest and juice, onion, vinegar, garlic, rosemary, salt, pepper and cumin in large sealable freezer bag. Pierce meat all over with fork and place in bag with marinade. Seal and refrigerate for 12 to 24 hours. Discard marinade; pat medallions dry with paper towelling.

2. Grill on lightly oiled grill over medium-high heat in closed barbecue for 6 to 7 per minutes per side for medium doneness. Remove to clean platter; tent with foil for 5 minutes.

3. Serve with Spanish Couscous Salad.

Spanish Couscous Salad: Measure 1 cup (250 mL) **couscous** into large heatproof bowl. Pour 1-1/2 cups (375 mL) boiling water over couscous; cover and let stand for 5 minutes or until liquid is absorbed. Stir in 1/4 cup (50 mL) EACH chopped sweet **red and green pepper**, segments from 1 medium **orange** (coarsely chopped) and 2 tbsp (30 mL) chopped fresh **cilantro**. Season with **salt and pepper** to taste. Serve at room temperature.

Makes 4 servings.

Per Serving: 350 Calories, 40 g protein, 5 g fat, 42 g carbohydrate; excellent source of iron (28% DV) and zinc (69% DV), 4% DV sodium.

All things are possible...

All cuts of beef can be barbecued – you just need to know how best to cook them. Here you go.

Beef Option	BBQ Guidelines
<p>Grilling Steaks/Medallions: T-bone, Top Sirloin, Strip Loin, Rib Eye Bottom Sirloin Tri-Tip, Rib, Tenderloin</p> <p>Premium Oven/Premium Rotisserie Roasts: Top Sirloin, Strip Loin, Rib Eye, Rib, Tenderloin</p>	<ul style="list-style-type: none"> • Simply season before cooking or marinate just for flavour - 15 minutes or so. • Using medium-high heat, grill steaks, turning just once. To barbecue roasts, use rotisserie or indirect heat roasting. • Enjoy medium-rare to well-done.
<p>Marinating Steaks/Medallions: Flank, Sirloin Tip, Inside, Outside or Eye of Round, Bottom Sirloin Tri-tip</p> <p>Rotisserie or Oven Roasts: Sirloin Tip, Inside, Outside or Eye of Round, Rump, Bottom Sirloin Tri-tip</p>	<ul style="list-style-type: none"> • Marinate in fridge for 12 to 24 hours. • Using medium-high heat, grill steaks, turning just once. To barbecue roasts, use rotisserie or indirect heat roasting. • Enjoy cooked to medium-rare or medium doneness.
<p>Simmering Steaks: Cross Rib, Blade</p> <p>Pot Roasts: Cross Rib, Blade Shoulder, Brisket</p> <p>Asian or Maui-style thin-cut Short Ribs</p>	<ul style="list-style-type: none"> • Marinate in fridge for 24 to 48 hours. • Using medium-high heat, grill steaks. Best cooked to medium-rare or medium. • Foil-wrap pot roasts; cook by indirect heat using low heat. Best cooked to well-done. • Grill thin-cut short ribs over medium-high heat.