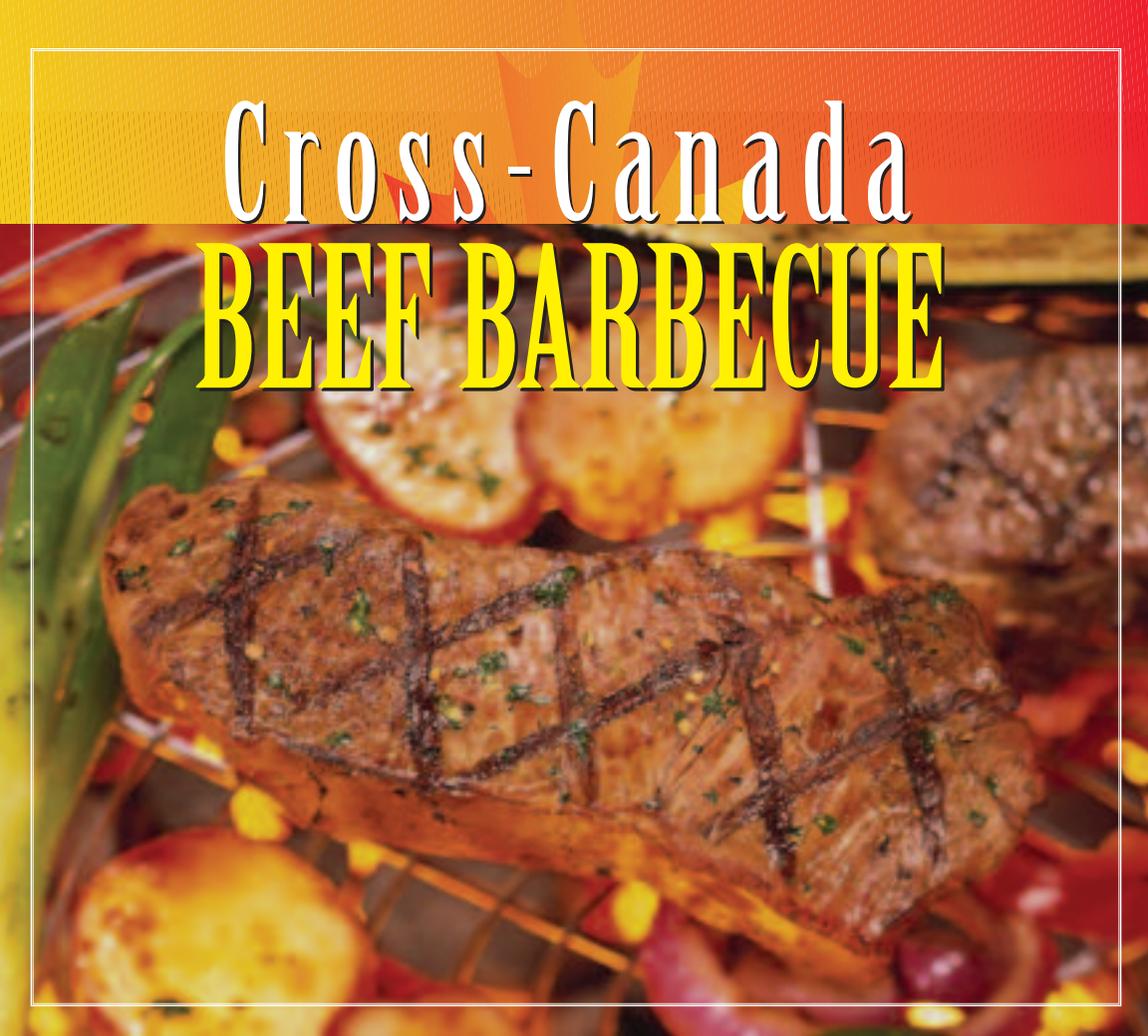


Cross-Canada **BEEF BARBECUE**





In Canada, we grill
from coast to coast
in any season!

Our love of the grill.

**And the number one food
on the grill?...**
Beef is king – of course!
**Steaks, burgers or roasts –
beef wins by a landslide.**

Here's a collection of recipes
representing regions of Canada,
using local flavours, products
and cooking styles.
So fire up the grill and enjoy the
cross-country grilling tour with
Canadian beef!



Smoked salmon is a favourite in the Eastern provinces. Resourceful Easterners find unique ways to use this delicacy as here in this Roulade.

What better way to enjoy smoked salmon than to pair it with grilled beef?

Steak with Smoked Salmon Roulade

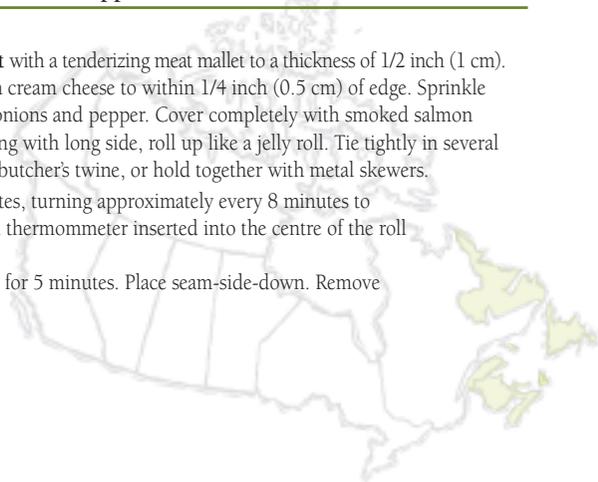
Prep: 15 to 20 minutes

Cook: 30 to 35 minutes

1-1/2 lb	750 g	Inside Round Marinating Steak, cut 3/4-inch (2 cm) thick
4 oz	125 g	light spreadable cream cheese
4 oz	125 g	thinly sliced smoked salmon
2		green onions, finely chopped
		Pepper to taste

- **Pound meat** with a tenderizing meat mallet to a thickness of 1/2 inch (1 cm).
- **Spread** with cream cheese to within 1/4 inch (0.5 cm) of edge. Sprinkle with green onions and pepper. Cover completely with smoked salmon slices. Starting with long side, roll up like a jelly roll. Tie tightly in several places with butcher's twine, or hold together with metal skewers.
- **Grill** over medium-high heat for 30 to 35 minutes, turning approximately every 8 minutes to brown all sides. Cook until a digital instant read thermometer inserted into the centre of the roll reads at least 140°F (60°C).
- **Remove** from grill and let stand tented with foil for 5 minutes. Place seam-side-down. Remove string and carve into slices.

Makes 4 to 6 servings.



In Quebec, the number of high-quality countryside products made by adventurous producers is constantly increasing. Cottage-industry cheeses such as chèvre or fresh goat cheese are just one of the many regional treasures.

Grilled Beef Tenderloin with Herbed Chèvre

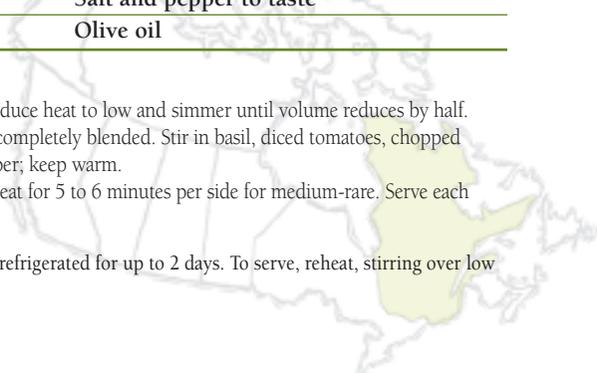
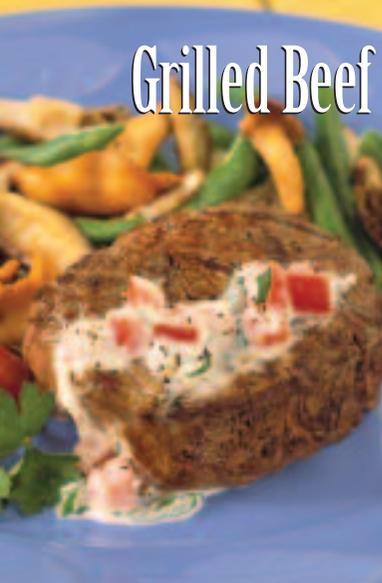
Prep: 10 to 15 minutes

Cooking: 10 to 15 minutes

2		Tenderloin or Strip Loin Grilling Steaks (each 8 oz/225 g and 1 inch/2.5 cm thick)
1 tbsp	15 mL	balsamic vinegar
1/2 cup	125 mL	whipping cream
1/2 tsp	2 mL	minced garlic
3 tbsp	45 mL	crumbled chèvre or fresh goat cheese
1 tsp	5 mL	chopped fresh basil leaves
1		small fresh tomato, seeded and finely diced
1		small green onion, white part only, chopped
1 tsp	5 mL	chopped fresh parsley
		Salt and pepper to taste
		Olive oil

- **Brush** steaks with vinegar; set aside.
- **Bring** cream and minced garlic to boil in small saucepan; reduce heat to low and simmer until volume reduces by half. Remove from heat; stir in chèvre with wooden spoon until completely blended. Stir in basil, diced tomatoes, chopped green onion and parsley to sauce. Season with salt and pepper; keep warm.
- **Lightly brush** steaks with olive oil and grill over medium heat for 5 to 6 minutes per side for medium-rare. Serve each steak with warm chèvre sauce. **Makes 2 servings.**

Convenience Corner: Sauce can be made ahead, covered and refrigerated for up to 2 days. To serve, reheat, stirring over low heat until warmed through.



STEAK SCHOOL

An expertly grilled steak elevates barbecuing to an art form. Here's how to do them best:

- Buy a thick steak for best results – at least 1-inch (2.5 cm) thick. Thinner steaks grill too quickly, becoming dry and overdone.
- For Grilling Steaks/Medallions, simply season before cooking or marinate just for flavour - 15 minutes or so.
- For Marinating Steaks, marinate in the fridge for 12 to 24 hours before cooking.
- Using medium-high heat, grill steaks turning just once.
- Enjoy Grilling Steaks at any doneness, and Marinating Steaks at medium-rare or medium doneness.
- Carve value steak cuts into thin slices across the grain to serve.



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



Herb & Mustard

The flavourful mustard paste here is great used as a rub on your favourite roasts or steaks before grilling. The sweetness of crisp apples and heat of jalapeños pair beautifully in the simple salsa. Rotisserie roast the beef or cook it on the grill by Indirect Heat Roasting (see next page).

Barbecued Rotisserie Roast with Ontario Apple Salsa

Prep: 20 minutes

Cooking: 1-1/2 to 1-3/4 hours

1/4 cup	50 mL	Dijon mustard
3		cloves garlic, finely minced
1 tsp	5 mL	EACH Worcestershire sauce and dried rosemary, oregano and thyme
1/2 tsp	2 mL	pepper
2 lb	1 kg	evenly shaped boneless Premium Oven Roast (Top Sirloin, Rib Eye, Strip Loin)

- **Combine** mustard, garlic, Worcestershire, rosemary, oregano, thyme and pepper. Rub all over roast. Insert spit rod lengthwise through centre of roast; secure with holding forks. Insert meat thermometer into middle of roast avoiding spit rod.
- **Place** drip pan containing 1/2-inch (1 cm) water under grill. Heat barbecue to 400°F (200°C), using medium-high heat.
- **Cook** roast in closed barbecue over drip pan, maintaining constant heat, until thermometer reads 140°F (60°C) for medium-rare (about 20 min/lb or 45 min/kg).
- **Transfer** roast to cutting board; tent with foil for 10 to 15 minutes. Carve into thin slices and serve with Apple Onion Salsa.

Makes 6 servings.

Apple Onion Salsa

In medium bowl, combine 1 large McIntosh apple, cored and finely diced, 1 Roma tomato, seeded and diced, 1/3 cup (75 mL) chopped green onion, 2 tbsp (30 mL) EACH apple cider vinegar and chopped cilantro or parsley, 1 tbsp (15 mL) horseradish, 3 to 4 tsp (15 to 20 mL) finely minced fresh or pickled jalapeño peppers or to taste, 1 clove garlic, finely minced and salt and pepper to taste. Mix well; let stand 30 minutes. Taste before serving; add herbs or seasonings if needed. **Makes about 1-3/4 cups (425 mL).**

INDIRECTLY SPEAKING...

Try **indirect heat roasting** to do barbecue roasting without a rotisserie.

- Place drip pan under grill in one half 2-burner barbecue. 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. (For a 3-burner barbecue, place drip pan and roast in centre of barbecue.)
- Resist peeking – lifting the lid lets heat escape lengthening cooking time.



Beef roast on the barbecue is the best for easy, fuss-free summer cooking – great for serving a group.

- **For Premium Oven or Premium Rotisserie Roasts** the cooking doesn't get any easier – just rub, roast and relax!
- **For Oven or Rotisserie Roasts** marinade in the fridge for 12 to 24 hours before barbecue roasting. Enjoy done to medium, sliced thinly to serve.
- Let meat stand for 10 to 15 minutes after cooking and before carving.

Estimated time 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)



Loaded with Prairie ingredients and mushrooms, this lean burger is still moist and delicious. The Speedy Cabbage Slaw is a nice crunchy alternative to pickles and relish.

The Prairie Burger

Prep: 20 minutes

Cooking: 12 to 16 minutes

1 lb	500 g	Lean Ground Beef
1/2 cup	125 mL	quick-cooking rolled oats
1/4 cup	50 mL	EACH light sour cream and finely minced brown or white button mushrooms
1		medium onion, finely diced
3		garlic cloves, minced
1 tbsp	15 mL	EACH Dijon mustard and chopped fresh parsley (or 1 tsp/5 mL dried)
1 tsp	5 mL	EACH dried oregano and thyme
1/4 tsp	1 mL	salt and pepper

- **Combine** beef, rolled oats, sour cream, mushrooms, onion, garlic, parsley, mustard, oregano, thyme, salt and pepper in a large bowl. Mix lightly but thoroughly to blend.
- **Shape** into 4 to 6, 1/2 to 3/4-inch-thick (1 to 2 cm) patties.
- **Grill** over medium-high heat for 5 to 7 minutes per side until instant-read thermometer inserted sideways into centre of patties reads at least 160°F (71°C). Patties cooked to an internal temperature of 160°F (71°C). Top each burger with Speedy Cabbage Slaw. **Makes 4 servings.**

Speedy Cabbage Slaw

Whisk together 1/3 cup (75 mL) EACH white wine vinegar and sugar, 1/4 cup (50 mL) canola oil, 1 tbsp (15 mL) EACH Dijon mustard and chopped fresh parsley. Add 16 oz (454 g) bagged coleslaw mix (or 4 cups/1 L shredded cabbage and carrots) and 1 finely sliced red onion; toss well. Cover and let stand for two hours at room temperature or refrigerate up to one week.

BEST BURGERS ON THE GRILL...

- Before preheating, rub grill with paper toweling dipped in vegetable oil or coat lightly with cooking spray.
- Preheat grill to medium-high heat (400°F/200°C) and cook patties with lid closed.
- For the juiciest burgers don't fuss over them while cooking – pressing on them with a lifter and turning them frequently drives out precious juices.

Grounds for safety...

- If making patties ahead, wrap tightly and refrigerate no more than one day.
- Always wash your hands before and after handling raw meat.
- Testing burger doneness is easy once you try it. Remove patty from heat to clean plate, insert 1-1/2 inches (4 cm) of the thermometer stem sideways into each patty for 30 seconds to take a reading.
- NEVER cook burgers to rare; cook to 160°F (71°C).
- Check each patty for doneness since grills have hot and cold spots.
- Wash thermometer stem, tongs and plate after testing a partially cooked burger before using again.



Patties can look done
(i.e. be no longer pink inside)
before being completely
cooked. Just remember
“Your Burger’s Done at 71!”



Alberta cattle country is the home to “roasting on the range”. Marinating is key to the best barbecued Sirloin Tip Oven Roast. Salad dressing is a super easy marinade and since it comes in so many varieties, you always have all kinds of flavour options right at your fingertips. Barbecue beef roasts are so simple – cooked either by rotisserie or indirect heat roasting.

Best Barbecued Beef Oven Roast

Prep: 5 minutes

Cooking: approx 1-1/2 hours

4 to 6 lb (2 to 3 kg)

Beef Sirloin Tip Oven Roast

2 cups (500 mL)

salad dressing (e.g. balsamic vinaigrette or sun-dried tomato)

- **Pierce** roast all over with fork. Place in large sealable freezer bag with dressing; refrigerate for 12 to 24 hours.
- **Place** drip pan containing 1/2-inch (1 cm) water under grill. Heat barbecue to 400°F (200°C), using medium-high heat.
- **Discard** marinade. Insert spit rod lengthwise through centre of roast; secure with holding forks. Insert meat thermometer into middle of roast avoiding spit rod.
- **Cook** roast in closed barbecue over drip pan, maintaining constant heat, until thermometer reads 140°F (60°C) for medium (about 22 min/lb or 45 min/kg). Transfer roast to cutting board; tent with foil for 10 to 15 minutes. Carve into thin slices to serve.

A 4 lb (2 kg) roast will make approx. 10 to 12 servings.





This recipe combines beef and delicious shrimp with flavourful spices that give the taste of the Indian cuisine that is prevalent in the lower mainland area of Vancouver.

BC-Style Surf and Turf

Prep: 15 minutes

Standing Time: 30 minutes

Cooking: 10 minutes

1 tsp	5 mL	EACH black pepper, ground cumin, ground coriander and sugar
1/2 tsp	2 mL	EACH celery salt and garlic salt
1/4 tsp	1 mL	white pepper
4		6 oz (175 g) Strip Loin Grilling Steaks , 1-inch (2.5 cm) thick
1/3 cup	75 mL	grainy Dijon mustard
2 tbsp	30 mL	curry powder
1 tbsp	15 mL	cider vinegar
12		large tiger shrimp, shells removed, tails on

- **Combine** black pepper, cumin, coriander, sugar, celery salt, garlic salt and white pepper. Rub all over steaks; refrigerate for 30 minutes.
- **Meanwhile**, combine mustard, curry powder and cider vinegar. Add shrimp, toss gently and refrigerate for 30 minutes.
- **Grill** steaks over medium-high heat for 5 to 7 minutes for medium-rare doneness. Transfer to platter and keep warm.
- **Thread** 3 shrimps onto each of 4 soaked wooden skewers; grill for 2 minutes per side. Serve each skewer with a steak. **Makes 4 servings.**

Convenience Corner: Barbecue an extra steak and use any leftovers as the base for a main course salad or nann bread wrap.

Cook like a pro.

A food thermometer is THE COOK'S BEST TOOL to cook Beef Burgers, Steaks and Roasts just right – and safely too. Measuring the internal temperature of meat is the only true way to judge doneness.



Beef Information
Centre

Questions about beef? Visit www.beefinfo.org or call 1-888-248-BEEF.