

# RECIPES:



Courtesy of The Beef Checkoff

**Servings:** 4

**Prep Time:** 10 Min.

**Cook Time:** 15 Min.

**NUTRITIONAL INFORMATION:**

Calories: 275	Total Carbs: 11g
Total Fat: 11g	Fiber: 1g
Saturated Fat: 4g	Protein: 30g
Cholesterol: 61mg	Sodium: 189mg

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Buffalo, NY

## Grilled T-Bone Steaks with BBQ Rub

### What you need:

- 2 to 4 well-trimmed T-bone or porterhouse steaks, cut 1 in. thick (about 2 to 4 lbs.)
- salt

### BBQ Rub:

- 2 Tbsp. chili powder
- 2 Tbsp. packed brown sugar
- 1 Tbsp. ground cumin
- 2 tsp. minced garlic
- 2 tsp. cider vinegar
- 1 tsp. Worcestershire sauce
- 1/4 tsp. ground red pepper

### What to do:

1. Combine rub ingredients; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 min. for medium rare to medium temperature, turning occasionally. Remove bones and carve steaks into slices if desired. Season with salt to taste.



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**Serve With:**

Marinated cucumbers with fresh fruit on the side.

**Servings:** 4

**Prep Time:** 10 Min.

**Cook Time:** 15 Min.

**Wine pairings:**

White Zinfandel, Côtes du Rhône

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## Mediterranean Steak Sandwiches

### What you need:

- 2 ribeye steaks, cut 1" thick (1-1/2 lb.)
- 1 Tbsp. olive oil
- 1 Tbsp. fresh lemon juice
- 4 pita breads, warmed
- 2 Tbsp. crumbled feta cheese
- 1 Tbsp. chopped kalamata or ripe olives

### Seasoning:

- 1 1/2 tsp. dried basil
- 1 1/2 tsp. garlic powder
- 1 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1/8 tsp. pepper

### What to do:

1. Combine seasoning ingredients; press evenly onto beef steaks.
2. Heat oil in large nonstick skillet over medium heat until hot. Add steaks; cook 12 to 15 min. for medium rare to medium well temperature, turning occasionally.
3. Sprinkle steaks with lemon juice. Carve steaks; place on pitas. Top with cheese and olives.



# STEAK CUTS



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## STEAK COOKING TIPS

- 🔥 All of the steak cuts listed here can be grilled, though less tender cuts of beef such as flank steak and sirloin tip steak are best marinated first. Most steaks require about ten minutes on the grill, five minutes per side. Use a meat thermometer to test the steak's internal temperature.
- 🔥 Roasting thick steaks allows them to be cooked to a high internal temperature as opposed to grilling them, which chars the outside before the inside gets hot enough to cook beyond very rare.
- 🔥 Thin, tender T-bones, sirloins or rib eyes are great pan seared in an uncovered skillet.
- 🔥 No matter how you cook them, be sure to let steaks rest for a few minutes before serving. This allows the juices to redistribute throughout the steak.



### Keeping it Leaner

According to the U.S. Department of Agriculture, "America's favorite beef cuts are leaner than ever before. Now 29 cuts of beef meet government guidelines for lean: less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 mg of cholesterol per 3-ounce serving (and 100 grams)."<sup>\*\*</sup> Nonetheless, there are choices you can make to keep your steak dishes leaner.

- 🔥 **Look for lean beef cuts:** Consider top sirloin steak, flank steak, tenderloin steak and T-bone.
- 🔥 **Note the grade:** "Select" grade cuts have the least marbling, making them leaner, while "choice" grade cuts tend to be more tender.
- 🔥 **Cut the fat:** Remove visible fat before cooking, or at least before eating. Marinades can add tenderness to leaner cuts of meat and flavor to steaks when you trim the fat.
- 🔥 **Cook smart:** Grilling, roasting, and broiling are three low-fat cooking options.
- 🔥 **Watch the portion size:** Keep steak servings to a 4-ounce portion (3 ounces cooked), about the size of a deck of playing cards.

<sup>\*\*</sup>Source: U.S. Department of Agriculture, Agricultural Research Service, 2008. USDA Nutrient Database for Standard Reference, Release 21.



### Porterhouse:

The porterhouse is a large, thick, marbled steak with a T-shaped bone separating part of the tenderloin and part of the top loin. The porterhouse is similar to a T-bone, but the porterhouse is thicker and contains more of the tenderloin portion. Flavorful and tender, a porterhouse doesn't generally require marinating and can be roasted, grilled, broiled or pan seared.

#### TRY THIS RECIPE:

[Broiled Seasoned Steak](#)



### T-Bone:

The T-bone, like the porterhouse, is a large steak with a T-shaped bone separating the tenderloin and the top loin sections. The tenderloin section of a T-bone tends to be smaller than that of the porterhouse. Tender and flavorful, the T-bone can be grilled, broiled or pan seared.



### Sirloin Tip Steak:

A lean cut of beef, the sirloin tip steak is an economical choice that offers a lot of cooking and presentation variety. Sirloin tip steak can be used in stir-frys, kabobs, fajitas or stews, and can be grilled, broiled or pan seared. Because it's a leaner cut, it is best marinated for added tenderness.

#### TRY THIS RECIPE:

[Beef Steak Tacos](#)



### Bone-In/Boneless NY Strip:

Also called top loin steak, the New York strip steak is the top loin portion of a T-bone steak. A lean cut, this steak is less tender than the tenderloin, but a more flavorful and economical choice. It's excellent grilled or pan fried.

#### TRY THIS RECIPE:

[Cajun Beef Southwestern Salad](#)



### Tenderloin:

As implied by the name, tenderloin is an extremely tender cut of beef. It has a mild flavor and can be grilled, broiled or sautéed.

#### TRY THIS RECIPE:

[Tenderloin Steaks Topped with Blue Cheese](#)



### Top Sirloin:

Top sirloin is a flavorful and affordable boneless cut of meat. Top sirloin is delicious grilled, but can also be broiled or pan fried.

#### TRY THIS RECIPE:

[Top Sirloin with Parmesan Grilled Vegetables](#)



### Flank Steak:

Flank steak is a flavorful, very lean cut of beef. Because it's a less tender cut of beef, flank steak is great braised or prepared as London Broil, which involves tenderizing and marinating the meat. Flank steak can be grilled, but marinating the meat first will keep it from being too tough.

#### TRY THIS RECIPE:

[Dijon Flank Steak](#)



### Bone-In/Boneless Rib Eye:

Rib eyes are tender, juicy and flavorful marbled steaks. While not quite as tender as tenderloin, rib eyes don't necessarily need to be marinated as they're tasty and juicy without the extra attention. Rib eyes can be grilled, broiled, roasted or pan fried.