

Summer 2007, Issue 1

# Make it BEEF

**BEST BEEF  
ON THE GRILL**

**BE THE GRILL MASTER:**  
How-to guide for the best beef on the grill

Join the club! Go to [beefinfo.org](http://beefinfo.org)



Joyce Parslow  
Beef Information Centre Kitchens

# Summer

*"What says summer to me? Barbecue!  
Outdoors, warm breezes, lots of friends  
and of course, beef on the grill."*

Welcome to the first issue of *Make it Beef* (MIB), dedicated to Canadians who love their beef. Browse through this summer issue so you can 'Be the Grill Master', relax and 'Revel in the Recklessness of Roasting' and brush up on some beef basics with 'Steak 101'.

Let our sizzling recipes inspire you with features of new beef cuts, value-priced barbecued roast and those perennial barbecue favourites: HP® Sauce and Lea & Perrins® Worcestershire Sauce.

So kick back and enjoy the warm sun's rays with your friends, your barbecue and Canadian Beef!

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CLUB BEEF**

Would you like to get more information on the best of beef? Join the **MIB Club** to receive our magazines, get recipe ideas, nutrition tips, cooking know-how and more. Just get in touch... it's FREE!

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[beefinfo.org](http://beefinfo.org)





## Be the Grill Master...

*With just these few tricks you're the one in control.*

**Nonstick grilling.** Brush cold grill with vegetable oil or coat with cooking spray to prevent foods from sticking. Preheat grill on high for 5 minutes; reduce heat to medium-high to cook.

**How hot is hot?** If you don't have a barbecue temperature gauge, use this trick to check grill temperature: if you can hold your hand 5 inches (12 cm) from grill for 5 to 6 seconds heat is low, 3 to 4 seconds means medium and 1 to 2 seconds means hot.

**Keep a lid on it.** Barbecue with lid closed for even cooking and energy efficiency.

**Is it done yet?** Check doneness earlier than recipe says. Wind, temperature and grill type can affect cooking time.

**End the Doneness Debate.** Use a food thermometer to know meat is done just the way you like it and cooked to a safe temperature too. **For steaks and burgers:** When close to being done, insert digital rapid-read thermometer sideways into meat to check. **Roasts:** Use oven-safe meat thermometer left in meat while cooking.

**Grill smart.** Wash hands. Keep cold foods cold. NEVER place cooked food on the same plate that held raw meats (without washing first).



# Steak 101

*An expertly grilled steak elevates barbecuing to an art form.*

**Doneness Timing for Steaks**  
(using medium-high heat)

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

**Think thick.** Thin steaks grill too quickly, becoming dry and overdone. Look for steaks cut at least 1-inch (2.5 cm) thick.

**Try Beef Medallions.** These thick steaks are custom-cut to fit neatly on the plate – no need for cutting to serve!

**Keep it simple.** For Grilling Steaks/Medallions, season with a splash of Lea & Perrins® Worcestershire Sauce or a simple rub of salt and pepper before cooking.

**Marinade magic – it's in the bag.** Place beef in a sealable freezer bag along with Lea & Perrins® or your favourite salad dressing and refrigerate to marinate. Marinate Grilling Steaks just for flavour – 15 minutes. If using Marinating Steaks, marinate for 12 to 24 hours.

**Don't fuss.** No more flipping and flopping those steaks – use medium-high heat, watch your timing per side and turn steaks just once.

**Cook like a pro.** Test steaks with digital rapid-read thermometer to know when they're done so there's no need to 'nick and peek'.

**The cutting edge.** Serve value steaks cut across the grain into thin slices.



See how to grill the perfect Beef Medallion. Check out 'Cooking Lessons' at [beefinfo.org](http://beefinfo.org)



# Summer is stirring...

Here's a great way to balance your meat and veggies – this recipe is just like having a stir-fry from the grill!



## BARBECUE SIRLOIN STIR-FRY

To shorten marinating, use a thick-cut Top Sirloin Grilling Steak instead and marinate just 1 to 2 hours. For a sodium-reduced option, substitute Lea & Perrins® Worcestershire Sauce for soy sauce.

- 1/4 cup (50 mL) **HP® Sauce, Original**
  - 1/2 cup (125 mL) soy sauce
  - 1/4 cup (50 mL) packed brown sugar
  - 1 clove garlic, minced
  - 1 tbsp (15 mL) minced gingerroot
  - 1-1/2 lb (750 g) **Beef Marinating Steak** (e.g. Sirloin Tip), cut 1-inch (2.5 cm) thick
- STIR-FRY STYLE GRILLED VEGGIES**

**Combine** HP® Sauce, soy sauce, brown sugar, garlic and gingerroot in large sealable freezer bag. Remove 1/3 cup (75 mL) and set aside for Stir-fry Style Grilled Veggies. Add steak to bag, turning to coat. Refrigerate for 8 to 12 hours.

**Place** steak on greased grill over medium-high heat. Discard marinade from meat. Grill in closed barbecue, for 5 to 6 minutes per side for medium-rare.

**Remove** from grill; let stand for 5 minutes. Slice steak thinly across the grain and toss with Stir-fry Style Grilled Veggies.

**STIR-FRY STYLE GRILLED VEGGIES:** Scatter 1 EACH **sweet red and green peppers, small red onion and zucchini** (all thinly sliced) on double layer heavy-duty foil. Sprinkle with 2 tbsp (30 mL) **olive oil**, 1/2 tsp (2 mL) EACH **salt and pepper** and 1/3 cup (75 mL) **reserved marinade**; toss to coat. Cover with second double layer of foil; seal edges tightly. Place package on grill over medium-high heat. Cook in closed barbecue, turning package occasionally, until vegetables are tender, about 25 minutes. Slit top of foil and fold back.

*Makes: 4 to 6 servings*

**Per Serving (based on 6 servings):**

227 Calories, 24 g protein, 11 g fat, 8 g carbohydrate  
Good source of iron (18% DV) and excellent source of zinc (66% DV), 28% DV sodium



For more great HP recipes go to [hpsauce.ca](http://hpsauce.ca)

# Revel in the Recklessness

VIDEO  
HOW-TO

See how to barbecue beef roasts. Check out 'Cooking Lessons' at [beefinfo.org](http://beefinfo.org)



## of Roasting...

*Beef roast on the barbecue is THE BEST for easy, fuss-free summer cooking – terrific for serving a crowd. Barbecued beef roast is great made ahead, carved into thin slices, warm or cold, and served with a selection of salads. Or tuck slivers into warm flat bread along with grilled veggies for cutlery-free fajita-style dining.*

- Shop for boneless, evenly shaped Oven or Premium Oven roasts. Roast on the grill using indirect heat (see to right).
- Or try **Beef Rotisserie Roasts**. These roasts are **custom-cut for the grill** and are perfect for even cooking on the spit or by indirect heat. (See recipe p.9 for rotisserie roasting instructions.)
- **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.
- **Quick Clean-up.** Use a disposable foil lasagna pan as your drip pan. Place it beneath the roast, under the grill.
- **No peeking!** Lifting the lid while barbecue-roasting lets heat escape, lengthening cooking time. When checking your meat thermometer to know how the cooking is going, do it quickly.



### Cooking without Rotisserie

**Indirect Heat:** Place roast on grill over drip pan that is moved to one side and filled with 1/2-inch (1 cm) water; turn off heat under just the roast.

If using 3-burner barbecue, position roast and drip pan in centre of barbecue; turn centre burner off.

### Doneness Timing for Barbecue Roast Beef (using medium-high heat)

minutes/lb	DONENESS (Internal temperature when removed from heat)	minutes/kg
20-25	MEDIUM-RARE (140°F/60°C)*	40-50
25-30	MEDIUM (155°F/68°C)	55-65
30-35	WELL (165°F/74°C)	65-75

\*Internal temperature will rise after standing

## Lime-Chipotle Rotisserie Beef

Take a trip south of the border with the flavours of fresh lime and smoked chipotles. Serve cooked roast thinly sliced with chopped fresh coriander, tortillas, salsa and guacamole. If you don't have a rotisserie, cook by indirect heat (see p. 8).

- 1/2 cup (125 mL) fresh lime juice
- 3 tbsp (45 mL) minced chipotle peppers in adobo sauce
- 2 tbsp (30 mL) EACH vegetable oil and brown sugar
- 1 tbsp (15 mL) hot pepper sauce
- 1 tsp (5 mL) EACH ground cumin and Dijon mustard
- 2 cloves garlic, minced
- 1 **Beef Rotisserie Roast**, (e.g. Sirloin Tip), about 3 lb (1.5 kg)
- 1 tsp (5 mL) EACH salt and pepper

**Combine** lime juice, chipotle peppers, oil, brown sugar, hot pepper sauce, cumin, mustard and garlic in large sealable freezer bag. Pierce roast all over with fork and add to bag; turn to coat. Refrigerate for 12 to 24 hours. Reserve marinade; pat roast dry with paper towel. Season with salt and pepper.

**Place** drip pan under grill; add 1/2 inch (1 cm) water to pan. Preheat barbecue to medium-high (400°F/200°C). Insert spit rod lengthwise through centre of roast; secure with holding forks and place over drip pan. Insert meat thermometer into middle of roast, avoiding spit rod. Cook at constant heat in closed barbecue until thermometer reads 140°F (60°C) for medium-rare (about 1 hour).

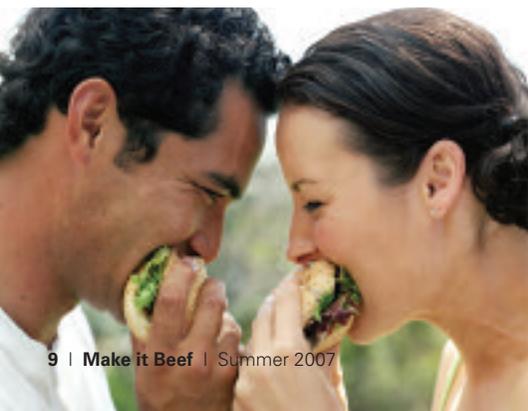
**Transfer** roast to cutting board; tent with foil for 10 to 15 minutes. Meanwhile, bring reserved marinade to boil. Carve roast into thin slices and serve with boiled marinade as a sauce.

*Makes: 12 servings*

Per Serving: 173 Calories, 23 g protein, 7 g fat, 2 g carbohydrate  
Good source of iron (16% DV) and excellent source of zinc (64% DV), 13% DV sodium

# new twist on the grill

*New Beef Rotisserie Roasts make summer grilling so simple -- that's summer perfection.*



# Barbecue braising...

*let's take the heat  
out of the kitchen.*

## BARBECUE-STYLE POT ROAST

*With this method, even value-priced Pot Roast can work on the grill! This recipe works using Simmering Steaks too, but cook them for only about an hour.*

- 1/2 cup (125 mL) barbecue sauce
- 1/4 cup (50 mL) EACH, **Lea & Perrins®** Worcestershire Sauce and **HP® Sauce, Original**
- 1/4 cup (50 mL) red wine
- 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, cut into wedges
- 3 garlic cloves, minced
- 1 tbsp (15 mL) cornstarch

**Combine** barbecue sauce, Lea & Perrins®, HP® Sauce, red wine and ketchup in large sealable freezer bag. Pierce beef all over with fork and add to bag; refrigerate for 12 to 24 hours.

**Place** roast on double layer of heavy-duty foil, reserving marinade. Scatter onion and garlic over roast. Cover 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. Transfer to baking sheet.

**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.

*Makes: 12 servings*

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



For more Lea & Perrins recipes go to [leaperrins.ca](http://leaperrins.ca)

## Chilean Pebre Beef Medallions with Pasta

*Pebre is a slightly hot pesto-like sauce that makes a wonderful accompaniment to beef and pasta. In Chile, this fresh herb sauce is a staple on the table. You can use any thick-cut Grilling Steak instead of Medallions if you like.*

- 1 cup (250 mL) EACH fresh parsley and cilantro
- 1/2 cup (125 mL) EACH chopped onion and bottled oil-and-vinegar salad dressing
- 1/2 tsp (2 mL) EACH hot pepper sauce (or more to taste), salt and pepper
- 4 **Beef Grilling Medallions**, cut 1 inch (2.5 cm) thick (about 1-1/2 lb/750 g)
- 12 oz (375 g) dried pasta (rotini, fusilli or fettuccine), cooked, drained and hot
- 1 medium tomato, seeded and chopped

**Combine** parsley, cilantro, onion, dressing, hot pepper sauce, salt and pepper in blender or food processor; blend until smooth. Divide in half. Place half in large sealable freezer bag; cover and refrigerate remaining half. Pierce medallions all over with fork; place in bag with sauce. Seal and refrigerate for 1 hour (if using Marinating Medallions, marinate for 12 to 24 hours). Discard marinade from meat; pat medallions dry with paper towels.

**Place** on lightly greased grill over medium-high heat; cook in closed barbecue for 6 to 7 minutes per side for medium. Remove to clean platter; tent with foil and let stand for 5 minutes.

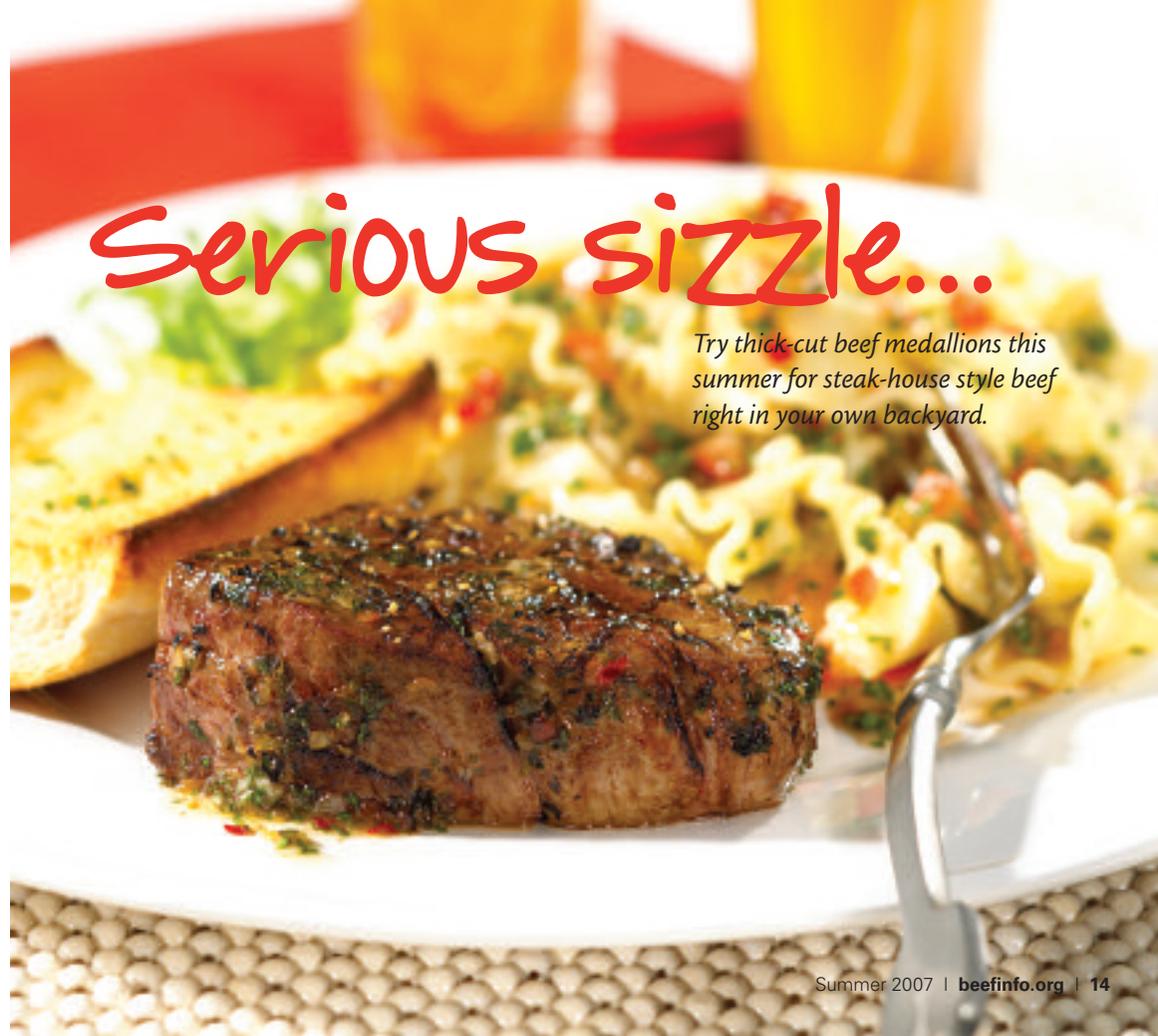
**Meanwhile, toss** reserved pebre sauce with hot cooked pasta and chopped tomato. Serve with medallions.

*Makes: 4 servings*

Per Serving: 620 Calories, 46 g protein, 18 g fat, 66 g carbohydrate  
Excellent source of iron (43% DV) and zinc (79% DV), 22% DV sodium

**VIDEO  
HOW-TO**

See how to barbecue Beef Medallions.  
Check out 'Cooking Lessons' at  
[beefinfo.org](http://beefinfo.org)



# Serious sizzle...

*Try thick-cut beef medallions this summer for steak-house style beef right in your own backyard.*

# Free recipe booklet!

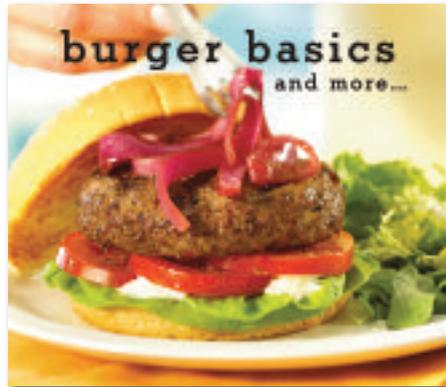
## Burger Basics and more...

is just what you need to grill the perfect backyard burger.

Burger Basics includes signature topping ideas, freeze ahead know-how, and how-to info on making double duty dinners.

**Make it**  
**CLUB BEEF**

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