

FATHER'S DAY CELEBRATE WITH BEEF!



Father's Day — there is no other holiday quite like it. Dad is “king for the day” and the grill serves up his favorite meal. Get the whole family involved in this crowning achievement with easy 1-2-3 steps for the grill.

THREE EASY STEPS TO PERFECT STEAKS

- 1 Prepare the grill.
- 2 Season the steak with herbs and spices. Do not salt. (Salting before cooking draws moisture out and inhibits browning). Place directly onto the cooking grid.
- 3 Cook according to timings below, turning occasionally. After cooking, season with salt if desired.

TIMING FOR MOST POPULAR FATHER'S DAY STEAKS

Cut	Thickness	Charcoal Grill - Uncovered Medium rare (145°F) to Medium (160°F) doneness	Gas Grill - Covered Medium rare (145°F) to Medium (160°F) doneness
Ribeye Steak	3/4"	6-8 minutes	7-9 minutes
	1"	11-14 minutes	9-14 minutes
Top Loin (Strip) Steak, Boneless	3/4"	10-12 minutes	7-10 minutes
	1"	15-18 minutes	11-15 minutes
T-Bone Steak	3/4"	10-12 minutes	9-12 minutes
	1"	14-16 minutes	15-19 minutes

LET THE KIDS HELP

- ★ Mix the spices and gently pat them into each side of the steaks before cooking.
- ★ Use star cookie cutters to cut out bread for toasting on the grill.
- ★ Color placemats of fun activities with Dad to decorate the table.
- ★ Create a collage of family photos and tell funny Dad stories while enjoying the meal.

STEAKS WITH TOMATO TAPENADE – 30 MINUTES

2 beef ribeye steaks, cut 1" thick (1-1/2 lb)
2 tsp coarse ground pepper

TAPENADE:

1 cup cherry or grape tomatoes, halved
1 can (2-1/4 oz) sliced ripe olives, drained
1/4 cup chopped fresh basil
3 Tbsp shredded Parmesan cheese

1. Press pepper onto beef steaks. Place steaks on grid. Grill, uncovered, according to chart above.
2. Combine tapenade ingredients. Serve with steaks.

2 TO 4 SERVINGS

CARNE ASADA – 25 MINUTES

2 boneless beef top loin (strip) steaks, cut 1" thick (1-1/4 lb)
2 tsp ground cumin
2 cloves garlic, minced
2 lime wedges
Guacamole

1. Combine cumin and garlic; press onto beef steaks. Place steaks on grid. Grill, according to chart above, turning occasionally.
2. Squeeze lime wedges over steaks. Carve steaks; season with salt. Serve with guacamole.

2 TO 4 SERVINGS



IF FATHER'S DAY TURNS RAINY: BROIL THE STEAKS AND HAVE YOUR CELEBRATION INSIDE

TO BROIL: Place steaks on rack in broiler pan so surface of beef is 3" to 4" from heat. Broil 14 to 18 minutes for medium rare to medium doneness, turning once.

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GRILLING/BROILING CONSUMER TIPS



SMART SHOPPING

Which cuts? For succulent, tasty, sizzling beef, choose the most tender steaks when grilling or broiling. These are:

ribeye, rib, T-Bone, Porterhouse, top loin (strip), tenderloin, shoulder top blade steak (Flat Iron), shoulder center steak (Ranch Steak), chuck eye and round sirloin tip center. Though not a steak, the **beef tri-tip roast** and **shoulder petite tender roast**, with their relatively thin uniform shape, fit nicely in this category, too.

HOW MUCH TO BUY?

Lean boneless beef steaks will yield 3-1/2 to 4 three-ounce servings of cooked, trimmed beef per pound.

Bone-in steaks and boneless beef steaks that need more trimming will yield 2-1/2 to 3 three-ounce servings of cooked, trimmed beef per pound.



COOKING TIPS

PREPARE THE STEAK PROPERLY BEFORE COOKING.

- To avoid flare-ups, trim steaks for grilling or broiling closely, leaving only a thin layer of fat to preserve juiciness.
- Pat steaks dry with paper toweling to promote browning.
- Add salt and salty seasonings to steaks *after* cooking. Salt added before cooking draws out moisture and inhibits browning.

MARINATING: Tender steaks only need to be marinated briefly, if desired to add flavor. Fifteen minutes to 2 hours is long enough.

USE THE CORRECT COOKING TEMPERATURE. Using too high heat can lead to overcooking and dry, flavorless steak. Or, it may char the outside before the center has a chance to reach the desired doneness.

FOR CHARCOAL GRILLING, coals should be ash-covered and medium temperature (takes about 30 minutes). To test, cautiously hold the palm of your hand above 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 equals medium heat.

FOR GAS GRILLING, brands vary greatly — consult the owner's manual for grilling guidelines.

FOR BROILING, preheat the broiler for 10 minutes. Consult the owner's manual for specific broiling guidelines. In general, during broiling, the door of an electric oven should be left ajar; a gas oven door should remain closed.

TURN STEAKS WITH TONGS OR SPATULA. When steaks are pierced, flavorful juices can be lost. For safety, use long-handled tongs when grilling. Turn steaks occasionally during grilling, as needed to prevent charring. Turn steaks once when broiling, to avoid loss of heat.



DETERMINING DONENESS

- For optimal results, cook beef steaks to medium rare (145°F) or medium (160°F) doneness; **do not overcook.**
- To prevent overcooking, remove tri-tip roasts when the internal temperature is 5°F lower than the desired doneness. Let stand 5 to 10 minutes before carving. The internal temperature will continue to rise 5°F and reach the desired doneness.
- The most accurate way to determine doneness of steaks is with an instant-read thermometer, inserted horizontally from the side into the center.
- To judge doneness visually, make a small slit near the bone, or near the center for boneless cuts:
Medium rare will be pink in the center and slightly brown toward the exterior.
Medium will be light pink in the center and brown toward the exterior.