

BEEF. Its America's favorite choice for the grill. We savor the delicious flavor and resistible aroma of grilled steaks and burgers. Fire up your grill and enjoy a great grilled beef meal!

<b>Grilling Guidelines</b>		
<b>Tender Steaks</b> (marinating not required)	<b>Thickness/Weight</b>	<b>Approx. Total Cooking Time</b> Uncovered over Medium Coals (medium rare to medium doneness)
<b>RIBEYE STEAK</b>	¾ inch 1 inch	6 to 8 minutes 11 to 14 minutes
<b>RIB STEAK</b> , small end	¾ inch 1 inch	6 to 8 minutes 9 to 12 minutes
<b>PORTERHOUSE / T-BONE STEAK</b>	¾ inch 1 inch	10 to 12 minutes 14 to 16 minutes
<b>TOP LOIN (STRIP) STEAK</b> , boneless	¾ inch 1 inch	10 to 12 minutes 15 to 18 minutes
<b>TENDERLOIN STEAK</b>	1 inch	13 to 15 minutes
<b>TOP SIRLOIN STEAK</b> , boneless	¾ inch 1 inch	13 to 16 minutes 17 to 21 minutes
<b>CHUCK TOP BLADE STEAK</b> , boneless	1 inch	18 to 22 minutes
<b>LESS TENDER STEAKS</b> (Marinate 6 hrs up to 24 hrs)	<b>THICKNESS/WEIGHT</b>	<b>APPROX. TOTAL COOKING TIME</b> Uncovered over Medium Coals (medium rare to medium doneness)
<b>FLANK STEAK</b> (marinate)	1 ½ to 2 lb.	17 to 21 minutes
<b>SKIRT STEAK</b> (marinate)	1 ½ lb. 4 to 6 inch portions	10 to 13 minutes
<b>TOP ROUND STEAK</b> (marinate) Recommend cooking to medium rare (145F) doneness only	¾ inch 1 inch	8 to 9 minutes 16 to 18 minutes
<b>CHUCK SHOULDER STEAK</b> , boneless (marinate)	¾ inch 1 inch	14 to 17 minutes 16 to 20 minutes
All cook times are based on beef removed directly from refrigerator		

### **Peppery Dijon-parsley rub**

*Total preparation time: 5 minutes*

- ¼ cup chopped fresh parsley
- 2 tablespoons Dijon-style mustard
- 1 tablespoon cracked mixed peppercorns (black, white, green and pink) or cracked black pepper.
- 2 large cloves garlic, minced
- 1 teaspoon salt

Combine all ingredients in small bowl.

Makes about ¼ cup

### **Chili-cilantro marinade**

*Total preparation time: 5 minutes*

- 2/3 cup prepared Italian dressing
- 2 tablespoons coarsely chopped fresh cilantro
- 1 tablespoon chili powder

Combine all ingredients in small bowl

Makes about 2/3 cup

### **Mustard-Pepper Beef Steaks**

*Total preparation and cooking time: 30 minutes*

- 4 boneless beef top loin (strip) steaks, cut 1 inch thick (about 2 ½ to 3 pounds)

Mustard-Pepper Sauce:

- ¼ cup apple juice or apple cider
- 2 tablespoons chopped fresh parsley
- 2 tablespoons coarse-grind Dijon-style mustard
- 4 large cloves garlic, minced
- 1 teaspoon coarse-grind black pepper

1. Combine sauce ingredients in small bowl. Remove and reserve ¼ cup for basting. Brush steaks with remaining sauce
2. Place steaks on grid over medium, ash covered coals. Grill 15 to 18 minutes for medium rare to medium doneness, turning occasionally. Baste steaks with reserved ¼ cup sauce during last 10 minutes of grilling.
3. Remove steaks from grill; serve

*Nutrition information per serving:* 451 calories; 61 g protein; 2 g carbohydrate; 20 g fat; 236 mg sodium; 162 mg cholesterol; 11.4 mg niacin; 0.9 mg vitamin B6; 4/2 mcg vitamin B12; 5.4 mg iron; 11.1 mg zinc.

## **Summer Steak & Potato Salad**

Total preparation and cooking time: 50 minutes

Marinating time: 6 hours or over night

- 1 beef top round steak or 2 boneless beef chuck shoulder steaks, cut 1 in thick (about 1 ¾ pounds)
  - ½ cup olive oil
  - 3 tablespoons fresh lemon juice
  - 1 teaspoon freshly grated lemon peel
  - 1 clove garlic, minced
  - 1 teaspoon fresh thyme leaves
  - ½ teaspoon salt
  - 1/8 teaspoon pepper
  - 12 red-skinned new potatoes, cut in half (about 1 pound)
  - 8 cups Boston, leaf *or* romaine lettuce leaves (about 10 ounces)
  - 1 cup red *or* yellow cherry tomatoes, cut in half
  - 1 cup pitted green and ripe olives
  - 6 ounces blue cheese, cut in chunks
1. Combine oil, lemon juice, lemon peel, garlic, thyme, salt and pepper in small bowl. Place beef steak and 1/3 cup lemon marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Cover and reserve remaining marinade in refrigerator.
  2. Thread potatoes onto four 12-inch metal skewers, leaving a small space between pieces. Brush with 1 tablespoon reserved marinade.
  3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash covered coals; arrange potato skewers around steak. Grill potatoes, uncovered, 10 to 12 minutes or until tender, turning occasionally. Season with salt to taste. Grill top round steak, uncovered, 16 to 18 minutes for medium rare doneness (chuck shoulder steaks 16 to 20 minutes for medium rare to medium doneness), turning occasionally. Remove; let stand 10 minutes.
  4. Carve steak into thin slices. Remove potato from skewers. Line 6 plates with lettuce leaves. Arrange steak slices, tomatoes, olives, potatoes and cheese evenly over lettuce. Drizzle evenly with remaining reserved marinade.

Makes 6 servings

*Nutritional Information per serving using Top Round (1/6 of recipe):* 502 calories; 40 g protein; 19 g carbohydrate; 29 g fat; 1086 mg sodium; 105 mg cholesterol; 8.0 mg niacin; 0.9 mg vitamin B6; 2.8 mcg vitamin B12; 4.5 mg iron; 6.7 mg zinc.