

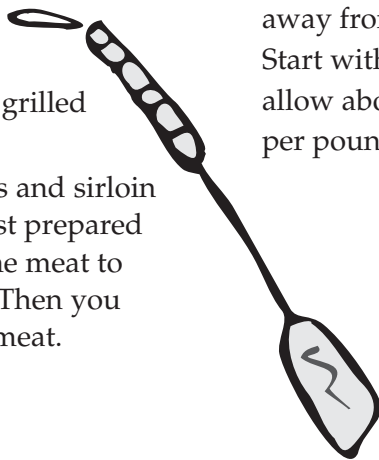
QUESTIONS and ANSWERS about **GRILLING**



I'd like to grill steaks once in awhile this summer, but I'm on a budget. Which beef cuts are tender, yet less expensive?

Try some of the value cuts, such as flat iron steaks or Western griller steaks. Most value cuts are from the chuck or round sections of the animal, which are usually less tender areas. The value cuts are cut a little differently, so cooking methods, such as grilling or broiling, can be used. These cuts usually cost less, too.

- ▶ Flat iron steaks, ranch-cut steaks and petite tenders can be grilled or broiled.
- ▶ Western griller steaks and sirloin tip side steaks are best prepared by first marinating the meat to enhance tenderness. Then you can grill or broil the meat.



Throwing away the sauce after marinating meat for the grill seems like a waste. Can I reuse marinades?

Don't reuse marinade that has been in contact with raw meat. Raw meat contains bacteria, which could make you and your family sick. If you want to use some marinade as sauce, put it in a separate dish away from the raw meat. Start with the right amount; allow about one-fourth cup per pound of meat.

Whenever I marinate meat, it seems to get mushy. What am I doing wrong?

Marinades can tenderize meat, but be sure not to marinate meat too long. Marinades usually contain an acidic ingredient, such as vinegar or lemon juice, which softens the protein and makes the meat easier to chew.

Always marinate meat in the refrigerator. When you start with a tender cut, marinate for up to two hours to add flavor. If you start with a less tender cut, marinate for at least six hours. However, if you marinate for more than 24 hours, the meat can become mushy.

Visit www.ag.ndsu.edu/foodwise for more information.

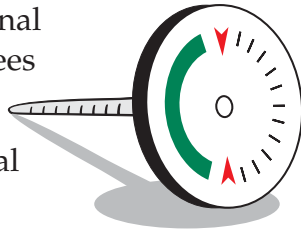
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Menu Idea: Grilled Zesty Italian Beef Steaks, grilled vegetables, rice, watermelon slices and low-fat milk.

Did you know?

- A 3-ounce serving of meat is about the size of a deck of cards.
- One burger in four turns brown before it reaches a safe temperature. Use a food thermometer to measure doneness.
 - Cook burgers to an internal temperature of 160 degrees Fahrenheit.
 - Cook steaks to an internal temperature of at least 145 degrees Fahrenheit.



Many marinades are available in grocery stores, or you can make your own at home.

Here's a recipe courtesy of the North Dakota Beef Commission.

Zesty Italian Marinade

- $\frac{2}{3}$ c. prepared low-fat Italian dressing
- 2 Tbsp. coarsely chopped fresh cilantro (optional)
- 1 Tbsp. chili powder (or less, if preferred)

Mix together. Add up to 2 pounds of meat. Marinate less tender cuts for six to 24 hours, then grill or broil.

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Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

