

# Strong on nutrients.

Canadian beef is brimming with **14 ESSENTIAL** nutrients including iron, zinc, vitamin D and all five B-complex vitamins PLUS high-quality protein. And trimmed of fat, beef is a great lean choice for a healthy diet.

For more recipes and nutrition information visit [beefinfo.org](http://beefinfo.org)



Per 100 gram raw lean beef, trimmed of external fat, (composite of 26 cuts): 162 Calories, 21 g protein, 7.8 g fat, 0 g carbohydrate, % Daily Value: potassium 9%, DV; iron 15%, DV; vitamin D 10%, DV; thiamine 10%, DV; riboflavin 15%, DV; niacin 45%, DV; vitamin B<sub>6</sub> 15%, DV; vitamin B<sub>12</sub> 110%, DV; pantothenate 10%, DV; phosphorus 15%, DV; magnesium 10%, DV; zinc 60%, DV; selenium 40%, DV

Volume 09, Issue 2

# Make it CANADIAN BEEF SUMMER GRILLING BEEF



**DINNER NOW**  
With a-mazing medallions

**EAT SMART**  
Salads that stack up

**Beef** Information Centre  
Questions about beef? [beefinfo.org](http://beefinfo.org)



*Diana Sauce*  
  
[dianasauce.com](http://dianasauce.com)

**Broil King**  
Great Barbecues Every Time  
[broilkingbbq.com](http://broilkingbbq.com)

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## Summer...

*Dust off the patio furniture,  
get out the white sandals  
and bring on the sun –  
let's have some fun!*

Canadians LOVE gathering 'round the grill – sharing good food and good times. A full third of Canadian grillers (35%) say “barbecuing with friends” is their favourite summer outdoor activity.\*

To celebrate our grill-passion, this issue is full of barbecue favourites – all with a touch of whimsy and the **goodness of Canadian beef**. Check out:

- **How-to** for the lowdown on the gear you need to barbecue beef best (p. 5).
- **Problem Solver** to make the most of your meat with a flavourful **BIG Baste** that features the barbecue pantry favourite: **HP® Sauce**.
- **Dinner Now** to learn about the new steak sensation, **Beef Medallions**, starring **Diana® Original Sauce** in a new recipe classic: **Glazed Medallions with Saucy Mushrooms**.

Hop online at **beefinfo.org** and join the **Make it Beef Club**, so you can tap into our monthly recipe e-mails. You'll get delicious beef recipes, nutrition news, contests and more.

Make the most of this grilling season – **Make it Canadian Beef!**

### CYNTHIA

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

\*Ipsos Reid National Poll, 2003



## Eat Smart!

Make nutritionally sound salads with our dietitian's tips in **Salads That Stack UP** (p. 9).



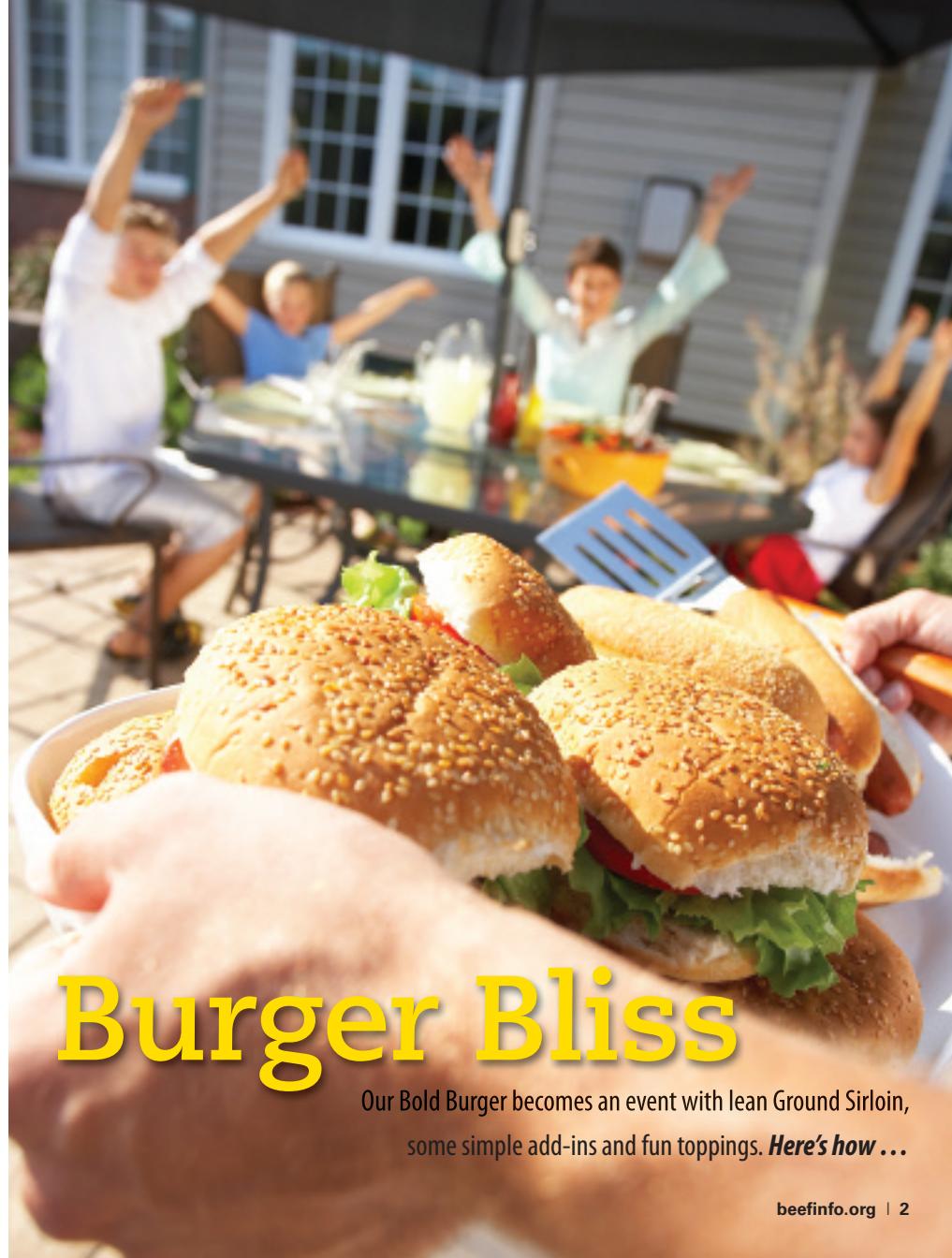
### Links:

**Be Food Safe** this summer with food handling know-how. Link up at **befoodsafeca**.



### Online:

Folks rave about barbecued roast beef. Learn how-to at **beefinfo.org**. See our **Barbecue Roasting Cooking Lesson**.



# Burger Bliss

Our Bold Burger becomes an event with lean Ground Sirloin, some simple add-ins and fun toppings. **Here's how ...**

## BASIC BOLD BURGER

*Lean Beef burgers deliver an excellent source of protein, zinc and vitamin B<sub>12</sub> – not to mention flavour!*

1 lb (500 g)	<b>Lean Ground Beef Sirloin or Chuck*</b>
1/4 cup (50 mL)	dry bread crumbs
2 tbsp (30 mL)	<b>HP® Sauce, Original</b>
1	small onion, finely chopped
1	egg, lightly beaten

**1. Lightly combine** beef, bread crumbs, HP® sauce, onion and egg.

**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 instant read thermometer inserted sideways into centre of each patty reads 160°F (71°C). **Makes 4 patties.**

**Per pattie:** 273 Calories, 25 g protein, 16 g fat, 8 g carbohydrate  
Good source of iron (21% DV) and excellent source of zinc (59% DV) and vitamin B<sub>12</sub> (70% DV), 10% DV sodium.

\*Other options: Extra Lean or Lean Ground Round, Sirloin or Lean/Extra Lean Ground Beef

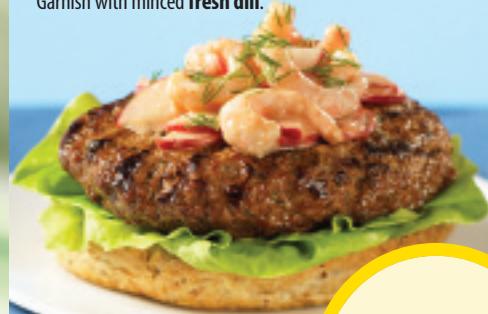
EXCELLENT SOURCE OF PROTEIN,  
ZINC AND VITAMIN B<sub>12</sub>

## Surf and Turf Burger

*A burger version of the steak-house classic*

**ADD-IN:** 3 tbsp (45 mL) **minced fresh dill**

**TOPPER:** Combine 1 cup (250 mL) **frozen cooked baby shrimp**, thawed, 3 **radishes**, thinly sliced, and 2 tbsp (30 mL) EACH **mayonnaise** and **seafood cocktail sauce**. Garnish with minced **fresh dill**.



### BRIGHT IDEA:

Grilling a burger can reduce the amount of fat on average by one-third.

## Burger Luxe

*A fine-dining burger with no need for gooey toppings*

**ADD-IN:** 1/3 cup (75 mL) **crumbled feta cheese** and 1 tsp (5 mL) **minced fresh rosemary**

**TOPPER:** **Crumbled feta cheese, baby spinach leaves and shaved prosciutto**



## Mini-Cheeseburger Salad

*Kid-sized burgers with a veggies bonus*

**ADD-IN:** 1/2 cup (125 mL) **shredded Cheddar cheese**. Form into twelve 3-inch (8 cm) patties.

**TOPPER:** Top **iceberg lettuce** wedges with cooked patties, halved **grape tomatoes**, shredded **Cheddar** and sliced **dill pickles**. For salad dressing, combine 1/2 cup (125 mL) **Thousand Islands Dressing** with 1/4 cup (50 mL) **yellow mustard**; drizzle over patties and salad.



## Cocktail Hour Burger

*All the trappings of a Caesar, without the vodka*

**ADD-IN:** 2 tsp (10 mL) **Lea & Perrins® Worcestershire sauce**, 1 **celery stalk**, minced, 1 tsp (5 mL) EACH **celery salt** and **hot pepper sauce**

**TOPPER:** **Tomato slice** sprinkled with **celery salt** and **pickle garnish**



# Canadian Beef BBQ ESSENTIALS



**Rule the grill** with our top picks in cool tools. More than just barbecue bling, these investments will have you barbecuing Canadian Beef best!

**Great Grids:** Cast-iron grids are a must-have for searing the perfect steak. They retain the heat



best. Choose porcelain-coated grids with substantial width so burgers don't slip through cracks.

**Wire Grill Brush:** Essential for keeping grills clean. A dirty grill is a scary and a sticky thing.

**Multiple Burners:** Gas barbecues with two or more burners let you barbecue-roast, just like having an outdoor oven. So even if you don't have a rotisserie, you can still enjoy barbecue roast beef – YUM! See our How-to video at [beefinfo.org](http://beefinfo.org).

## Digital Instant-Read Thermometer:

This is the easiest and ONLY way to know when your beef is done just the way you like. And it's essential for cooking burgers safely – Burgers done at 71 (that's 71°C/160°F). No more guessing.



**Barbecue Temperature Gauge:** Barbecuing without a temperature gauge is like barbecuing blind – how can you control the temperature if you don't know what it is? Better barbecues come with this feature built-in or you can purchase a gauge that sits right on the grill.

**Good Cover:** Look for a barbecue that has a heavy casing and rustproof cast aluminum lid. These barbies hold heat best – essential for year-round grilling and even cooking when barbecue roasting beef. The lid should have plenty of clearance to safely flip steaks even at the back of the grill.

## BEEFINFO.ORG

**Knowledge is power**, so for temperature cooking charts, nutrition expertise, Step-by-Step Cooking Lessons and ALL things beef, check out [beef info.org](http://beefinfo.org).



**Just Click:**  
Want more BBQ essentials? Visit  
[broilkingbbq.com](http://broilkingbbq.com)

**Broil King**  
Great Barbecues Every Time

# Steak Savvy

Tighter budgets doesn't mean we need to forgo steaks on the grill – with Canadian beef, there are lots of options to choose from.

Here are some tips and tricks to help you get the most from your meat.

**Think THICK:** Buy steaks that are at least 1 inch (2.5 cm) thick. Thick steaks grill better than thin ones — they don't overcook or dry out as easily AND they make a terrific show. For individually-sized thick steaks, look for **Beef Medallions**.

**Steak Stock-UP:** Look for value-priced bulk pack steaks and tuck some in your freezer.

**Marinade Mystique:** For best results when using **Marinating Steaks** or **Medallions**, buy them thick, marinate and don't cook beyond medium-rare – (see Round Steak Done Right next page). **No time to marinate?** Buy **Grilling Steaks** and simply baste while cooking.

**Slice it Right:** Carve steaks into thin slices on an angle for the most tender meat. With Flank Steak carve across the long muscle fibres to shorten them, making the meat easier to eat.

## BRIGHT IDEA:

Lean steak choices:  
Eye of Round, Inside and Outside Round, Cross Rib, Strip Loin, Sirloin Tip, Flank and Top Sirloin

## ROUND STEAK DONE RIGHT

Lots of folks ask us how best to grill Round Steak. We like ours steeped and finished with a flavourful BIG Baste.

- 1 cup (250 mL) **HP® Sauce, Original or Bold**
- 2 cloves garlic, minced
- 1 tbsp (15 mL) Dijon mustard
- 2 green onions, thinly sliced
- 2 lb (1 kg) **Beef Outside or Inside Round Marinating Steak**, 1-1/2 inches (4 cm) thick
- Salt and pepper

**1. Combine** HP® Sauce, garlic, mustard and onions in large sealable freezer bag. Remove 1/4 cup (50 mL) EACH for basting and dipping.

**2. Pierce** steak all over; add to bag and refrigerate for 8 or up to 12 hours. Discard marinade. Pat steak dry with paper towel; season with salt and pepper to taste.

**3. Grill** over medium-high heat, brushing with reserved basting sauce, for 7 to 8 minutes per side for medium-rare (digital instant-read thermometer inserted into centre of steak reads 140°F/60°C). Transfer to cutting board, cover loosely with foil and let stand for 5 minutes before carving on an angle into thin slices. Serve with reserved dipping sauce. **Makes 8 servings.**

**Per Serving:** 160 Calories, 26 g protein, 4 g fat, 3 g carbohydrate. Good source of iron (22% DV) and excellent source of zinc (57% DV), 11% DV sodium.

## THE BIG BASTE

Make Round Steak Done Right all summer long with a few pantry additions to jazz up the basic recipe (above):

**CHIPOTLE BIG BASTE:** Add 1/3 cup (75 mL) **salsa** and 1 tbsp (15 mL) minced canned **chipotle peppers in abodo sauce**.

**COULIS-STYLE BIG BASTE:** Add 1/4 cup (50 mL) of your favourite **fruit jam** and 2 tbsp (30 mL) **fruit juice**, such as apple or orange.

**HONEY GINGER BIG BASTE:** Add 2 tbsp (30 mL) **liquid honey** and 2 tsp (10 mL) minced **fresh ginger**.



## Salads that **Stack UP**

by the Registered Dietitians at the Beef Information Centre

*Few foods capture the essence of summer as well as a salad. But not all salads are created nutritionally equal – some are extraordinary main meals, while others are weak supporting actors. Choose nutrient-rich ingredients to move your salads from the sidelines into the spotlight.*

**Dark thoughts:** Dark leafy greens are the best – rich in vitamins (such as folate and vitamin C), minerals (such as potassium) and antioxidants (such as lutein).

**Best bets** include romaine, dark green or red leaf lettuce, spinach and arugula.

**Fibre boost:** Salads are a great way to get more of the fibre you need – beyond just the veggie content.

**Opt for** whole grain pasta, brown rice or grains for starters.

**Protein power:** Nothing can turn your salad from a side dish into a nutritious main meal like a healthy helping of protein. Adding lean meats, cheeses or legumes makes salads more satisfying. Protein can help stave off hunger between meals.

**Add** thin slices of grilled steak or roast beef, barbecued kabobs or stir-fry strips. Top with some crumbled feta or blue cheese, chickpeas or lentils.

**Think in technicolour:** When it comes to veggies, summer is the perfect time to venture beyond the usual tomatoes and cucumber.

**Toss in** a rainbow of colourful veggies and fruit for a powerful mix of antioxidants.

**Smart dressing:** A light vinaigrette or splash of olive oil and fresh lemon juice may be all that you need.

**Whisk** together equal amounts olive or canola oil with lemon or lime juice or mild vinegar such as rice or wine vinegar. Season with some pepper, honey mustard and minced fresh herbs and garlic.





## Patio Pizzazz...

Perfect for patio dining, this hearty salad is fabulous, fun and better because of the beef! To eat while mingling, serve salad tucked into cups or beer mugs along with a fork and skewer of grilled beef to nibble from.

EXCELLENT SOURCE OF IRON  
AND VITAMIN C  
GOOD SOURCE OF FIBRE

†This recipe has been evaluated by the Heart and Stroke Foundation registered dietitians and is part of a healthy diet based on the recommendations in Canada's Food Guide.

## SPICE-RUBBED BEEF AND MEDITERRANEAN PASTA SALAD

For a more straightforward presentation, use steak whole, grilling for 6 to 7 minutes per side. Let rest for 5 minutes, carve into thin slices and toss with salad ingredients; serve on salad plates.

2 tbsp (30 mL) EACH hot pepper sauce and minced fresh thyme  
1 clove garlic, minced  
1 tbsp (15 mL) chili powder  
2 lb (1 kg) **Beef Strip Loin or Top Sirloin**  
**Grilling Steak**, 1 inch (2.5 cm) thick, cut into cubes

### Salad:

3 cups (750 mL) large pasta shapes, such as Scoobi Doo, penne or rigatoni (preferably whole wheat)  
3 plum tomatoes, quartered  
1 EACH sweet red and yellow pepper, seeded and cut into chunks  
1 clove garlic, minced  
1/4 cup (50 mL) extra-virgin olive oil  
1/4 tsp (1 mL) EACH salt and pepper  
1 cup (250 mL) EACH snow peas and green and yellow beans, trimmed and blanched  
2 green onions, thinly sliced  
1/2 cup (125 mL) crumbled feta cheese  
Lemon wedges

**1. Combine** hot sauce, half the thyme, the garlic and chili powder in medium bowl to make smooth paste. Add beef cubes and stir to coat. Thread cubes onto 10 soaked wooden skewers; cover and refrigerate for 15 to 20 minutes.

**2. Salad: Meanwhile,** cook pasta according to package directions; drain and transfer to large bowl. Meanwhile, toss together tomatoes, red and yellow peppers, garlic and 1 tbsp (15 mL) of the oil on parchment paper-lined rimmed baking sheet; season with salt and pepper. Broil or grill in grilling basket, turning occasionally, until tender-crisp, about 15 minutes. Add to pasta.

**3. Grill** beef skewers over medium-high heat for about 5 minutes per side or until medium-rare.

**4. Add** blanched snow peas and green and yellow beans to pasta. Add green onions, feta cheese, and remaining thyme and oil; toss together. Season to taste with a squeeze of lemon juice. Serve with beef skewers or remove beef from skewers and toss with the pasta salad. **Makes 8 to 10 servings.**

### Per serving (based on 10 servings, made with Strip Loin and whole wheat pasta):

319 Calories, 27 g protein, 13 g fat (4 g saturated fat, 51 mg cholesterol), 26 g carbohydrate (5 g fibre) Excellent source of iron (25% DV), vitamin C (88% DV) and zinc (61% DV), 12% DV sodium (276 mg), 12% DV potassium (424 mg).

# A-Mazing Medallions

These thick-cut medallion steaks let you enjoy steakhouse dining right in your own backyard. Cut from traditional steaks, such as Rib Eye, Top Sirloin and Inside Round, medallions are easy to grill just-right and are sized perfectly to sit pretty on the plate.



EXCELLENT SOURCE OF ZINC  
SOURCE OF VITAMIN D

## GLAZED MEDALLIONS WITH MUSHROOMS

*This classic combination of steak and mushrooms is ready in minutes. With a little forward thinking, you can choose to use Marinating Medallions and marinate before cooking (see Bright Idea).*

3/4 cup (175 mL)	<b>Diana Sauce®</b> , Original
2 tbsp (30 mL)	fresh lemon juice
4	cloves garlic, minced
3	green onions, thinly sliced
1 tsp (5 mL)	crumbled dried rosemary
1-1/2 lb (750 g)	assorted mixed mushrooms (such as button, cremini, portabello, shiitake or oyster)
1	sweet onion, cut into wedges
	Salt and pepper
2 tbsp (30 mL)	butter
1-1/2 lb (750 g)	<b>Beef Strip Loin Grilling Medallions</b> (about six), 1 inch (2.5 cm) thick

### BRIGHT IDEA:

If using Marinating Medallions, pierce meat all over and marinate in 1/4 cup (50 mL) of the basting sauce for 8 to 12 hours in fridge. Discard sauce used to marinate and grill as above, skipping the basting step.

**1. Combine** Diana Sauce®, lemon juice, garlic, green onions and rosemary in bowl. Remove 1/4 cup (50 mL) for basting.

**2. Cut** mushrooms into large chunks, keeping oyster mushrooms whole. Toss with onion, and salt and pepper to taste. Pan-fry in nonstick skillet over medium heat for about 12 minutes or until slightly caramelized and liquid has evaporated. Stir in Diana Sauce® mixture; heat through.

**3. Meanwhile**, season medallions with salt and pepper to taste. Grill over medium-high heat for 5 to 6 minutes per side for medium-rare, brushing with reserved sauce occasionally. Let stand for 5 minutes. Serve each topped with pan-fried mushrooms. **Makes 10 servings.**

**Per Serving:** 305 Calories, 29 g protein, 10 g fat, 25 g carbohydrate. Excellent source of iron (25% DV) and zinc (69% DV), source of vitamin D (10% DV), 14% DV sodium.



**Just Click:** For more great Diana Sauce® recipes, visit [dianasauce.com](http://dianasauce.com).