

June 2017 TV Recipes—Steaks on the GRILL

FLAT IRON STEAKS WITH GRILLED CORN AND CUMIN-LIME BUTTER

Total Recipe Time: 55 to 60 minutes

Marinade Time: 30 minutes

Makes 4 servings

- 4 beef Flat Iron Steaks (about 8 ounces each)
- 6 ears fresh sweet corn, in husks
- 2 tablespoons butter, softened
- 1 teaspoon fresh lime juice
- 1 medium poblano pepper
- 1 small red finger chili (cayenne) pepper or serrano pepper
- Lime wedges
- Salt and ground black pepper

Rub:

- 2 tablespoons ground cumin
- 3 large cloves garlic, minced
- 2 teaspoons brown sugar
- ½ teaspoon freshly grated lime peel
- ¼ teaspoon ground red pepper

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. Combine rub ingredients. For Cumin-Lime Butter, combine 2 teaspoons rub mixture, butter and lime juice in small bowl; set aside. Press remaining rub evenly onto beef steaks. Cover and refrigerate steaks 30 minutes.
3. Remove corn from water. Place on grid over medium, ash-covered coals; grill, covered, 20 to 30 minutes or until tender, turning occasionally. About 15 minutes before corn is done, move ears to outer edge of grid. Place poblano and finger chili pepper in center of grid; grill poblano pepper 10 to 15 minutes and chili pepper 5 minutes or until skins are completely blackened, turning occasionally. Place peppers in food-safe plastic bag; close bag. Set aside.
4. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
5. Remove and discard husks from corn. Carve steaks into slices. Squeeze lime wedges over beef, as desired. Spread Cumin-Lime Butter over corn and steaks, if desired. Season beef and corn with salt and black pepper, as desired.

Cook's Tip: To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Place vegetables and steaks on grid as directed above. Grill corn and poblano pepper, covered, 15 to 25 minutes, or until corn is tender and skin of poblano pepper is completely blackened, turning occasionally. Grill finger chili pepper 5 to 10 minutes or until skin is completely blackened, turning occasionally. Grill steaks, covered, 12 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

***Nutrition information per serving:** 333 calories; 18 g fat (8 g saturated fat; 6 g monounsaturated fat); 86 mg cholesterol; 84 mg sodium; 2 g carbohydrate; 3.2 g fiber; 25 g protein; 4.8 mg niacin; 0.4 mg vitamin B₆; 5 mcg vitamin B₁₂; 3.6 mg iron; 33 mcg selenium; 8.1 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.*

RIBEYE STEAKS WITH BLUE CHEESE BUTTER AND MUSHROOMS

Total Recipe Time: 35 to 40 minutes

Makes 4 servings

- 4 beef Ribeye Steaks Boneless, cut 1-inch thick (about 12 ounces each)
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh thyme
- 1/2 teaspoon pepper
- 8 medium Portobello mushrooms, stems removed (about 1-3/4 pounds)
- 1/4 cup olive oil
- Salt



- Chopped fresh parsley (optional)

Blue Cheese Butter:

- 1/2 cup crumbled blue cheese
- 1/4 cup butter, softened
- 3 tablespoons chopped rehydrated sun-dried tomatoes, not packed in oil
- 1 tablespoon chopped fresh parsley

1. Combine garlic, thyme and pepper; press evenly onto beef steaks. Set aside.
2. Brush mushrooms with oil. Place steaks on grid over medium, ash-covered coals; arrange mushrooms around steaks. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill mushrooms 16 to 18 minutes (over medium heat on preheated gas grill, 12 to 15 minutes) or until tender, turning occasionally.
3. Meanwhile, combine Blue Cheese Butter ingredients in small bowl until well blended.
4. Cover and refrigerate 2 steaks, 4 mushrooms and 1/2 cup Blue Cheese Butter to use in Ribeye Steak Sandwiches. Spread remaining Blue Cheese Butter over remaining 2 steaks. Coarsely chop remaining 4 mushrooms; divide evenly among 4 plates. Carve steaks into slices; arrange evenly over mushrooms. Season with salt, as desired. Garnish with parsley, if desired.

Cook's Tip: To rehydrate sun-dried tomatoes, cover with boiling water; let stand 10 minutes. Drain well before using.

Nutrition information per serving for Ribeye Steaks with Blue Cheese Butter and Mushrooms: 337 calories; 20 g fat (7 g saturated fat; 9 g monounsaturated fat); 89 mg cholesterol; 159 mg sodium; 6.0 g carbohydrate; 1.6 g fiber; 32 g protein; 11.6 mg niacin; 0.7 mg vitamin B6; 1.6 mcg vitamin B12; 2.6 mg iron; 45.3 mcg selenium; 5.8 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron.

T-BONE STEAKS & GRILLED VEGETABLES

Total Recipe Time: 40 minutes
Makes 4 servings

- 2 beef T-Bone Steaks, cut 1 inch thick (about 2 pounds)
- 3 tablespoons mixed peppercorns (black, white, green and pink), coarsely ground
- 1 teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 small red, yellow, orange or green bell peppers, cut into 6 wedges each
- 8 ounces medium button mushrooms
- 2 tablespoons olive oil
- Salt and pepper

Sauce:

- 2 tablespoons butter
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- 3/4 cup ketchup
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce

1. Combine mixed peppercorns, salt and red pepper in small bowl. Reserve 1 teaspoon for sauce. Press remaining pepper mixture evenly onto beef steaks. Toss bell peppers and mushrooms with oil to coat in a large bowl; season with salt and pepper, as desired. Thread mushrooms evenly onto two 12-inch metal skewers.
2. Place steaks in center of grid over medium, ash-covered coals; arrange bell peppers and mushroom kabobs around steaks. Grill steaks, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19



minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill bell peppers and mushrooms 12 to 15 minutes or until tender, turning occasionally.

3. Meanwhile prepare sauce. Melt butter in small saucepan over medium heat. Add onion and garlic; cook and stir 4 to 5 minutes or until tender. Stir in remaining sauce ingredients and reserved 1 teaspoon pepper mixture; bring to a boil. Reduce heat; simmer 3 minutes to blend flavors, stirring occasionally. Place in blender or mini food processor container. Cover; process until puréed.
4. Remove bones and carve steaks into slices. Serve with sauce.

Nutrition information per serving: 444 calories; 23 g fat (8 g saturated fat; 11 g monounsaturated fat); 76 mg cholesterol; 1212 mg sodium; 28 g carbohydrate; 3.3 g fiber; 32 g protein; 8.1 mg niacin; 0.7 mg vitamin B6; 2.5 mcg vitamin B12; 5.4 mg iron; 16.3 mcg selenium; 6.0 mg zinc.

GRILLED SOUTHWESTERN STEAK AND COLORFUL VEGETABLES

Total Recipe Time: 25 to 35 minutes

Makes 6 servings

- 1 beef Top Round Steak, cut 1 inch thick (about 1-1/2 pounds)

Marinade:

- 1/4 cup fresh lime juice
- 1/4 cup prepared mild salsa
- 1 tablespoon chopped garlic
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon coarse grind black pepper

Colorful Vegetables:

- 2 tablespoons olive oil
- 1 medium green or red bell pepper, cut into 1/4 inch strips
- 8 ounces button mushrooms, sliced 1/4- inch thick
- 2 cups sliced zucchini, 1/4-inch thick
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon coarse grind black pepper
- 1 cup finely chopped tomatoes
- 1/4 cup chopped green onions

1. Combine marinade ingredients in small bowl. Place beef steak 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, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) doneness, turning once. Do not overcook.
3. Meanwhile prepare Colorful Vegetables. Heat 2 tablespoons olive oil in large non-stick skillet over medium-high heat. Add bell pepper strips; cook and stir 1 to 2 minutes or until crisp-tender. Add mushrooms, zucchini, cumin, salt and black pepper; cook and stir 3 to 4 minutes or until crisp-tender. Add tomato and green onion; cook and stir 1 minute.
4. Carve steak into thin slices; season with salt, as desired. Serve with Colorful Vegetables.

Nutrition information per serving: 277 calories; 13 g fat (3 g saturated fat; 7 g monounsaturated fat); 77 mg cholesterol; 303 mg sodium; 8 g carbohydrate; 2.0 g fiber; 33 g protein; 5.2 mg niacin; 0.6 mg vitamin B6; 2.3 mcg vitamin B12; 3.7 mg iron; 31.7 mcg selenium; 4.3 mg zinc; 130.0 mg choline.



MARGARITA BEEF WITH ORANGE SALSA

Total Recipe Time: 30 Minutes

Makes 6 servings

- 1 beef Top Round Steak, cut 1 inch thick (about 1-3/4 pounds)

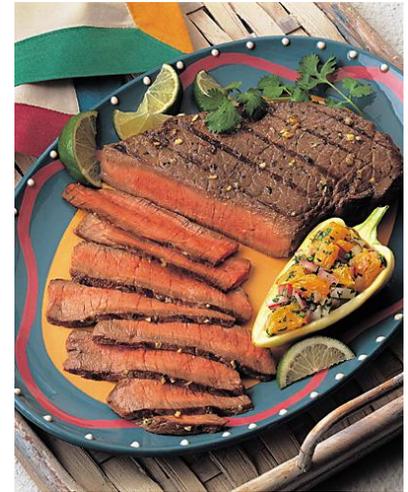
Marinade:

- 2/3 cup frozen orange juice concentrate, defrosted
- 1/2 cup tequila
- 1/3 cup fresh lime juice
- 2 tablespoons chopped fresh ginger
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/4 teaspoon ground red pepper

1. Combine marinade ingredients in medium bowl. Place beef steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steak; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) doneness, turning occasionally. Do not overcook. Carve into thin slices. Serve with orange salsa.

Test Kitchen Tips: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 17 to 18 minutes for medium rare doneness, turning once.

Nutrition information per serving: 286 calories; 11 g fat (2 g saturated fat; 7 g monounsaturated fat); 61 mg cholesterol; 426 mg sodium; 12 g carbohydrate; 1.2 g fiber; 28 g protein; 5.1 mg niacin; 0.4 mg vitamin B6; 1.5 mcg vitamin B12; 2.6 mg iron; 33.0 mcg selenium; 4.9 mg zinc.



ANCHO-CHOCOLATE CITRUS RUB

Makes about 3 tablespoons rub

- 1 tablespoon ancho chili powder
- 3 cloves garlic, minced
- 1-1/2 teaspoons dried oregano leaves
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon freshly grated orange peel
- 1/2 teaspoon ground cinnamon

1. Combine all ingredients in small bowl; press evenly onto beef steak(s).
2. **Grill, pan-broil** or **broil** steaks; place roast in oven and **cook** according to chart. Cook to medium rare (145°F) to medium (160°F) doneness.



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The logo for the Wisconsin Beef Council. It features a red outline of the state of Wisconsin above the word "Wisconsin" in a cursive font. Below that, the words "BEEF COUNCIL" are written in a bold, black, sans-serif font, with a red checkmark integrated into the letter "V" of "COUNCIL".

