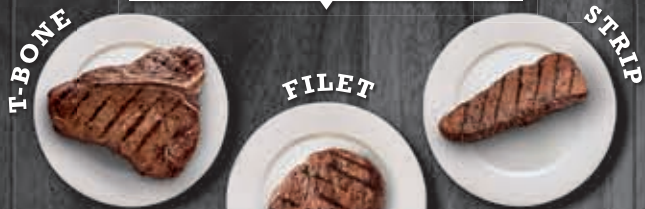


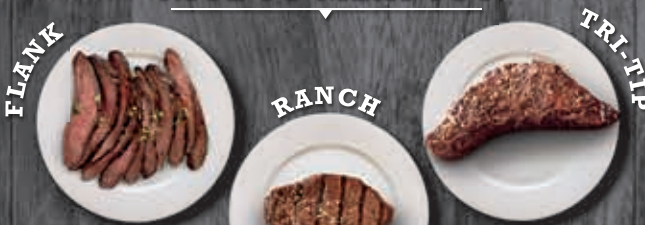
# WHERE THERE'S A GRILL, THERE'S A WAY.

## CHOOSE A CUT

### SUCCULENT FAVORITES



### NICE TO MEAT YOU



## MARINADE, RUB OR LET IT RIDE



From the Flank to the Round, marinate cuts that need some tenderizing love or extra flavor.



Use a wet or dry rub to add a little personal flavor to the steaks. Also, adding herbs and spices before cooking is fine, but salt can draw moisture out, so always salt after cooking.



When in doubt, go for the oldest recipe there is: Beef, fire and some ground pepper.

Funded by The Beef Checkoff

THREE MONTHS OF SUMMER MEANS ENDLESS COOKOUT POSSIBILITIES. HERE'S A LITTLE HELP.

## CHARCOAL vs. GAS

Great for indirect heat and smoky flavor.

Easy to clean, light and control the temp.

## NEVER COOK FROZEN

Always defrost your cuts in the fridge so you're good to start cooking from there.

## HOW DO YOU LIKE YOUR STEAK?



ABOVE ALL ELSE.  
**BEEF**  
IT'S WHAT'S FOR DINNER.

## PRO TIPS

### DON'T CROWD

To evenly cook kabobs, leave a little space between each piece.



### MEDIUM HEAT, MAX FLAVOR



Cooking over medium heat browns the outside of a steak and adds a depth of flavor you wouldn't get from too-high or too-low of a temperature.

### WHEN FLIPPING



Use a spatula for burgers and tongs for steaks, and never pat them down—it lets juices out.

### DON'T STICK A FORK IN IT



That's how you lose all the juices, brother.

## LET IT REST

Let your steaks rest for 3 minutes after taking them off the grill.

## BY THE NUMBERS

**95.7 Million** grilling households in the United States alone.

**1897**: The charcoal briquette was invented. Before that it was all cowboy style: open flame.

**40**: The percentage of people who grill all the way through winter. Succulence knows not what month it is.

**34th**: The president who liked his steaks grilled right on the coals. Eisenhower, of course.

**20**: The percentage of people who find their partner sexier when they're working the grill.

**3**: The number of ingredients you need to make a marinade (Italian dressing, cilantro and chili powder).

FOR MORE BEEF GRILLING TIPS AND RECIPES, STOP BY

[BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)