

Reason to smile.

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

For more recipes and nutrition information visit 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%, iron 15%, vitamin D 10%, DV, thiamine 10%, DV, riboflavin 15%, DV, niacin 45%, DV, vitamin B6 15%, DV, vitamin B12 110%, DV, pantothenate 10%, DV, phosphorus 15%, DV, magnesium 10%, DV, zinc 60%, DV, selenium 40%, DV

Volume 09, Issue 4

Make it **BEEF**

hosting the holidays



EAT SMART
Good gifts

SLOW 'N EASY
Slow cooker solutions

Beef Information Centre
Questions about beef? beefinfo.org



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Forever flexible is the sane way to think about holiday hosting. And with Canadian beef, there are always lots of options for fast, flavourful, good-for-you meals, even in the midst of the hustle and bustle.

This issue of Make it Beef has four different approaches to hosting the holidays PLUS recipes, tips and tricks that make entertaining easier.

- Go **Slow 'n Easy** with a slow cooker dinner. The Beef Information Centre kitchen teams up with Canadian Living magazine to bring you Slow Cooker Essentials plus a delicious **Spanish Pot Roast**. It's a sneak preview from Canadian Living's new cookbook: *The Slow Cooker Collection*.
- Cook **Classy Casual**. Try ground beef for a change when putting on a show. You'll love our slightly exotic and oh-so-pretty Thai Beef Soup made with flavourful Knorr® Simply Broth™ and sirloin meatballs. Or for a quick weeknight dinner, do the fast-adapt version: The Orient Express, using Knorr Simply Broth and Knorr® Sides Plus™. Helpful Cook's Notes included!
- Add some **Easy Elegance** to your holiday table. Save on the babysitting fees and invite friends over to enjoy our steakhouse classic: **Beef Tenderloins with Peppercorn Sauce and Crispy Shallots**.
- **Eat Smart** even in the holidays, serving **Rosemary Beef Skewers with Winter Salad** as a starter or main course.

So here's to easy entertaining with Canadian Beef!

Joyce

Joyce Parslow, P. H. Ec.
Beef Information Centre Kitchens



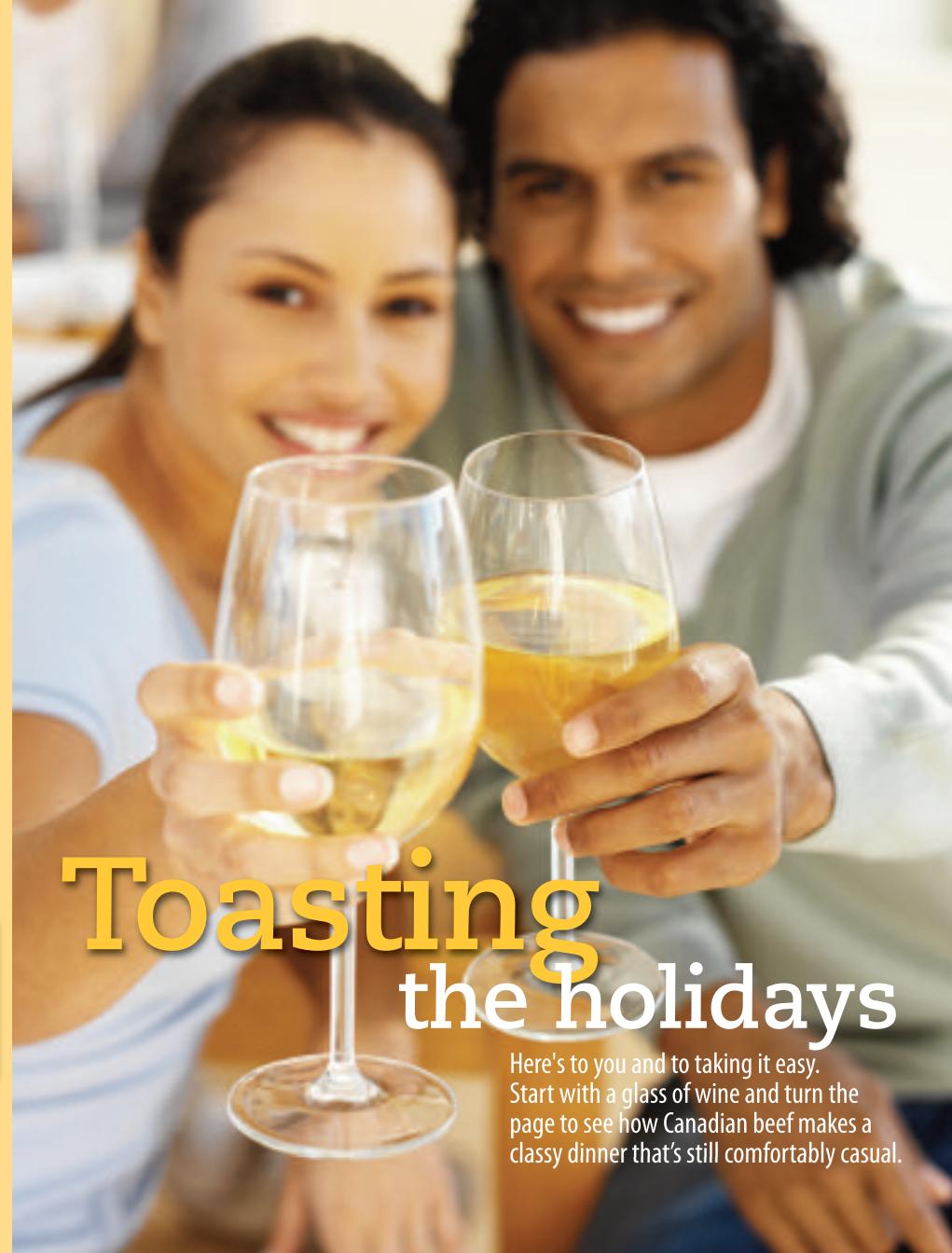
Online

We're here with a roast beef rescue. See **Cooking Lessons** at beefinfo.org to cook your roast beef right!



Gift of Knowledge

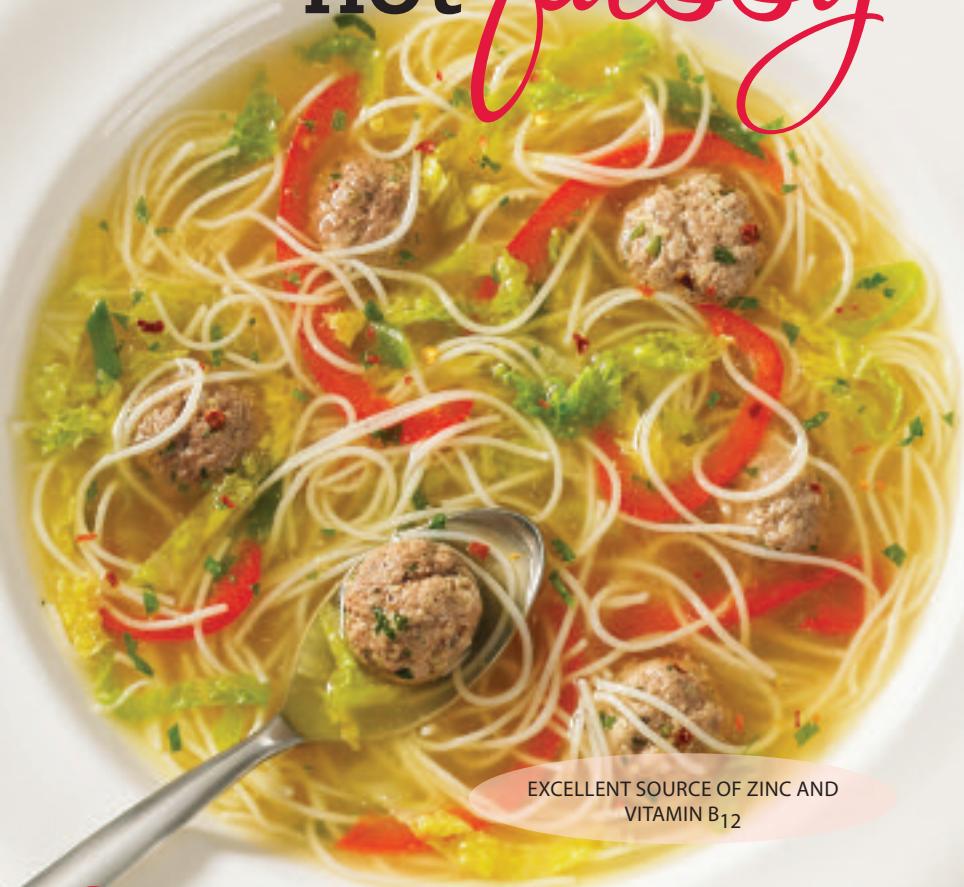
Sign up as a new member of the Make it Beef Club and you could receive our new collection of How-to beef booklets. Quantities are limited so join now. Club Members get a free monthly e-newsletter with recipes, helpful healthy eating tips, and more. Preview and join the Club at beefinfo.org.



Toasting the holidays

Here's to you and to taking it easy. Start with a glass of wine and turn the page to see how Canadian beef makes a classy dinner that's still comfortably casual.

Fabulous – not fussy



EXCELLENT SOURCE OF ZINC AND
VITAMIN B₁₂

Don't overlook ground beef for healthful easy entertaining. This sophisticated but simple soup uses a panade and poaching for the most tender sirloin meatballs. See Cook's Notes next page for how-to details.

THAI BEEF SOUP

For a faster weeknight dinner option, make *The Orient Express* version of this recipe (see next page).

Meatballs:

- | | |
|---------------------|--|
| 1 | slice white bread, crust removed |
| 2 pkg (900 mL EACH) | KNORR® Simply Chicken Broth™ |
| 1 lb (500 g) | Lean Ground Beef Sirloin* |
| 1/4 cup (50 mL) | fresh coriander leaves, minced |
| 1 tbsp (15 mL) | EACH minced gingerroot, green onion and garlic |
| 1/2 tsp (2 mL) | EACH salt and granulated sugar |

Soup:

- | | |
|---------------------|--|
| 1/2 tsp (2 mL) | dried chili flakes (optional) |
| 1-1/2 cups (375 mL) | dried rice vermicelli, broken into small lengths (approx 3-1/2 oz/100 g) |
| 4 cups (1 L) | thinly sliced Chinese lettuce or cabbage |
| 1 | sweet red pepper, seeded and thinly sliced |
| 1/4 cup (50 mL) | coarsely chopped fresh coriander |
| 3 | green onions, thinly sliced |
| | Limes and soy sauce |

1. Meatballs: Place bread in large bowl. Moisten with 1/4 cup (50 mL) of the Knorr broth. Let stand 5 minutes. Using fork, stir to form paste. Add ground sirloin, coriander, ginger, onion, garlic, salt and sugar, using wet hands to gently work together. Shape into about thirty 1-inch (2.5 cm) balls; cover and refrigerate. Make ahead: cover and refrigerate for 1 hour or up to 1 day.

2. Soup: Meanwhile, bring remaining Knorr broth and chili flakes (if using) to boil in large saucepan or Dutch oven over medium-high heat. Add vermicelli. Reduce heat to simmer; cook for 5 minutes. Stir in lettuce and red pepper.

3. Slip meatballs into broth a few at a time. Without boiling, bring back to a simmer; cook, covered, until meatballs are thoroughly cooked, about 10 minutes, or until the temperature of several meatballs reads 160°F (71°C) when tested with a digital instant read thermometer. Stir in coriander and green onions. Use tongs to transfer meatballs, pasta and vegetables into eight soup bowls; ladle broth over each. Serve each with a lime wedge and splash of soy sauce. **Makes 8 servings.**

Per serving: 201 Calories, 14 g protein, 9 g fat, 18 g carbohydrate. Excellent source of zinc (42% DV) and vitamin B₁₂ (28% DV), 31% DV sodium.

*Other options: Lean Ground Round, Chuck or Lean Ground Beef



Just Click: For more great Knorr recipes, visit knorr.ca.



Just Click: To serve the meatballs as appetizers, oven-bake them and serve with plum sauce for dipping. See **Cooking Lessons** at beefinfo.org for how-to.

Cooks Notes



PANADE

Known as panade in French or penid in Italian, this soaked bread mixture added to meatballs, meat loaf or burgers, keeps them moist and tender. Remove crusts from a slice of bread; leave whole or tear into small crumbs. Pour on 1/4 cup (50 mL) liquid: broth, stock, milk, water or even coconut milk. Let stand for 5 minutes; stir until a smooth paste forms.



POACHING

Poaching is a nice no-mess and no added fat way to cook meatballs. The only rules are to mince meatball ingredients finely and cook meatballs gently in barely simmering broth – do not boil. Use a food processor or mini chopper to mince ingredients in a flash.

EXCELLENT SOURCE OF PROTEIN,
SOURCE OF IRON



THE ORIENT EXPRESS

Do this fast-adapt of the Thai Beef Soup for a so simple dinner after work or holiday shopping.

1 lb (500 g)
1/4 cup (50 mL)
1 tbsp (15 mL)

2 pkg (900 mL EACH)
1/2 tsp (2 mL)
1 pkg (153 g)

Lean Ground Beef Sirloin*
fresh coriander leaves, minced
EACH minced gingerroot,
green onion and garlic
**KNORR® Simply Chicken
Broth™**
dried chili flakes
**KNORR® Sides Plus™
Teriyaki Noodles with Asian
Style Vegetables**, uncooked
Limes and soy sauce

- 1. Pan-fry** ground sirloin, coriander, ginger, onion and garlic in large saucepan until beef is cooked, about 8 minutes; drain.
- 2. Stir** in Knorr broth and chili flakes. Bring to boil. Stir in package of Knorr Sides Plus.
- 3. Reduce** heat; simmer for 10 minutes. Season to taste with fresh lime juice and soy sauce. Garnish with additional sliced green onion or chopped fresh coriander if desired. **Makes 8 servings.**

Per serving: 207 Calories, 16 g protein, 9 g fat, 17 g carbohydrate
Source of iron (13% DV), excellent source of zinc (29% DV), 37% DV sodium.

*Other options: Lean Ground Round, Chuck or Lean Ground Beef



Food gifts

by the Registered Dietitians
of the Beef Information Centre



Treat yourself and your friends and family to the gift of healthy eating. 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.

ROSEMARY BEEF SKEWERS WITH WINTER SALAD

Include vegetables and fruits rich in Vitamin C with your meals to boost iron absorption. The oranges, grapes, beets and pomegranate juice in this recipe are clever food combos that do just that. **BONUS:** These ingredients provide powerful antioxidants too.

- | | |
|----------------------|--|
| 1/3 cup (75 mL) | pomegranate juice |
| 1/3 cup (75 mL) | canola oil |
| 3 tbsp (45 mL) | EACH maple syrup and red wine vinegar |
| 1/2 tsp (2 mL) | EACH Dijon mustard and grated orange zest |
| 3/4 tsp (4 mL) | minced fresh rosemary leaves |
| 1 lb (500 g) | Beef Top Sirloin Grilling Steak, |
| | 1-inch (2.5 cm) thick, cut into thin strips |
| 4 | oranges, peel cut off |
| 1 cup (250 mL) | halved red seedless grapes |
| 1 can (14 oz/398 mL) | beets, drained, rinsed and quartered |
| 8 cups (2 L) | mixed salad greens, such as baby spinach, |
| | radicchio, Belgium endive and frisée lettuce |
| 1/2 cup (125 mL) | chopped toasted salted or tamarini almonds |
| | Salt and pepper (optional) |

†The Heart and Stroke Foundation's registered dietitians have reviewed lean beef cuts to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org.



BRIGHT IDEA

Think **Tiny Treasures**. Size down our recipe to make as many as 16 tapas-sized courses. Tapas-style dining is a great approach for holiday eating since it offers many smaller courses brimming with good nutrition instead of bowls of salty snacks and a heavy main course.

EXCELLENT SOURCE OF VITAMIN C,
SOURCE OF FIBRE

Nutrition Notes

Beef is one of nature's best gifts for iron. A 100 gram serving of lean beef provides almost four times as much iron as 1 cup (250 mL) raw spinach.* Lesson learned: don't drop the beef!

*Based on Canadian Nutrient File (2007b) 100 grams cooked lean beef (composite) contains 3.3 mg iron. One cup (250 mL) raw spinach contains 0.86 mg iron.

1. Whisk pomegranate juice, oil, maple syrup, vinegar, mustard and orange zest in large bowl. Remove 1/4 cup (50 mL) of dressing to shallow container; stir in rosemary and add beef strips, tossing to coat. Let stand at room temperature for 15 minutes or refrigerate for up to 4 hours.

2. Meanwhile, working over large bowl with dressing, cut oranges into segments, letting any juice release into dressing. Add segments, grapes and beets to dressing; tossing to coat.

3. Thread beef strips onto 16 skewers. Broil or grill until just pink in the centre, about 4 minutes per side. Gently toss greens with dressing mixture and almonds. Season with salt and pepper, if desired.

Makes 8 main-course servings.

Per serving: 279 Calories, 15 g protein, 15 g fat (2 g saturated fat, 0.2 g trans fat, 26 mg cholesterol), 24 g carbohydrate (3 g fibre), 207 mg sodium
Good source of iron (22% DV) and excellent source of zinc (37% DV) and vitamin C (78% DV), 9% DV sodium.

EXCELLENT SOURCE OF IRON,
SOURCE OF CALCIUM



SLOW COOKER SPANISH POT ROAST

While most pot roasts are on the comfy homey side, this one is slightly exotic, which is perfect for holiday dinners. It features all the added convenience of a slow-cooker dinner with a touch of prosciutto and a splash of sherry. In keeping with the Spanish tradition, ground almonds are added to give body to the gravy. Recipe adapted from Canadian Living magazine's new cookbook: Slow Cooker Collection (Random House, 2009).

3 lb (1.5 kg)	boneless Beef Cross Rib Pot Roast
1/4 tsp (1 mL)	EACH salt and pepper
2 tbsp (30 mL)	vegetable oil (approx)
1	onion, thinly sliced
2	cloves garlic, minced
4 oz (125 g)	prosciutto, diced
1/2 tsp (2 mL)	dried marjoram
1 cup (250 mL)	beef broth
1/2 cup (125 mL)	sherry (or more beef broth)
1 can (28 oz/796 mL)	tomatoes, drained
1 cup (250 mL)	sliced roasted red peppers
2 tbsp (30 mL)	all-purpose flour
1/4 cup (50 mL)	ground almonds
2 tbsp (30 mL)	tomato paste
1	sweet green pepper, thinly sliced

1. Season beef with salt and pepper. In Dutch oven, heat half of the oil over medium-high heat; brown beef all over, adding more of the remaining oil, if necessary. Transfer to slow cooker.

2. Drain fat from Dutch oven; add remaining oil. Fry onion, garlic, prosciutto and marjoram over medium heat until onion is softened, about 5 minutes. Add broth and sherry; bring to boil, scraping up brown bits from pan. Add to slow cooker along with tomatoes and red peppers. Stir to combine.

3. Cover and cook on low until beef is tender, 6 to 8 hours. Transfer beef to cutting board; cover and keep warm before slicing across the grain.

4. Meanwhile, skim fat from liquid in slow cooker. In small bowl, whisk flour with 1/4 cup (50 mL) water; whisk into liquid along with almonds and tomato paste. Stir in green pepper. Cover and cook on high until thickened, about 15 minutes. Serve with beef.

Makes 8 servings.

Per serving: about 397 Calories, 36 g protein, 23 g total fat (7 g saturated fat), 12 g carbohydrate, 2 g fibre, 110 mg cholesterol, 565 mg sodium. % DV: 6% calcium, 38% iron, 9% vitamin A, 90% vitamin C, 12% folate.

BRIGHT IDEA

More good gifts – we've got just what you need to slow cook Canadian beef the best.

See next page for Slow Cooker Essentials!

Take it slow

When you're really tight on time, the slow cooker is the solution for holiday entertaining. Assemble dinner and set it to simmer in the morning – complete all your other tasks while it cooks without you.

Slow cooker essentials

The two-kitchen team of *Canadian Living* magazine and the Beef Information Centre pair up to bring you all the tips and tricks to slow cook Canadian beef the best.



OUR TOP PICKS

Blade, Cross Rib, Brisket, Short Ribs and Stewing Beef Cubes.

Look for cuts that have the words Pot Roast, Simmering or Stew on the package name. Trim beef of excess fat before browning.

BROWN IS BEAUTIFUL

Worth the extra effort, browning beef in a bit of oil before slow cooking brings out the best beefy flavour. And dredging meat in flour before cooking will add body to the sauce. Ground beef should always be browned and drained before slow cooking to prevent clumping. Note: Some slow cooker inserts are suitable for browning so you can brown beef in the insert that you use to slow cook. Only one pan to clean up!

GO SLOW

High heat (even in a slow cooker) can make beef stringy and overcooked. It's best to go with the low setting.



Just Click: For this slow cooker Roast Beef with Fennel recipe and more, visit beefinfo.org.

THE WARM UP

A slow cooker with a “warm cycle” setting is great for holding meatballs on the sideboard buffet.

TRANSPORTERS

For easy transit to the potluck, look for a slow cooker that comes with a thermal cover (the slow cooker sleeping bag) and/or a lid fastener to safe-guard against spills.

TRANSFORMERS

Can't decide which size is best? Choose a slow cooker with various-size inserts – the small one is perfect to make a simmering steak dinner for two, while the larger one suits chili for a crew.



SHAPE ADVANTAGE

Oval and rectangular slow cooker inserts allow more flexibility than round ones. They are especially good for cooking larger pot roasts.



HOT OFF THE PRESS

For lots more slow cooker essentials PLUS recipes, pick up the new Canadian Living cookbook: *The Slow Cooker Collection*. Another good gift! See canadianliving.com.



Love them tender

Spoil your guests with this quick-to-make bistro classic. Beef Tenderloin is the ultimate in tenderness – its “tender” loin for good reason! If you prefer a steak that has more bite with great beef flavour, you can use four thick-cut Top Sirloin Grilling Medallions instead of tenderloin.



SOURCE OF VITAMIN D AND
B-COMPLEX VITAMINS

BEEF TENDERLOINS WITH PEPPERCORN SAUCE AND CRISPY SHALLOTS

Make our crispy shallots for the ultimate beef bling! Use them as garnish for our Thai Beef Soup (page 4) or our Rosemary Beef Skewers with Winter Salad (page 7). They're a great way to dress up burgers and grilled steaks too. To save prep time, make them ahead and refrigerate in airtight container for up to one week.

1/2 cup (125 mL)	vegetable oil
8	shallots, peeled, halved lengthwise and thinly sliced (about 1-1/4 cups/300 mL sliced)
1 tbsp (15 mL)	butter
4	Beef Tenderloin Grilling Steaks , 1-inch (2.5 cm) thick (about 2 lb/1 kg)
1/2 cup (125 mL)	brandy or red wine
1-1/2 cups (375 mL)	Knorr® Simply Beef Broth™
2 tsp (10 mL)	Dijon mustard
1 tsp (5 mL)	multicoloured peppercorns, crushed
1/3 cup (75 mL)	whipping cream
	Salt

BRIGHT IDEA

Crush peppercorns with a mortar and pestle or pop them into a plastic bag and crush using a rolling pin or bottom of a heavy saucepan.

1. Heat oil in heavy skillet over medium-high heat. Add half of the shallots and cook, stirring constantly, until just golden, about 6 to 7 minutes. Remove using slotted spoon to paper-towel lined plate. Repeat with remaining shallots. Discard all but 2 tbsp (30 mL) of the pan oil.

Make ahead: store refrigerated for up to one week in air tight container.

2. Add butter to pan and melt. Season beef some of the peppercorns; add to pan and cook over medium-high heat until golden-brown, 6 to 7 minutes per side for medium. Remove from pan; cover and keep warm.

3. Add brandy; cook until almost evaporated, about 4 minutes. Stir in Knorr broth, Dijon and remaining peppercorns; bring to boil, scraping up any browned bits from pan. Add cream and stir frequently, cooking until thickened and reduced to about 1 cup (250 mL), about 10 minutes. Season with salt to taste. Remove from heat and pool some of the sauce onto each of four dinner plates. Top each with beef tenderloin, followed by a mound of crispy shallots. **Makes 4 steaks, 8 servings.**

Per serving: 340 calories, 25 g protein, 23 g fat, 2 g carbohydrates
Good source of iron (22% DV) and excellent source of zinc (50% DV), source of vitamin D (14% DV) and B-complex vitamins: thiamine (6% DV), riboflavin (20% DV), niacin (35% DV), vitamin B₆ (11% DV) and vitamin B₁₂ (95% DV), 10% DV sodium.



Just Click: Craving more from Knorr? Visit knorr.ca.