

STEAKS FOR MARINATING CONSUMER TIPS



SMART SHOPPING WHICH CUTS?

Several of the more economical, less tender beef steaks can be grilled or broiled with delicious results, if they are tenderized first in a tenderizing marinade.

From the Chuck — boneless shoulder, chuck blade and chuck 7-Bone steaks

From the Round — top round, eye round, round sirloin tip side and bottom round (Western Griller) steaks

Others — skirt and flank steaks

HOW MUCH TO BUY?

- Boneless steaks will yield 3-1/2 to 4 three-ounce servings of cooked, trimmed beef per pound.
- With bone-in steaks, plan on 2 to 2-1/2 three-ounce servings of cooked, trimmed beef per pound.

MARINADE KNOW-HOW:

- To tenderize, marinate less tender beef steaks in a tenderizing marinade for the correct amount of time.
- A tenderizing marinade is one that contains a food acid or a tenderizing enzyme. Many acidic ingredients complement beef, including lemon or lime juice, vinegar, Italian dressing, salsa and wine. Foods that contain natural tenderizing enzymes are fresh ginger, pineapple, kiwi and figs.
- Less tender steaks should be marinated at least 6 hours, but no more than 24 hours. Marinating longer than 24 hours will result in a mushy texture.
- Allow 1/4 to 1/2 cup marinade per pound of beef.
- Marinate in a food-safe plastic bag or non-reactive glass or stainless steel container. Aluminum and iron react with acids to leave a metallic flavor.
- Turn beef occasionally for even exposure to the marinade.
- ALWAYS marinate beef in the refrigerator, NEVER at room temperature.
- NEVER save and reuse a marinade.



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 *after* cooking. Salt draws out moisture and inhibits browning.

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; cook steaks from the round only to medium rare (145°F). **Do not overcook.**
- To prevent overcooking, remove steaks that are 1-1/2 inches thick or thicker 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.