

# LEAN BEEF COOKERY



Looking for new ways to serve lean beef? Be adventurous! Expand your tastes by choosing a lean cut of beef that you've never tried or a new cooking method or preparation technique.

The secret to moist, juicy, flavorful lean beef is in the cooking. Follow this "recipe" for selecting, preparing, serving — and enjoying — lean beef:

1. Select a lean cut of beef — cuts with *Loin* or *Round* in the name and labeled as *Select* or *Choice*.
2. Trim visible fat before eating (for even greater fat reduction, trim before cooking).

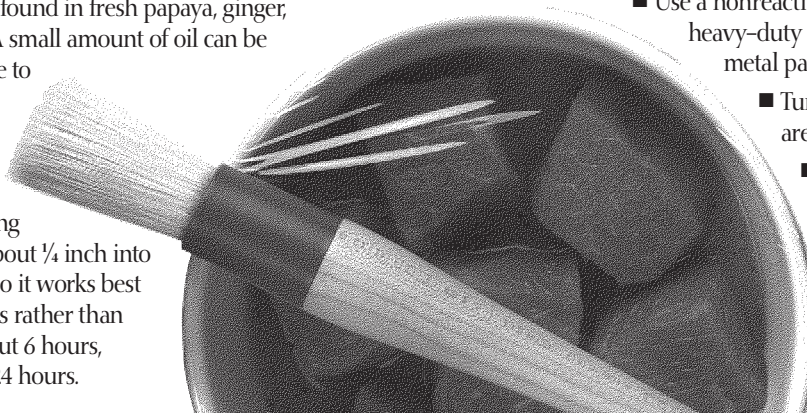
3. Tenderize less tender cuts (most steaks from the Round) by marinating or pounding. Or plan to cook these cuts using a moist heat method.
4. Use a lowfat cooking method, such as broiling, pan-broiling, grilling, roasting, stir-frying, stewing and braising. The chart below shows how to match lean cuts of beef to an appropriate cooking method.

Lean Beef Cuts	Stir-fry	Pan-broil	Broil	Roast	Grill	Moist Cook
Eye Round Steak		*			*	
Eye Round Roast						
Top Round Steak		*	*		*	
Top Round Roast						
Round Tip Steak, thin cut						
Top Sirloin Steak						
Bottom Round						
Top Loin Steak						
Tenderloin Steak						
Tenderloin Roast						
Flank Steak			*		*	

\*Marinate 6 hours or overnight

## MASTERING MARINADES

Marinades are seasoned liquid mixtures that add flavor and in some cases tenderize. Tender beef cuts can be marinated for 15 minutes to 2 hours for flavor. To tenderize less tender beef cuts, a marinade must contain an acidic ingredient, such as lemon or lime juice, tomato juice or salsa, wine, sherry, vinegar or yogurt, or a natural tenderizing enzyme found in fresh papaya, ginger, pineapple and figs. A small amount of oil can be added to the mixture to help the ingredients adhere to the beef and to aid in browning during cooking. A tenderizing marinade reaches about ¼ inch into the surface of meat so it works best for steaks and kabobs rather than roasts. Marinate about 6 hours, but no longer than 24 hours.



Follow these tips to become a "master of marinades."

- Figure about ¼ to ½ cup of marinade for each 1 to 2 pounds of meat.
- Always marinate in the refrigerator, never at room temperature.
  - Use a nonreactive container, such as a glass dish or heavy-duty plastic food-safe bag, rather than a metal pan for marinating.
  - Turn the meat occasionally so all sides are exposed to the marinade.
  - If a marinade is to be used later for basting or as a sauce, make a larger batch and reserve a portion before adding the meat. Never reuse marinade that has been in contact with uncooked meat.