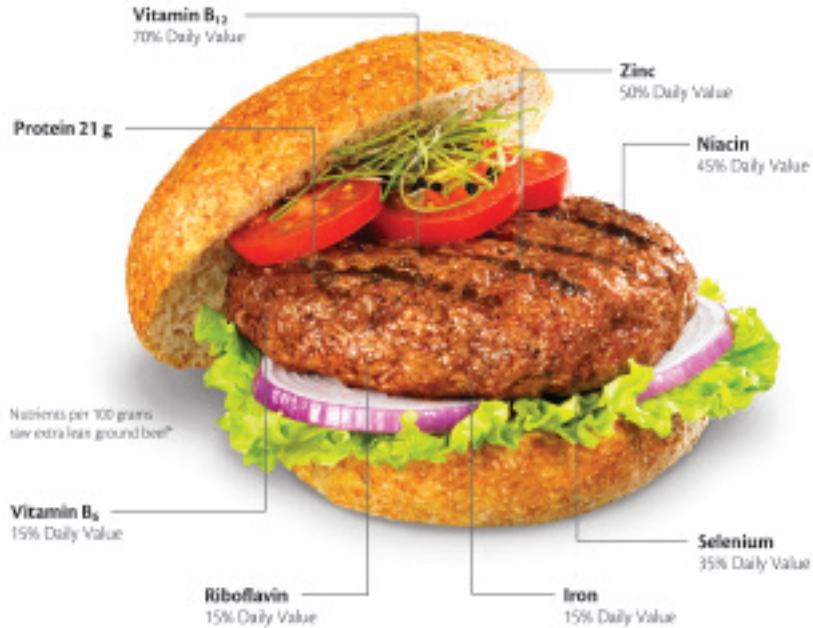


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† Choosing leaner meats (extra lean or lean) is part of healthy eating. The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. See www.healthcheck.org



Beef Information Centre

Questions about beef? beefinfo.org



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FROM HER KITCHEN TO YOURS

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Summer 2008, Issue 5

Make it SUMMER GRILLING BEEF



WHAT'S NEW:
Myth Busting barbecue habits

HOW TO:
Take your burgers to a new level

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summer...

And the living is SO EASY! For me, nothing is better than getting out into the backyard with the garden, the sunshine, the family and my barbecue. YIPPY!

So of course, this issue of Make it Beef is all about **BBQ**. We've got ideas and recipes to make backyard meals as easy as the season itself.

In **What's New** we've done some **Myth Busting**. See what we found out from our recent lab tests at the Agriculture and Agri-Food Canada Research Centre in Lacombe, Alberta.

Eat Well enlightens you about one of life's little known nutrient heroes – zinc. Come take our mini nutrition lesson.

We've created some simple recipes using Diana's® Original Barbecue Sauce to make a fresh (not canned) Chow-Chow Relish that's terrific with a make-ahead barbecued roast beef (**see Real Life**). We also created an island-inspired marinade and dipping sauce using HP® Sauce (**see Dinner Now**).

And, although we tried, we just couldn't fit everything about grilling beef into this issue. So for more grilling know-how and recipes, go to our home page at beefinfo.org and download our Feature Recipe Booklets.

CYNTHIA

Cynthia Cousins, P. H. Ec.
Beef Information Centre Kitchens



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Myth Busting

When it comes to grilling, it seems like everyone's a bit of an expert. This year we went to the lab and investigated some tried-and-true cooking recommendations to see just how true they are. Here is **the scoop** on some of our findings.



See how to Barbecue Roast and grill Beef Medallions. Watch Cooking Lessons at beefinfo.org.

Myth #1:

You shouldn't season beef with salt before cooking.

The question of salting before cooking has long been a hot debate in cooking circles. The verdict is in and it looks like seasoning beef just prior to cooking has mainly positive effects. We found that steaks that were salted had less cooking losses and scored higher for flavour, browning, juiciness and overall tenderness.

Myth #2:

Let beef stand at room temperature prior to cooking.

In a word – NO! We measured the internal temperature of roasts and steaks sitting on the counter and found this practice created food safety risks that far outweighed any small quality benefits – even with a standing time of just 15 minutes. So just say NO – keep meat refrigerated prior to cooking.

Myth #3:

You shouldn't pierce meat before cooking.

Much to our surprise, piercing raw meat all over and letting it rest for 24 hours improved beef tenderness – even if not marinating. So if you are using a value-priced Marinating Steak or Rotisserie Roast, be sure to poke it all over with a fork before you marinate and cook it to medium doneness. However, you do need to avoid piercing meat while it cooks since juices will be lost and flare-ups can happen.

Myth #4:

Cook burgers until no longer pink inside and juices run clear.

Let's put an end to this colour confusion. Numerous studies have shown that you just can't judge beef doneness by looking at its colour or juices. Burgers can be brown in the centre even when they are not cooked through OR pink even when they are cooked. **Cook burgers to an internal temperature of 160°F (71°C)**, testing temperature with a digital rapid-read thermometer to know if they are done.

Myth #5:

Grilling is best done with the lid up.

Of course the barbecue needs to be closed when cooking by indirect heat or rotisserie roasting – how else could it cook like an oven? But cooking with the lid down even when grilling has advantages too. Keeping the lid down cooks the meat faster and more evenly. The more you lift the lid, the longer it takes to cook. Case closed!

Entertaining – easy!

Even in a heat wave, Pam Costanzo keeps her cool. For a super-simple backyard party here's how she kicks back and just enjoys the fun...

Pam's trick is to serve dinner picnic style, featuring a delicious barbecue roast beef that she makes ahead and yummy Chunky Chow-Chow Relish.

BARBECUED ROAST BEEF

1. Rub Premium Rotisserie Roast all over with **Diana's Original Barbecue Sauce®**. (If using value-priced Rotisserie Roast, pierce roast all over with fork and place in large sealable freezer bag with 2 cups (500 mL) Diana's Original Barbecue Sauce®; refrigerate for 8 to 12 hours. Discard marinade after use.)

2. Place drip pan under grill; add 1/2 inch (1 cm) water to pan. Preheat barbecue to medium-high (400°F/200°C). Cook using Indirect Heat or Rotisserie (see below).

3. Cook roast at constant heat in closed barbecue until thermometer reads 140°F (60°C) for medium-rare, about 40 to 50 minutes per kg (20 to 25 minutes per lb). Transfer to cutting board; cover with foil and let stand for up to 30 minutes. Serve warm, carving into thin slices OR cover and refrigerate for up to 2 days.



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.)



Rotisserie: 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.



‘With the roast done ahead, all I have to do is add a few salads, some grilled nann and drinks, and the party is complete.’ Pam

CHUNKY CHOW-CHOW RELISH: Cook 2 cups (500 mL) EACH cauliflower florets and coarsely chopped carrots in pot of boiling salted water until tender, about 4 minutes. Drain well; place in bowl. Stir in 1 sweet green pepper (coarsely chopped), 1/2 cup (125 mL) EACH chopped red onion and Diana's Original Barbecue Sauce®, 2 tbsp (30 mL) EACH vinegar and minced fresh parsley and 1 tsp (5 mL) prepared hot mustard. Cover and refrigerate for up to 1 week. *Makes 4 cups (1 L).*

For more great Diana's Sauce® recipes, visit dianasauce.ca



Hamburger Helpers

Today's burgers are so much more than just kid-fare. All dressed up, burgers can be elevated to make a most memorable meal. Here are some secrets to making the best lean burgers.

Meat Matters: Try Ground Sirloin or Ground Chuck to make burgers this summer. These premium lean meats were preferred over traditional ground beef in our recent taste-test panels.

Bulk Up: Adding an egg and bread crumbs to ground beef does more than just stretch the meat (and budget). Our taste testers found these additions actually enhanced burger flavour and juiciness.

Patty Perks: Mix in some grated Parmesan, chopped sundried tomatoes or roasted peppers for gourmet flavour flair. Open up your cupboards – the sky's the limit. (Try our yummy Asian Burgers for inspiration.)

Mix Master: Use a light hand when mixing and forming burgers for more tender juicy results. Chilling formed patties helps them set so they hold together better on the grill.

Thumbs Up: Use your thumb or knuckle to make a slight indentation into each patty before grilling to avoid “patty puffing” when grilling.

ASIAN SIRLOIN BURGERS

1 lb (500 g)	Ground Beef Sirloin
1/4 cup (50 mL)	dry bread crumbs
2	green onions, thinly sliced
2 tbsp (30 mL)	soy sauce
1 tbsp (15 mL)	finely grated gingerroot
1	lightly beaten egg
1/4 tsp (1 mL)	EACH salt and pepper.

1. Lightly combine beef, bread crumbs, onions, soy sauce, gingerroot, egg, salt and pepper.

2. Gently form into four 3/4 -inch (2 cm) thick patties.

3. Grill over medium-high heat on lightly oiled grill for 5 to 7 minutes per side or until digital thermometer inserted sideways into centre of each patty reads 160°F (71°C). **Makes 4 burgers.**

Per burger (made with Lean Ground Sirloin): 25 g protein, 16 g fat, 7 g carbohydrate. Good source of iron (23 % DV) and excellent source of zinc (59 % DV), 30 % DV sodium.

TERRIFIC TOPPERS:

Pineapple Pepper Salsa: Combine 1 cup (250 mL) small **pineapple chunks**, 1 **sweet red pepper** (chopped), 1/2 cup (125 mL) **minced red onion**, 1 **jalapeño pepper** (seeded and minced), 2 tbsp (30 mL) **EACH lime juice, olive oil and minced fresh cilantro** and 1/4 tsp (1 mL) **EACH salt and pepper**.

Fresh Cucumber Pickle: Combine 1-1/2 cups (375 mL) thinly sliced **English cucumber**, 2 tbsp (30 mL) **EACH minced fresh dill and rice wine vinegar**, 1/2 tsp (2 mL) **EACH salt, granulated sugar and chili pepper flakes**.

Wasabi Mustard: Combine 1/4 cup (50 mL) **Dijon mustard** and 2 tsp (10 mL) **wasabi paste**.



See how to make the best burgers – Watch **Beautiful Burgers Cooking Lessons** at beefinfo.org

Zinc. One of life's little wonders...

by Carolyn Kallio, BIC Registered Dietitian

Although rarely discussed at dinner parties, zinc is an essential mineral that plays many vital roles. It's one of those micro-nutrients your body's just got to have. Here's how it contributes to your good health and how to get enough.

Zinc is found in every living cell in the body and luckily, it's easy to get by choosing zinc-rich foods to eat.

What zinc does

- Your immune system depends on zinc to help fight infections.
- Zinc promotes optimal mental development and performance.
- Infants, children and teens rely on zinc for healthy growth.
- Expectant mothers need more zinc for healthy pregnancies.

Three simple steps to get the zinc you need

1. Follow *Eating Well with Canada's Food Guide*.

Be sure to enjoy the recommended number of Food Guide Servings of Meat and Alternatives. See how much you need at www.healthcanada.gc.ca/foodguide.

2. Choose nature's best sources of zinc more often.

Eat plenty of foods that are naturally rich in zinc such as lean red meats.

3. Increase zinc absorption with high-quality protein.

Eating lean meat, poultry or fish helps your body absorb more zinc from your meal.

How much zinc do we need?

Recommended Dietary Allowance*		
LIFE STAGE	AGE (YEARS)	ZINC (mg/day)
Infants	7 - 12 months	3
Children	1-3	3
	4-8	5
	9-13	8
Boys & Men	14 plus	11
	Girls	14-18
Women	19 plus	8
	Pregnancy	14-18
		19-50
Breastfeeding	14-18	14
	19-50	12

* Dietary Reference Intakes, 2006

Good choices for zinc

Zinc-rich foods: **beef, liver, oysters, pork and baked beans.**

Other sources of zinc: fish, poultry, other red meats, legumes, milk, yogurt, cheese and grains.

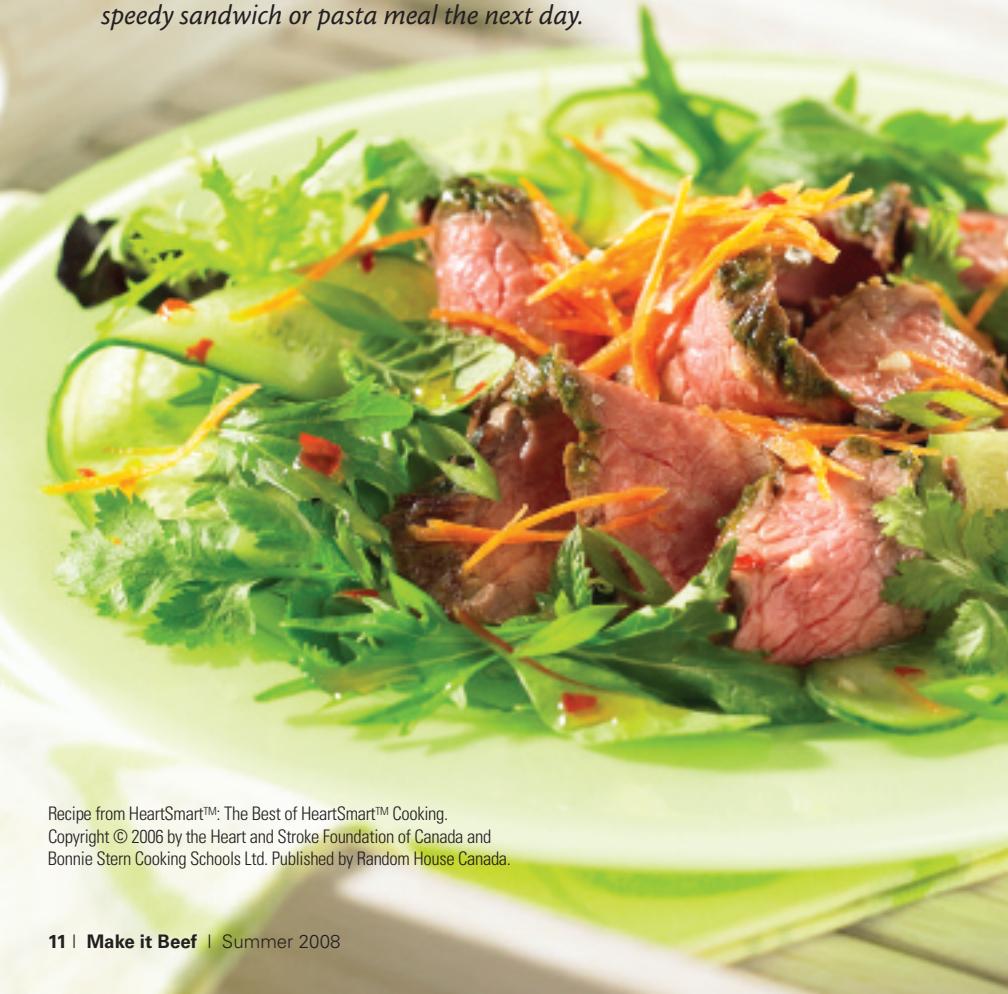
DID YOU KNOW?

- Vegetarians who limit zinc-rich foods such as meat, poultry, fish and seafood, may need up to 50% more zinc.
- **A 100 g serving of beef provides at least 50% of your daily value of zinc.**
- Lean ground beef has the same maximum fat content as ground chicken and delivers a whopping **25% MORE ZINC.**



Go Green...

Summer salads make simple meals with garden-fresh herbs and baby greens. Make them more substantial (and delicious) by adding a few slivers of char-grilled beef. **Barbecue Bonus:** Grill a second steak and use it to make a speedy sandwich or pasta meal the next day.



ASIAN GRILLED STEAK SALAD

This nutrient-rich main course salad features Health Check™ qualified lean beef and a delicious NO-fat dressing. This recipe from **HeartSmart™: The Best of HeartSmart™ Cooking** by Bonnie Stern and the Heart and Stroke Foundation is just one of the cookbook's lean beef features. You can substitute any thick-cut Beef Marinating or Grilling steak or medallions for the flank steak.

Half	bunch fresh cilantro, including roots, stems and leaves
2	cloves garlic, chopped
1 tbsp (15 mL)	minced gingerroot
2 tbsp (25 mL)	EACH hoisin sauce, soy sauce and fresh lemon juice
1 tsp (5 mL)	Asian chili paste
1 lb (500 mL)	Beef Flank Marinating Steak Citrus Dressing (recipe follows)

Salad

10 cups (2.5 L)	mixed salad greens
1	large English cucumber, thinly sliced
1/2 cup (125 mL)	coarsely chopped fresh cilantro or parsley
1/4 cup (50 mL)	EACH chopped fresh mint and chives or green onions

1. Prepare marinade by combining the half bunch cilantro, garlic, gingerroot, hoisin sauce, soy sauce, lemon juice and chili paste in food processor; blend until smooth purée consistency.

2. Pour into large sealable freezer bag along with meat; press out any excess air. Refrigerate for 1 hour or up to 12 hours.

3. Discard marinade. Pat steak dry with paper towel and grill over medium-high heat for 4 to 5 minutes per side or until medium-rare. Let stand for at least 10 minutes before carving into thin slices on diagonal.

4. Arrange salad greens on flat dish. Arrange cucumber on top and sprinkle with cilantro, mint and chives. Place steak slices on top and drizzle with Citrus Dressing. **Makes 6 servings.**

Per serving: 10 Calories, 20 g protein, 6 g fat (4 g saturates, 29 mg cholesterol), 20 g carbohydrate (2 g fibre) 404 mg sodium, 734 mg potassium
Excellent source: zinc (59 % DV), vitamin A, niacin, folate and vitamin B₁₂
Good source: iron (20 % DV), vitamin C, riboflavin and B₆

CITRUS DRESSING: Combine 1/3 cup (75 mL) EACH **granulated sugar and water** in small saucepan. Cook over high heat a few minutes until sugar dissolves. Remove from heat; stir in 1/3 cup (75 mL) **shredded carrot**, 2 tbsp (25 mL) EACH **rice or cider vinegar and orange juice**, 1 tbsp (15 mL) EACH **fresh lemon juice and soy sauce**, 1 clove **garlic** (minced) and 1/2 tsp (2 mL) hot **Asian chili paste**.

Recipe from HeartSmart™: The Best of HeartSmart™ Cooking.
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Bonnie Stern Cooking Schools Ltd. Published by Random House Canada.

Marinade marvel...

Cut marinating time from hours to just minutes by using beef that is cut into small pieces.



GRILLED HAWAIIAN BEEF KABOBS

Kabobs are a great grill option when you have a gathering – the work can all be done in advance, the grilling is fuss-free and the serving is simple. This recipe makes lots of extra sauce that's nice for dipping.

1 cup (250 mL)	HP® Sauce, Original
2 tbsp (30 mL)	EACH liquid honey and frozen orange juice concentrate, thawed
1 lb (500 g)	Beef Grilling or Marinating Steak , 1 inch (2.5 cm) thick, cut into 1-inch (2.5 cm) cubes
2	sweet red peppers, seeded and cut into 1 1/2-inch (4 cm) chunks
1 can (14 oz/398 mL)	pineapple chunks
	Chopped chives

1. Combine HP® Sauce, honey and orange juice concentrate and in bowl. Set aside 1/2 cup (125 mL).

2. Add meat to bowl, tossing to coat. Cover and refrigerate for 30 minutes.

3. Discard marinade from beef. Alternately thread beef, red pepper and pineapple chunks onto skewers.

4. Grill kabobs, over medium-high heat, basting with ¼ cup (50 mL) reserved HP mixture, about 5 minutes per side or until medium-rare. Garnish with chives. Serve skewers with remaining ¼ cup (50 mL) HP mixture for dipping. *Makes 4 servings.*

Per Serving: 243 Calories, 23 g protein, 5 g fat, 27 g carbohydrate. Good source of iron (23 % DV) and excellent source of zinc (60 % DV), 23 % DV sodium.



For more great HP® Sauce recipes, visit hpsauce.ca

