

Photo and Recipe Courtesy of The Beef Checkoff

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Cooking Tips: Remains . Trim visible fat from meat on Package and poultry before grilling to help prevent flare-ups. · Grill over medium heat. For gas grills, set temperature controls to medium. For charcoal grills, check the coals - they will no longer be flaming and will be covered with gray ash. If food is grilled over too high heat, the exterior can become overcooked or charred before the interior reaches the desired doneness. Charring meat, poultry or fish is not recommended. . Use an instant-read thermometer inserted horizontally into the side of burgers and steaks to check doneness. Thermometer should penetrate the thickest part or center of the burger or steak. For steaks, thermometer should not touch bone, fat or the grill. The thermometer will register 145°F for medium

· Use a long-handled spatula to turn burgers and tongs to turn steaks. Do not press,

flatten or pierce the meat - flavorful juices will be lost.

Makes 4 servings. 1-1/2 to 2 minutes, stiring once. Carefully peel com; brush with chili butter. Serve with steaks and remaining chili butter. and brushing with glaze duning last 5 minutes. 3. After 5 or 10 minutes, place beel steaks on grid with room. Grill Thone or Porteinbuse steaks, uncovered, 14 to 16 minutes (top loin steaks 15 to 18 minutes) for medium rare to medium doneness; furning occasionally. 2. Drain com.. Place on grid over medium, on preheated grill. Grill, uncovered, 20 to 30 minutes, Soak in cold water 30 minutes. Combine glaze ingredients; remove and reserve 1/4 cup. 1. Peel com, leaving husks attached at base; remove silk. Rewrap com in husks; tie closed. 1/2 teaspoon ground cumin 2 cloves garlic, minced 1-1/2 teaspoons chili powder 1/2 cup Heinz 57 sauce Chili Glaze: 4 ears sweet com, in husks 3 tablespoons butter 7 inch thick (about 4 pounds) or boneless beef top loin steaks, cut 1 inch thick (about 2-1/2 pounds) 4 beet T-bone or Porterhouse steaks, cut

FORM# QC007 ISSUE A4

STEAKS & CORN

CRILLED BEEF

SANTA FE

PINEAPPLE-SOY **GLAZED BEEF STEAKS**

Ingredients: 2 beef ribeye steaks, cut 1 inch thick (about 1-1/2 pounds)

1/4 cup pineapple juice 1/4 cup soy sauce 2 tablespoons packed brown sugar

1. Combine glaze ingredients in 1-cup glass measure, mixing well. Microwave on HIGH

2-1/2 to 3 minutes or until thickened, stirring once.
2. Place beef steaks on grid over medium, on preheated grill. Grill, uncovered, 11 to 14 minutes for medium rare to medium doneness, turning occasionally and brushing both sides with some of the glaze during last 5 minutes.

3. Carve steaks; drizzle with remaining glaze

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Quick Tip: To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 14 to medium rare to medium doneness, turning once and brushing with glaze during last 5 minut

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Makes 2 to 4 servings.

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rare; 160°F for medium doneness.

Makes 4 servings.

occasionally. Season with salt and pepper. grill. Girill, uncovered, 16 to 20 minutes for medium rare to medium doneness, turning 2. Remove steaks; discard marinade. Place steaks on grid over medium, on preheated

marinate in refrigerator 1 to 2 hours, turning occasionally. marinade in food-safe plastic bag; turn to coat. Close bag securely and 1. Combine marinade ingredients in small bowl. Place beet steaks and

1/4 teaspoon ground cumin 1 large clove garlic, minced 1 small jalape-o pepper, minced 1 tablespoon chopped fresh cilantro a radiespoons water 3 tablespoons fresh lime juice to 1 inch thick (about 1-3/4 pounds)

Marinade:

4 boneless beef chuck eye steaks, cut 3/4

BEEF CHUCK STEAKS CIME-CILANTRO CBILLED

BEEF TENDERLOIN STEAKS WITH **BLUE CHEESE TOPPING**

Ingredients: 4 beef tenderloin steaks, cut 1 inch thick (about 1 pound)

1 large clove garlic, halved
1/2 teaspoons alt
2 teaspoons chopped fresh parsley

2 tablespoons cream cheese 4 teaspoons crumbled blue cheese 4 teaspoons plain yogurt 2 teaspoons minced onion Dash ground white pepper

1. Combine topping ingredients in small bowl. Rub beef steaks with garlic. 2. Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare to medium doneness, turning once. One to two minutes before steaks are done, top evenly with topping. 3. Season with salt; sprinkle with parsley.

Quick Tip: To grill, place steaks on grid over medium, on preheated grill. Grill, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning occasionally. One minute before steaks are done, top evenly with topping.

Makes 4 servings

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