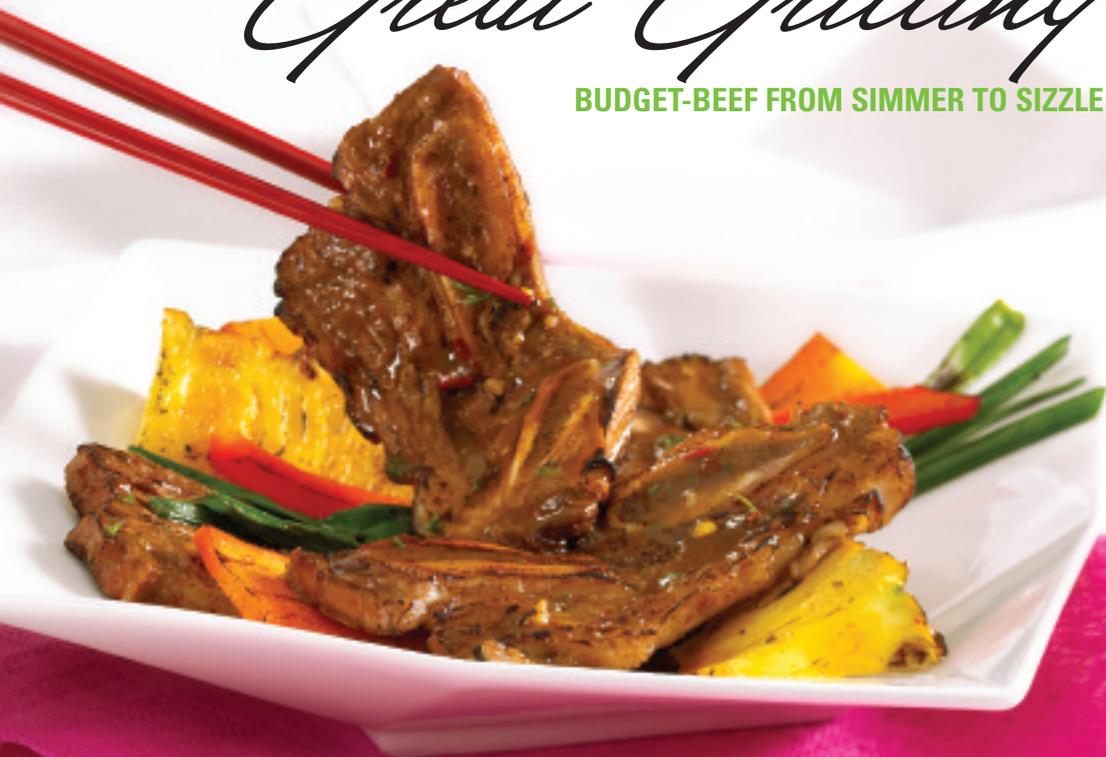


Great Grilling

BUDGET-BEEF FROM SIMMER TO SIZZLE



Hot! Summer! Grilling!



Leave your comfort zone behind and take the challenge of grilling some less familiar beef cuts this summer.

Value-priced Marinating and Simmering Steaks, Pot Roasts and Stewing Beef all have barbecue potential. Here are a few basic guidelines and recipes to help you over the hurdle.

Cutting edge: For Marinating Steaks, thick-cut is best. Buy steak that is at least 1-1/2 inches (4 cm) thick – any thinner and it will grill too quickly and become dry and overdone.

Marinade magic: Marinades tenderize and flavour budget cuts. Pierce meat all over to help the marinade penetrate. Marinade in sealable freezer bags to maximize contact of marinade to meat, allowing 12 to 24 hours to marinate. Marinating and Simmering cuts and up to 48 hours for Pot Roasts and Beef Short Ribs. Soy sauce, teriyaki sauce and barbecue sauce are powerful tenderizers.

Low and slow – the way to go: Cooking over relatively low heat is key for grilling less-tender cuts. **For mellow roasting use indirect heat:** Turn all burners to medium-high and heat to 400°F (200°C) with lid closed. Turn off one burner and place roast on grill over turned-off burner. With lid closed, your grill works like an oven.

Worth the wait: Let barbecued beef stand for 5 to 10 minutes before carving to minimize loss of juices.

KOREAN KABOBS

Stewing Beef on the barbecue – who'd-a-thought! Cornstarch is often used in Asian cooking to tenderize – we were skeptical at first, but it works! You can cut your own kabob cubes from Blade or Cross Rib steaks or roasts if you like.

1. Combine 1/4 cup (50 mL) **soy sauce**, 1 **green onion** (chopped), 3 **garlic cloves** (minced), 2 tbsp (30 mL) EACH **vegetable oil**, **sherry** and **cornstarch**, 1 tbsp (15 mL) packed **brown sugar**, 1 tsp (5 mL) EACH grated **gingerroot**, **sesame oil** and **sweet Asian chili sauce** in large sealable freezer bag. Add 1 lb (500 g) **Beef Stewing Cubes** (trimmed).

2. Marinate in refrigerator for 30 to 60 minutes. Discard marinade and thread meat onto soaked wooden skewers.

3. Grill in closed barbecue over medium-high heat (400°F/200°C) for 4 to 5 minutes on both sides or until browned but slightly pink inside. **Serves 4.**

Per Serving: 283 Calories, 25 g protein, 15 g fat, 11 g carbohydrate
% Daily Value (DV): good source of iron (21% DV), excellent source of zinc (62% DV), 46% DV sodium



Serious Sizzle!

Miami, Asian or Korean-style beef ribs are simply Beef Short Ribs that are cut crosswise into 1/4-inch (5 mm) thick slices. You can have them cut at your full-service meat counter or local butcher.

PINEAPPLE-GLAZED MIAMI RIBS

Prep: 15 minutes **Marinating:** 8 to 24 hours **Cooking:** 25 minutes

2 cups (500 mL)	unsweetened pineapple juice
1/4 cup (50 mL)	soy sauce
2 tbsp (30 mL)	packed brown sugar
2	cloves garlic, sliced
1 inch (2.5 cm)	gingerroot, peeled and thinly sliced
1/2 tsp (2 mL)	dried thyme
Pinch	hot chili pepper flakes
2 lb (1 kg)	Beef Miami Short Ribs

1. Combine pineapple juice, soy sauce, sugar, garlic, gingerroot, thyme and chili pepper flakes in large sealable freezer bag. Add ribs, turning to coat with marinade. Refrigerate for at least 12 hours or up to 48 hours. Reserving marinade, remove ribs and set aside.

2. Bring marinade to boil in medium saucepan over high heat. Reduce heat to medium; boil 15 to 20 minutes or until reduced to 1 cup (250 mL).

3. Grill ribs in closed barbecue over medium-high heat for 6 to 10 minutes, turning often and basting with reduced marinade, until browned and tender. **Serves 4.**

Per Serving: 563 Calories, 26 g protein, 39 g fat, 27 g carbohydrate
% Daily Value (DV): good source of iron (21% DV), excellent source of zinc (71% DV), 45% DV sodium



Manage the process: Use a food thermometer to gauge doneness. Grill Oven and Pot Roasts, Marinating and Simmering steaks to medium (160°F/71°C) at most. If Barbecue-Braising (see recipe on reverse), cook to fork-tender.

Clever carving: Slice barbecued roasts and steaks across the grain into thin succulent slivers. Cut steaks on the diagonal for best results. The advantage is two-fold – increased tenderness and more servings per piece. Tuck thin slices of warm grilled beef into salads, wraps or hearty sandwiches.

Barbecue-Braising...

Take the heat out of the kitchen this summer with barbecue-braising. This method works for Simmering Steaks too, but cook them for only about an hour.

BARBECUE-STYLE POT ROAST

Prep: 5 minutes **Marinating:** 12 to 24 hours

Cooking: 2-1/2 to 3 hours

- 1/2 cup (125 mL) barbecue sauce
- 1/4 cup (50 mL) EACH red wine, Worcestershire sauce and steak sauce
- 2 tbsp (30 mL) ketchup
- 3 lb (1.5 kg) Boneless Beef Pot Roast** (e.g. Cross Rib, Blade or Top Blade)
- 1 medium onion, halved lengthwise
- 3 garlic cloves, minced
- 1 tbsp (15 mL) cornstarch

Per Serving: 197 Calories, 25 g protein, 8 g fat, 5 g carbohydrate
% Daily Value (DV): good source of iron (20% DV), excellent source of zinc (68% DV), 13% DV sodium



1. Combine barbecue sauce, red wine, Worcestershire sauce, steak sauce and ketchup in large sealable freezer bag. Pierce beef all over with fork and add to bag; refrigerate for 12 to 24 hours.

2. Place roast on double layer of heavy-duty foil, reserving marinade. Cut onion halves lengthwise into wedges; scatter onion and garlic over roast. Cover roast with second double layer of foil; seal edges tightly. Preheat barbecue to 350°F (180°C). Turn one burner off; place roast on grill over turned-off burner. Cook for 2-1/2 to 3 hours in closed barbecue. Remove to baking tray.

3. Remove roast from foil and keep warm. Pour cooking juices and onion mixture into medium saucepan; add reserved marinade and bring to boil. Mix cornstarch into 1 tbsp (15 mL) cold water; gradually stir into boiling sauce and cook, stirring, until thickened. Serve drizzled over slices of beef. **Serves 12.**



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