



Ten Really Simple, Really Bold Ways to Boost Flavor



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Rubs Spice it Up!

Rubs are seasoning blends applied to the surface of uncooked steaks to add flavor (they do not tenderize). Paste-type rubs often contain oil, minced garlic or mustard. A rub can be applied just before grilling or up to two hours in advance and refrigerated until grilling time. Apply rubs evenly to both sides of steak. Grill beef to desired doneness.

Spicy Three-Pepper Rub

- 2 teaspoons salt
- 2 teaspoons dried oregano leaves
- 2 teaspoons sweet paprika
- 2 teaspoons dried thyme leaves
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- ½ teaspoon ground red pepper

1. Combine all ingredients. Store in airtight container. Shake before using. Makes about ¼ cup.

Ancho Chili Rub

- 1 tablespoon ground ancho chili powder
- 3 cloves garlic, minced
- 1½ teaspoons dried oregano leaves, crushed
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon freshly grated orange peel
- ½ teaspoon ground cinnamon

1. Combine all ingredients in small bowl. Makes scant ¼ cup.

Espresso Rub

- 2 tablespoons finely ground espresso coffee beans
- 1 tablespoon garlic pepper
- 2 teaspoons brown sugar
- 1 teaspoon ancho chili powder

1. Combine all ingredients in small bowl. Makes about ¼ cup.

Cook's Tip: Finely ground regular coffee may be substituted for espresso. Ancho chili powder is available in the spice or ethnic section of the supermarket or in specialty food markets. Regular chili powder may be substituted.

Lemon Thyme Rub

- 3 tablespoons chopped fresh thyme
- 2 tablespoons minced garlic
- 1 tablespoon freshly grated lemon peel
- 1 tablespoon olive oil
- 2 teaspoons coarse grind black pepper
- 1 teaspoon salt

1. Combine all ingredients in small bowl. Makes about ⅓ cup.

Peppery Dijon Parsley Rub

- ¼ cup chopped fresh parsley
- 2 tablespoons Dijon-style mustard
- 1 tablespoon cracked mixed peppercorns (black, white, green and pink) or cracked black pepper
- 2 large cloves garlic, minced
- 1 teaspoon salt

1. Combine all ingredients in small bowl. Makes about ¼ cup.

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Beef Grilling Guidelines

For charcoal grilling, when coals are medium and ash-covered (approximately 30 minutes), spread in single layer and check cooking temperature. Position cooking grid. To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.

For gas grilling, gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

Trim visible fat from meat before grilling to help prevent flare-ups. 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.

Beef Cut	Weight/ Thickness	Charcoal Grilling (uncovered unless noted) Approx. Total Cooking Time Medium Rare (145°F) to Medium (160°F)	Gas Grilling (covered) Approx. Total Cooking Time Medium Rare (145°F) to Medium (160°F)
CHUCK			
Shoulder Top Blade steak (Flat Iron)	8 oz. each	10 to 14 minutes (grill covered)	12 to 16 minutes
Shoulder Center steak (Ranch)	¾ inch 1 inch	9 to 11 minutes (grill covered) 11 to 14 minutes (grill covered)	8 to 11 minutes 12 to 16 minutes
Shoulder Petite Tender	8 to 12 oz. each	14 to 18 minutes (grill covered)	14 to 19 minutes
RIB			
Rib steak, small end	¾ inch 1 inch	6 to 8 minutes 9 to 12 minutes	7 to 10 minutes 10 to 15 minutes
Ribeye steak	¾ inch 1 inch	6 to 8 minutes 11 to 14 minutes	7 to 9 minutes 9 to 14 minutes
LOIN			
Porterhouse/T-Bone steak	¾ inch 1 inch	10 to 12 minutes 14 to 16 minutes	9 to 13 minutes 15 to 19 minutes
Top Loin (Strip) steak, boneless	¾ inch 1 inch	10 to 12 minutes 15 to 18 minutes	7 to 10 minutes 11 to 15 minutes
Tenderloin steak	1 inch 1½ inches	13 to 15 minutes 14 to 16 minutes (grill covered)	11 to 15 minutes 16 to 20 minutes
SIRLOIN			
Tri-Tip steak	¾ inch 1 inch	9 to 13 minutes 13 to 17 minutes	NA* NA*
Top Sirloin steak	¾ inch 1 inch 1½ inches	13 to 16 minutes 17 to 21 minutes 22 to 26 minutes (grill covered)	8 to 13 minutes 13 to 16 minutes 24 to 30 minutes

Note: Chart guidelines were developed using Weber Genesis gas grills.

All cook times are based on beef removed directly from the refrigerator.
*Information not available.

Ten Really Simple, Really Bold Ways to Boost Flavor...

Magical Marinades

Marinades are seasoned liquid mixtures that serve two purposes: to add flavor and in some cases to help tenderize.

- Always marinate in the refrigerator, not at room temperature.
- If a marinade is to be used as a baste or sauce, reserve a portion of it before adding the beef. Marinade that has been in contact with raw meat must be brought to a full rolling boil before using it as a sauce. Never save or reuse a marinade.
- Allow about $\frac{1}{3}$ to $\frac{1}{2}$ cup marinade per pound of beef.

Marinating for flavor:

- Flavor marinades are ideal for tender beef cuts.
- Marinating time (in the refrigerator) is as little as 15 minutes to two hours.

Marinating for tenderness:

- Use with less tender beef cuts from the chuck and round.
- Acidic liquids in marinades help tenderize meat fibers. These liquids include wine, vinegar, citrus or other fruit juices and soured milk products (yogurt and buttermilk).
- Marinating time is longer -- six to eight hours, or overnight, in the refrigerator.

Chili-Cilantro Marinade

$\frac{2}{3}$ cup prepared Italian dressing
2 tablespoons coarsely chopped fresh cilantro
1 tablespoon chili powder

1. Combine marinade ingredients in small bowl; mix well. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes about $\frac{2}{3}$ cup.

Lime Ginger Marinade

$\frac{1}{4}$ cup fresh lime juice
2 tablespoons minced green onion
2 tablespoons water
1 tablespoon vegetable oil
2 teaspoons minced fresh ginger
2 cloves garlic, minced
 $\frac{1}{4}$ teaspoon salt

1. Combine ingredients in medium bowl. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes about $\frac{1}{2}$ cup.

Chipotle Marinade

$\frac{1}{3}$ cup fresh lime juice
 $\frac{1}{4}$ cup chopped fresh cilantro
1 tablespoon packed brown sugar
2 teaspoons minced chipotle chilies in adobo sauce
2 tablespoons adobo sauce (from chilies)
2 cloves garlic, minced
1 teaspoon freshly grated lime peel

1. Combine marinade ingredients in small bowl; mix well. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes about $\frac{2}{3}$ cup.

Cowboy BBQ Marinade & Sauce

1 cup finely chopped onion
1 cup ketchup
 $\frac{1}{3}$ cup packed brown sugar
 $\frac{1}{3}$ cup red wine vinegar
1 tablespoon Worcestershire sauce
 $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon crushed red pepper

1. Combine all ingredients in small saucepan, stirring until sugar is dissolved. Remove 1 cup to use as marinade. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness.

2. Bring remaining marinade to a boil. Reduce heat; simmer 10 to 15 minutes or until desired sauce consistency is reached, stirring occasionally. Makes about $2\frac{1}{2}$ cups.

Garlic-Thyme Steak Marinade

$\frac{1}{4}$ cup vegetable or olive oil
3 tablespoons red wine vinegar
3 tablespoons chopped fresh thyme or 1 tablespoon dried thyme leaves
2 tablespoons sweet or smoked paprika
3 cloves garlic, minced
 $\frac{1}{4}$ teaspoon ground red pepper

1. Combine marinade ingredients in medium bowl. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes $\frac{1}{2}$ cup marinade.

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Tangy Lime Marinade

¼ cup fresh lime juice
2 tablespoons oil
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce
3 large cloves garlic, crushed

1. Combine lime juice, oil, sugar, Worcestershire sauce and garlic; mix well. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes enough for 1 to 1½ pounds meat. Makes about ½ cup.

Orange Cumin Marinade

½ cup lime juice
½ cup orange juice
1 teaspoon ground cumin
1 teaspoon minced garlic
½ teaspoon salt
½ teaspoon chili powder

1. Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes about 1 cup.

Red Wine Marinade

1 cup dry red wine
3 tablespoons red wine vinegar
2 tablespoons coarse grain mustard
2 tablespoons vegetable oil
2 cloves garlic, minced
1½ teaspoons sugar
1 teaspoon cracked black pepper

1. Combine red wine, vinegar, mustard, oil, garlic, sugar and pepper in a 2-cup microwave-safe glass measure. Cover with plastic wrap, venting one corner. Microwave at HIGH 3 to 4 minutes, stirring occasionally. Cool thoroughly before using.

2. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes about 1¼ cups.

Sesame-Soy Marinade

¼ cup soy sauce
¼ cup finely chopped green onions
2 tablespoons water
2 tablespoons packed brown sugar
1 ½ tablespoons dark sesame oil
1 teaspoon minced garlic
1 teaspoon minced fresh ginger
¼ teaspoon pepper

1. Combine all ingredients in small bowl; stir until sugar is dissolved. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Remove steak from marinade; discard marinade. Grill beef to desired doneness. Makes about ½ cup.

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CHUCK			
Shoulder steak, boneless (marinate)	¾ inch 1 inch	14 to 17 minutes 16 to 20 minutes	9 to 12 minutes 15 to 19 minutes
ROUND Recommend cooking round cuts to medium rare (145°F) doneness only			
Top Round steak (marinate)	¾ inch 1 inch	8 to 9 minutes 16 to 18 minutes	10 to 11 minutes 16 to 19 minutes
Eye Round steak (marinate)	¾ inch 1 inch	15 to 19 minutes 19 to 23 minutes	10 to 12 minutes 17 to 19 minutes
PLATE & FLANK			
Skirt steak (marinate) (4 to 6-inch portions)	1 to 1½ lbs.	10 to 13 minutes	8 to 12 minutes
Flank steak (marinate)	1½ to 2 lbs.	17 to 21 minutes	16 to 21 minutes

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Drizzles, Pestos, Salsas, Chutneys and Sauces for Beef

Balsamic Syrup/Drizzle

- 1 cup balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ tablespoons olive oil

1. Bring vinegar to a boil in medium saucepan; reduce heat and simmer 20 minutes or until reduced to about ½ cup (consistency will be syrupy). Remove from heat; cool. Season with salt and pepper. Whisk in oil. Makes about ½ cup.

Spicy Pico De Gallo

- 1 cup chopped red onion
- 1 cup chopped seeded tomatoes
- ½ cup coarsely chopped fresh cilantro
- 1 ½ teaspoons minced pickled jalapeño pepper slices
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt

1. Combine ingredients in medium bowl; mix well. Makes about 2 cups.

Spiced Pear Chutney

- 2 large ripe pears, cored, cut into ½ -inch pieces
- 1 small onion, chopped
- ⅓ cup cider vinegar
- ⅓ cup sugar
- 1 jalapeño pepper, seeded, finely chopped
- 2 tablespoons raisins or currants
- 1 tablespoon fresh lime juice
- ¼ teaspoon ground allspice
- ¼ teaspoon dried thyme leaves

1. In saucepan, combine all ingredients. Bring to a boil; reduce heat to low. Simmer, uncovered, 30 minutes, stirring occasionally. Increase heat to medium-high; cook 5 minutes or until thickened. Serve warm or at room temperature with grilled steaks. Makes 1¼ cups.

Spicy Mango Salsa

- 1½ cups finely diced fresh mango
- 2 tablespoons minced green onion
- 1 tablespoon fresh lime juice
- 1 tablespoon minced fresh cilantro
- 1 red serrano or red jalapeño pepper, seeded, finely chopped

1. Combine ingredients in medium bowl. Cover and refrigerate until ready to serve. Makes about 1½ cups.

Grilled Tomato Pesto

- 3 large plum tomatoes, cut lengthwise in half
- 2 cups lightly packed fresh basil
- ¼ cup grated Parmesan cheese
- 3 cloves garlic
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Place tomatoes on grid over medium, ash-covered coals. Grill tomatoes, uncovered, 6 to 8 minutes, turning once.

2. Place tomatoes, basil, cheese, garlic, oil, salt and ground pepper in food processor or blender container. Cover; process until smooth. Makes about 1½ cups.

Cook's Tip: Fresh tomato paste is the perfect summer compliment to steak!

Grilled Vegetable Salsa

- 1 red bell pepper, cut lengthwise in half, seeded, stemmed
- 1 yellow bell pepper, cut lengthwise in half, seeded, stemmed
- 1 small onion, cut into ½ -inch thick slices
- 1 can (15 ounces) black beans, rinsed, drained
- ¼ cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Place bell peppers and onion on grid over medium, ash-covered coals. Grill bell peppers and onion, about 10 to 12 minutes or until tender, turning occasionally.

2. Chop bell peppers and onion; place in medium bowl. Add beans, cilantro, lime juice, oil, garlic, salt and pepper; toss gently. Set aside. Makes about 2½ cups.

Peperonata

- 2 tablespoons olive oil
- 2 red bell peppers, cut lengthwise into thin strips
- 2 yellow bell peppers, cut lengthwise into thin strips
- 1 large red onion, thinly sliced
- 2 large cloves garlic, crushed

1. In large skillet, heat oil over medium-high heat until hot. Add bell peppers, onion and garlic; cook and stir 5 minutes or until tender. Reduce heat to medium-low; cover tightly and continue cooking 40 to 45 minutes or until vegetables are very soft and mixture is almost creamy, stirring occasionally. (If mixture becomes too dry, add 1 to 2 tablespoons water.) Serve warm or at room temperature with grilled steaks. Makes about 2 cups.

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Grilled Corn Salsa

2 medium ears fresh sweet corn, in husks
½ cup seeded and chopped tomatoes
1 medium jalapeño pepper, finely chopped
1 tablespoon chopped fresh cilantro
1 tablespoon fresh lime juice
¼ teaspoon salt

1. Pull back husks from corn, leaving husks attached. Remove and discard corn silk. Bring husks back up around corn; tie in place with kitchen string or strips of corn husk. Soak corn in cold water 30 minutes or up to several hours.
2. Remove corn from water. Place on grid over medium, ash-covered coals; grill, uncovered, 20 to 30 minutes (over medium heat on preheated gas grill, covered, 15 to 25 minutes) or until tender, turning occasionally.
3. Remove and discard husks when cool enough to handle. Cut corn kernels from cobs; place in medium bowl. Add tomatoes and jalapeño. Stir in cilantro, lime juice and salt. Makes about 1 cup.

Crisp & Spicy Cabbage Relish

1½ cups packaged coleslaw mix
¼ cup chopped red onion
¼ cup chopped green or red bell pepper

Dressing:

1½ teaspoons dark sesame oil
½ to 1 jalapeño pepper, seeded, finely chopped
1 clove garlic, crushed
⅛ to ¼ teaspoon pepper
2 tablespoons sugar
2 tablespoons white vinegar

1. In medium bowl, combine coleslaw mix, onion, and bell pepper.
2. In small saucepan, heat oil over medium-low heat until hot. Add jalapeño pepper, garlic, and pepper; cook and stir 1 minute. Add sugar and vinegar; cook and stir 30 seconds or until sugar is dissolved.
3. Pour hot dressing over cabbage mixture; toss to coat. Cover and refrigerate 1 hour or overnight, if desired. Makes 1½ cups.

Cook's Tip: Thinly sliced green cabbage may be substituted for package coleslaw mix.

Roasted Red Pepper Coulis

1 tablespoon olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
2 jars (7 ounces each) roasted red peppers, rinsed, drained, finely chopped
½ cup dry white wine
2 tablespoons tomato paste
¾ teaspoon dried thyme leaves, crushed or 2 teaspoons minced fresh thyme
1 cup ready-to-serve beef broth
2 teaspoons cornstarch

1. Heat oil in large nonstick skillet over medium heat until hot. Add onion and 2 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.
2. Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. Stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or until slightly thickened, stirring occasionally. Serve warm. Makes about 1½ cups.

Fig and Onion Confit

1 teaspoon olive oil
1½ cups chopped onions
¾ teaspoon dried thyme leaves, crushed
¼ teaspoon dried oregano leaves, crushed
¾ cup dry red wine
½ cup chopped sweetened dried cranberries
½ cup finely chopped dried figs
2 tablespoons balsamic vinegar
1 tablespoon packed brown sugar
½ teaspoon salt

1. Heat oil in medium saucepan over medium heat until hot. Add onions, thyme and oregano; cook 4 to 5 minutes or until onion is tender, stirring occasionally. Stir in wine, cranberries, figs, vinegar, brown sugar and salt; bring to a boil. Reduce heat; cover and simmer 15 minutes. Uncover saucepan; continue simmering 5 to 7 minutes or until liquid is slightly thickened. Place fig mixture in food processor or blender container. Cover; pulse on and off until coarsely chopped. Keep warm. Makes about 1½ cups.

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Creamy Cucumber-Yogurt Sauce

- ½ cup plain nonfat yogurt
- ½ cup finely chopped seeded cucumber
- 1 teaspoon minced garlic
- 1 teaspoon finely chopped fresh mint
- 1 teaspoon finely chopped fresh parsley
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. Combine cucumber-yogurt sauce ingredients in small bowl; refrigerate until ready to use. Makes about 1 cup.

Cook's Tip: This refreshing cucumber-yogurt sauce found inspiration in tzatziki sauce used on traditional Greek gyros. Serve with burgers in whole wheat pita bread halves with sliced cucumbers and tomatoes, shredded lettuce and chopped red onion, if desired.

Creamy Poblano Chili Sauce

- 1 large poblano chili (6 ounces)
- 1 teaspoon vegetable oil
- ½ cup chopped onion
- ½ teaspoon minced garlic
- ¼ cup plain nonfat yogurt
- ¼ cup reduced fat dairy sour cream
- ¼ teaspoon salt
- 1 tablespoon finely chopped fresh cilantro

1. To prepare Poblano Chili Sauce, place chili in center of grid over medium, ash-covered coals. Grill, uncovered, 10 to 11 minutes or until skin is charred and blistered on all sides, turning frequently. Place in food-safe plastic bag. Close bag; steam 10 to 12 minutes or until cool enough to handle. Remove and discard skin, stem and seeds. Chop chili. Set aside.

3. Heat oil in small nonstick skillet over medium-high heat. Add onion and garlic; cook and stir 3 to 4 minutes or until tender.

4. Place onion mixture, chili, yogurt, sour cream and salt in food processor or blender container. Cover; process until smooth. Pour into serving bowl; stir in cilantro. Makes about ⅔ cup.

Curried Orange Sauce

- 1 tablespoon butter or margarine
- 1 teaspoon curry powder
- 1 teaspoon grated fresh ginger
- 1 teaspoon sugar
- 1 clove garlic, crushed
- ⅛ teaspoon salt
- Dash ground red pepper
- 1 cup fresh orange juice
- 1 teaspoon cornstarch, dissolved in 2 teaspoons fresh lemon juice

1. In saucepan, heat butter over low heat until melted. Add curry powder, ginger, sugar, garlic, salt and red pepper; cook and stir 2 to 3 minutes. Increase heat to medium-high. Stir in orange juice; cook until sauce is reduced to ⅔ cup. Add cornstarch mixture; cook and stir 1 minute or until thickened and bubbly. Serve warm with steaks. Makes about ⅔ cup.



Grilled Steak with Spicy Mango Salsa