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CLUB BEEF

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Questions about beef? beefinfo.org



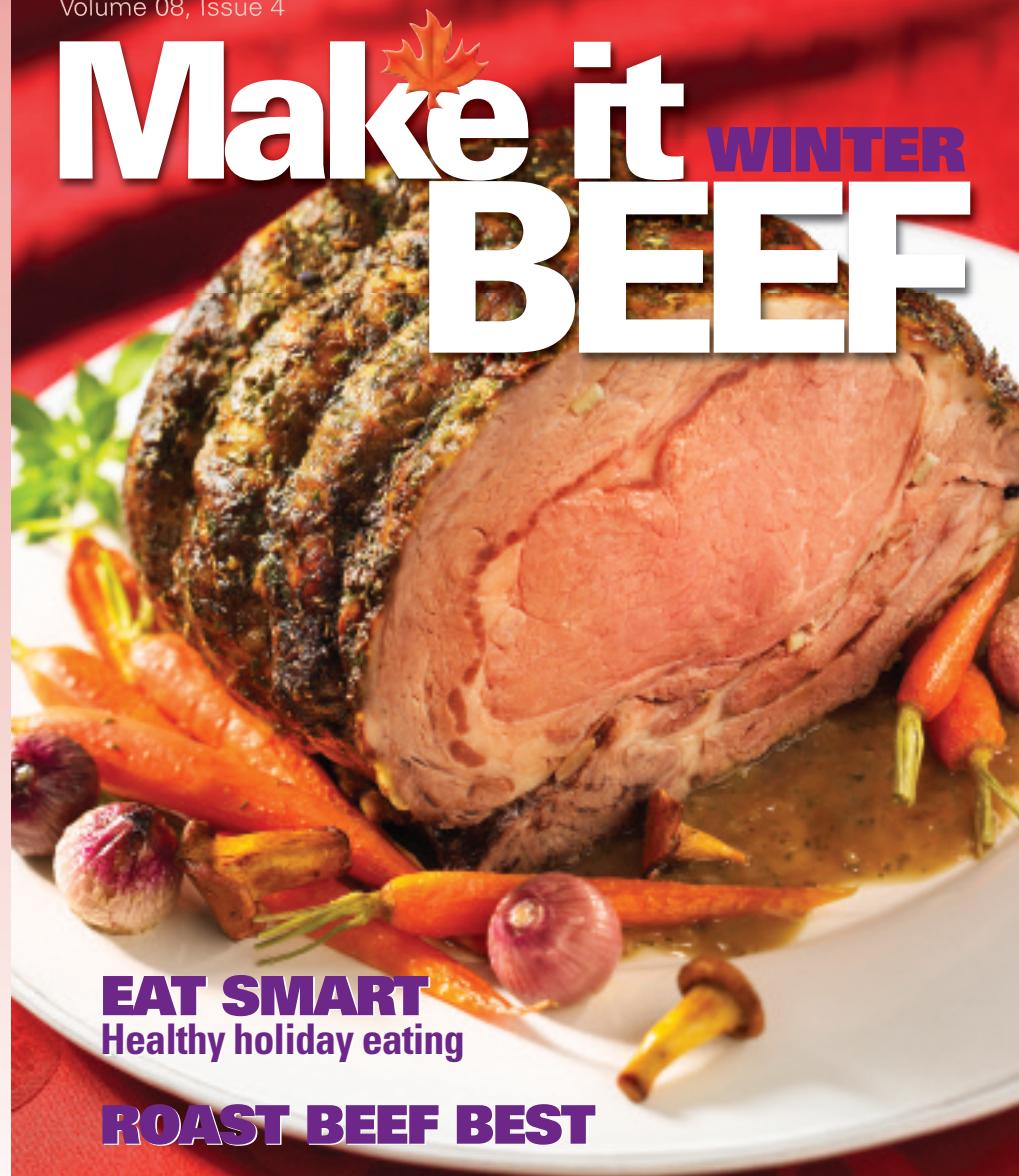
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Volume 08, Issue 4

Make it **WINTER**
BEEF



EAT SMART
 Healthy holiday eating

ROAST BEEF BEST

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Winter...

Just when the days get shorter and colder, the holidays come, giving us reason to glow both inside and out.

It's the season to have a party, enjoying one another's company and some of life's little luxuries. Parties don't have to be much – any excuse will do. Sharing a slow-cooker meal with family and friends in front of the fireplace works for me. **Meals are always special when made with good-for-you Canadian Beef!**

This Make it Beef issue features fabulous ideas for the party season:

- To entertain on a shoestring, see our easy **Crowd Pleaser:** Beef and Pasta Florentine. Featuring lean **Canadian Ground Round.**
- See **Easy Street** for the perfect recipe for a fireplace gathering: Slow-Cooker Beef Goulash, made with **Heinz® Chili Sauce and Canadian Stewing Beef.**
- Cook Prime Rib with confidence – see **How-to** for our delicious rendition starring **Lea & Perrins® Worcestershire Sauce.**

Welcome to the party!

Joyce PHEc

Beef Information Centre Kitchens

Online:

Carve Prime Rib like a pro. See our step-by-step **Oven-Roasting Cooking Lesson** at beefinfo.org.



Eat Smart!

Maintain nutrition sanity during this party season with **Mission Possible: Healthy Holiday Eating (p.7).**



Make it Beef Club:

Sign up for our free monthly e-newsletter, filled with healthy eating tips and recipe ideas. **See back cover.**



Season to enjoy

No need to stress out with company coming. Roast beef makes holiday dinner extra special and extra simple too. **Here's how...**

THICK-CRUSTED GARLIC PRIME RIB

Slayers of garlic infuse the meat with rich, garlicky flavour while slow-roasting delivers delicious restaurant-style roast beef.

7 lb (3.15 kg)	Prime Rib Premium Oven Roast
8	cloves garlic, slivered
2 tbsp (30 mL)	Lea & Perrins® Worcestershire Sauce
	Salt and pepper
1/2 cup (125 mL)	coarsely chopped fresh parsley
1/4 cup (50 mL)	Dijon mustard
2 tbsp (30 mL)	EACH herbes de Provence or dried thyme and vegetable oil
	Shallot Gravy (recipe follows)

1. Cut shallow slits all over roast; insert garlic slivers into slits. Rub all over with Lea & Perrins®, salt and pepper. Combine parsley, mustard, herbes de Provence and oil in bowl. Set aside 2 tbsp (30 mL) of the mixture for Shallot Gravy, rubbing remainder all over roast.

2. Place roast, bones down, on rack in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast. Roast, uncovered, in 450°F (230°C) oven for 10 minutes. **Reduce heat** to 275°F (140°C); roast until thermometer reads 135°F (57°C) for medium-rare to medium, about 2-3/4 to 3-1/4 hours.

3. Remove from oven. Cover loosely with foil and let stand for 15 to 30 minutes before carving. Drain off all but 2 tbsp (30 mL) drippings from roasting pan and make Shallot Gravy.

SHALLOT GRAVY: Place roasting pan over medium heat; add 3 shallots (coarsely chopped) and reserved herb rub. Cook, stirring until shallots soften. Stir in 2 cups (500 mL) **beef broth** and 3 tbsp (45 mL) **Lea & Perrins®**; simmer, stirring up any browned bits from bottom of pan. Combine 1 to 2 tbsp (15 to 30 mL) **cornstarch** with equal amounts **cold water**, making smooth mixture. Gradually stir into broth; bring to boil, stirring until thickened, about 3 minutes. Strain. *Serves 8 to 10 with leftovers (18 Canada Food Guide servings).*

Per serving: 218 Calories, 26 g protein, 10 g fat, 3 g carbohydrate. Good source iron (21% DV) and excellent source zinc (73% DV), source vitamin D (10% DV), 8% DV sodium.



To maximize tenderness, even in less than premium cuts, carve your roast into thin slices (see Meaty Matters, next page).

SOURCE VITAMIN D
LOW SODIUM

Roast Beef Best

By Derrick Ash, Meat Specialist

Oven Roasts and Premium Oven Roasts can both put on a good show – the secret is roasting and carving them right. Here's how to get the best bang for your buck.

Buying Basics

Oven Roasts: Cut from the hip, these boneless roasts tend to be a leaner and more frugal option than the Premium Oven Roasts.

Look for: Eye of Round, Inside Round, Outside Round and Sirloin Tip.

Premium Oven Roasts: Cut from the sirloin, loin and rib, these ever-tender roasts are more of a splurge.

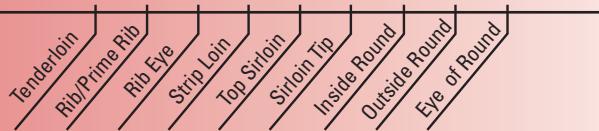
Look for: Prime Rib, Rib, Rib-Eye, Strip Loin, Tenderloin and Top Sirloin.

Buy Prime Rib by weight not bone count. A 3- or 5-bone prime rib roast may weigh the same, depending on the size of the bones on the roast.

THE BUTCHER'S GUIDE TO TENDERNESS

Very Tender

Less Tender



To allow for seconds or leftovers, buy 12 oz (375 g) of roast per person (roast with bone) or 8 oz (250 g) per person (if boneless).

Carving Lesson

Let cooked roast rest for easiest carving and less loss of juice. Roast temperature continues to rise when resting.



A good knife is key. Use a sharp broad blade with a rounded tip (Serrated knives will shred rather than slice).

Keep it sharp by using a sharpening steel or sharpener before each use.



Carve across muscle fibres (i.e. across the grain).

Tip: Carving in the same direction as the butcher's twine should be across the grain.

Roasting Right

Low and slow's the way to go. Roasting beef at 275°F (140°C) makes for the most tender juicy roast. Follow these simple steps:

- Season** roast and place in shallow roasting pan without water and lid. Insert oven-safe thermometer into centre of roast, avoiding fat or bone.
- Oven-sear** in preheated 450°F (230°C) oven for 10 minutes.
- Reduce** heat to 275°F (140°C) and roast to desired doneness, removing from oven when 5°F (3°C) below finished temperature. (Cook time charts are estimates only. The thermometer is the best way to determine doneness.)

AVERAGE ESTIMATED OVEN ROAST COOK TIMES (HOURS)

Weight (kg)	Medium-Rare 145°F (63°C)	Medium to Well-Done 160°F (71°C) or +	Weight (lb)
1	1-3/4 to 2-1/4	2 to 2-1/2	2
1.5	2 to 2-1/2	2-1/4 to 2-3/4	3
2	2-1/4 to 2-3/4	2-1/2 to 3	4
2.5	2-1/2 to 3	2-3/4 to 3-1/4	5.5

Roasting Options: Depending on the type of roast, you can adjust your cooking method.

Restaurant Roasting: Use for hip-cut Oven Roasts, most even doneness and least cooking loss: Skip Step 2 and roast at a constant 275°F (140°C), allowing about 15% longer cook time. (OR stove top brown roast all over in a bit of oil, in frypan, before oven roasting at constant 275°F (140°C) following the chart, above).

Time-Saver Roasting: Use this method for the Premium Oven Roasts if you're in a time crunch. Skip Step 2 and roast at 325°F (160°C) for approx. 30 min per lb (500 g) for medium doneness. Tenderloin can be roasted at temperatures up to 400°F (200°C).

BRIGHT IDEA:

If your roast is underdone, slip slices into simmering gravy for a second or two to finish them as you like.

Mission Possible: Healthy Holiday Eating

by Carolyn Kallio, Registered Dietitian

Dinner party, chocolates and the potluck buffet – how do you maintain nutrition sanity in the midst of all this? Here’s a game plan to help you through.

Attitude Adjustment

First, let’s do a reality check. It’s party time so resolve to enjoy what the season has to offer and not dwell on denial. Some strategies to enjoy:

Pace yourself: Food’s not going to vanish so relax and take your time – this way your brain can register when your body signals: Full.

Variety is the spice of life: Have healthy options along with treats. Serve extra lean beef meatballs with plum sauce instead of phyllo-wrapped Brie, and a tray of tropical fruits with your favourite squares for dessert.

Eat nutrient rich: Choose foods that provide high levels of vitamins, minerals and other nutrients compared to their calorie content. A lean steak is a naturally nutrient rich food, providing vitamin D, iron, zinc, B-vitamins and protein.

Taste test: Approach food as a taste tester – indulge in small samples and let your senses savour smells, flavours and textures.

Exercise your life: Pair healthy eating with some exercise. If there’s no time for the gym, grab your guests and go for a walk around the block to enjoy the fresh air and festive lights.



Kitchen Controls

No need to be a food scrooge. Here are some simple kitchen tricks for satisfying healthy options:

Feast for the eyes: Food presented nicely commands respect and is less likely to be ravaged. Think colourful food combinations (see **Eat Smart**, next page).

Spice is nice: Take cues from ethnic cuisines and cook with fresh herbs and spices. Try minced gingerroot, roasted garlic, curry powder, Asian chili sauce or wasabi.

Flavour perks: Fresh citrus or vinegar livens and lightens flavours. Try a splash of lemon juice to finish off pan-seared steak, or balsamic vinegar in a gravy. Use veggie/fruit-based condiments such as chili sauce, horseradish and salsa.

Options open: Stock your pantry with smart alternatives such as light/low fat mayonnaise and dairy products and sodium-reduced broths. **For lean beef choices, look for those that have “loin”, “round” or “lean/extra lean” in the name.**

Freedom of choice: Carve meats into thin elegant slices and pass on a platter so guests can pick and choose how much or how little they want.

Show-stopper!

This Health Check™ reviewed recipe is as beautiful to behold as it is to eat. With Health Check™ qualified Canadian beef, it's both lovely and lean.



EXCELLENT SOURCE IRON
VERY HIGH SOURCE FIBRE

[†] 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

CHARRED STEAK AND VEGGIES WITH ORZO PASTA

Bring dinner to the table in this all-in-one platter presentation for an easy way to entertain. Other Health Check™ qualified lean beef options you can choose are Beef Sirloin Tip or Strip Loin Grilling Steak.

1/2 cup (125 mL)	sodium-reduced chicken broth
1/4 cup (50 mL)	liquid honey
2 tbsp (30 mL)	olive oil
1/2 tsp (2 mL)	EACH dried Italian herb seasoning, salt and pepper
2	sweet red peppers, cut into chunks
2 cups (500 mL)	mushrooms, halved
1	small zucchini, thinly sliced
1 lb (500 g)	Beef Top Sirloin Grilling Steak , about 1 inch (2.5 cm) thick
1 cup (250 mL)	frozen corn kernels
1-1/2 cups (375 mL)	dried orzo pasta
2	green onions, thinly sliced
1/2 cup (125 mL)	thinly sliced oil-packed sun-dried tomatoes
1/4 cup (50 mL)	grated Parmesan cheese

BRIGHT IDEA:

This recipe uses the broiler to sear thick-cut steak and colourful veggies to perfection – all at the same time in just one pan.

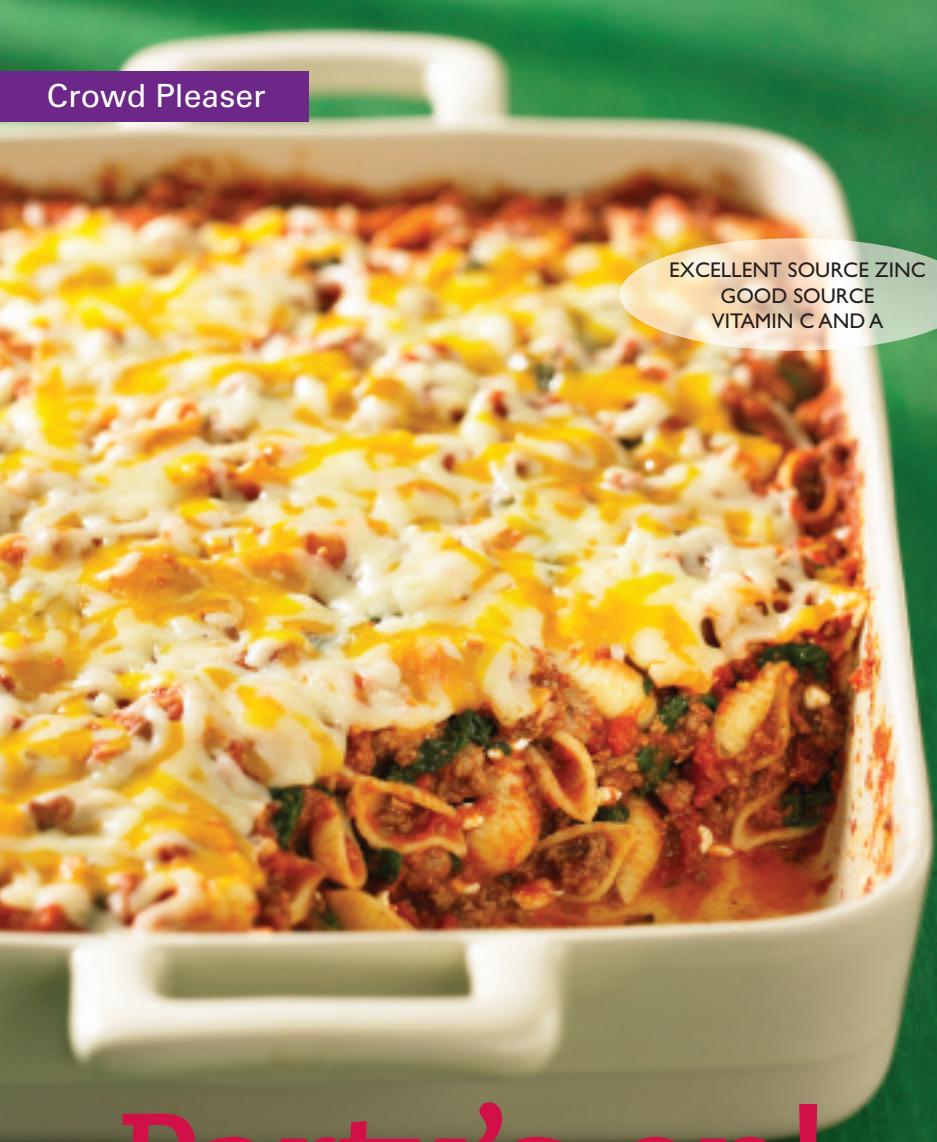
Now that's easy!

1. Whisk together chicken broth, honey, olive oil and Italian seasoning in bowl. Season with generous pinch of each salt and pepper. On large rimmed parchment paper-lined baking sheet, toss red peppers, mushrooms and zucchini with half the broth mixture. Set remaining broth mixture aside.

2. Season beef with remaining salt and pepper; place on vegetables. Place under broiler about 3 inches (8 cm) from heat; broil until lightly charred, about 7 minutes. Remove from oven; toss vegetables and turn beef over. Return to oven and broil for 7 minutes. Remove steak and let rest. Stir corn into vegetables; broil until vegetables are charred and softened, about 5 minutes.

3. Meanwhile, cook orzo according to package directions; drain and toss with remaining broth mixture, green onions, sun-dried tomatoes and Parmesan cheese. Spoon onto warm deep platter; top with charred mixed veggies. Thinly slice beef across the grain and arrange over veggies. **Makes 4 servings.**

Per Serving: 623 Calories, 40 g protein, 15 g fat, 85 g carbohydrate, 8 g fibre
Excellent source of iron (41% DV) and zinc (86% DV), 36% DV sodium.



EXCELLENT SOURCE ZINC
GOOD SOURCE
VITAMIN C AND A

BEEF AND PASTA FLORENTINE

*Party hearty with this dinner-in-one casserole. Your family and friends will get **all four food groups in just one dish**, so good nutrition just takes care of itself – even at a party! Lean Ground Round delivers **BIG BEEF** flavour as well as 14 essential nutrients including all five B-complex vitamins – not that anyone’s counting at a party.*

1 lb (500 g)	Extra Lean/Lean Ground Round*
1 can (19 oz/540 mL)	Italian seasoned stewed tomatoes
1 can (796 mL/28 oz)	crushed/ground tomatoes
1 tsp (5 mL)	EACH dried oregano, basil and salt
3 cups (750 mL)	small shell pasta, about 300 g
1 box (300 g)	frozen chopped spinach, thawed and squeezed dry
1 cup (250 mL)	EACH light cottage cheese and shredded mozzarella cheese blend

1. Cook beef in Dutch oven over medium-high heat, breaking up with wooden spoon, until browned, about 5 minutes; drain if necessary. Stir in stewed tomatoes, breaking up with spoon. Stir in crushed tomatoes, oregano, basil, salt and **2 cups (500 mL) water**; bring to boil.

2. Stir in pasta. Reduce heat to low, cover and simmer, stirring occasionally, for 15 minutes or until pasta is cooked al dente.

3. Stir in spinach and cottage cheese; gently heat through, stirring occasionally. Bake or serve right away, spooning into individual bowls, topping each with some mozzarella. **To bake:** Transfer to 9- x 13-inch (3 L) casserole; top with cheese and bake in 350°F (180°C) oven until bubbly, 10 to 15 minutes.

Makes 10 to 12 servings.

Per serving (based on 12 servings): 249 Calories, 18 g protein, 7 g fat, 30 g carbohydrate, 13% DV calcium, 20% DV vitamin C, 22% DV vitamin A
Good source of iron (23% DV) and excellent source of zinc (31% DV), 26% DV sodium.

*Other Options: Lean/Extra Lean Ground Beef Sirloin, Lean Ground Chuck or Lean/Extra Lean Ground Beef

BRIGHT IDEA:

This recipe’s a snap to make, easy to serve and faster to cook than frozen lasagna.

Party’s on!

When baked like lasagna, this speed-scratch spoonable casserole is perfect for the buffet.

Scale up – Scale down

Now here's a recipe that fits just right! We've got a Small Batch version that works for small families (serves 2 with leftovers). Or, the standard recipe makes enough to serve for casual entertaining. **Big bonus:** with the slow-cooker, dinner cooks while you're at work!



EXCELLENT SOURCE OF
IRON AND ZINC

SLOW-COOKER BEEF GOULASH

Serve this hearty dish with a dollop of sour cream if you like and steaming hot egg noodles or mashed potatoes.

2 tbsp (30 mL)	all-purpose flour
1/2 tsp (2 mL)	EACH salt and pepper
2 lb (1 kg)	1-inch (2.5 cm) Beef Stewing Cubes
2 tbsp (30 mL)	vegetable oil
2	onions, sliced lengthwise into eighths
2	cloves garlic, minced
3/4 cup (175 mL)	red wine
1 cup (250 mL)	Heinz® Chili Sauce
1 can (28 oz/796 mL)	diced tomatoes
3 tbsp (45 mL)	paprika

1. Combine flour, salt and pepper in slow-cooker. Add beef and toss to coat. In large skillet, heat 1 tbsp (15 mL) oil over medium-high heat; brown seasoned meat, in 4 batches and adding oil as necessary. Return meat to slow-cooker.

2. Add remaining oil to skillet; cook onions and garlic for 1 minute. Add wine and bring to boil, scraping up brown bits from bottom of pan. Pour over beef; stir in chili sauce, tomatoes and paprika.

3. Cover and cook on Low for 8 to 10 hours, or on High for 4 to 6 hours, or until meat is tender. **Makes 10 servings.**

Per Serving: 304 calories, 25 g protein, 16 g fat, 17 g carbohydrate
Excellent source of iron (31% DV) and zinc (84% DV), 33% DV sodium.

SMALL BATCH GOULASH: Prepare recipe as above, substituting 1 can (19 oz/540 mL) seasoned tomatoes for the plain tomatoes and reducing all other ingredients by half. Cook on Low for 5 to 6 hours, or High for 2 to 3 hours. **Makes 4 servings.**



Just Click: 
For more great
Heinz® Chili Sauce
recipe ideas, visit
heinzitup.com.

BRIGHT IDEA:

No slow-cooker? Use a Dutch oven pot to brown meat and then simmer, covered, in 325°F (160°C) oven for about 2 hours.