

# BeefTalk: Gosh, Mom, We Just Have to Make That

**As we start a new year, it doesn't hurt to remind ourselves of the wonderful products from the beef industry.**

By Kris Ringwall, Beef Specialist

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The excitement was great and I have been meaning to tell everyone about it. Earlier this fall, one of our children came home from school and commented on how great the class was that involved the study of older literature.

One of the assignments in the class was to prepare a three-course meal from the 14th century. An Internet search turned up numerous recipes and, after several hours of work, the splendor of color was evident. The saffron and Brie cheese baked into a beautiful tarte de Brie complemented with golden honey mead.

Our daughter was quite impressed with the meals. One meal that centered on meat seemed to spike her interest. "All they had to do was cook it," she said.

A pinch of salt and pepper and the meal was done. "Mom, we just have to make that," was her final comment.

As we start a new year, it doesn't hurt to remind ourselves of the wonderful products from the beef industry. Beef is nutritious, healthy and a delight to eat.

Sometimes, among all those who seem to think they know better, we forget the basics. I guess, at least during the 14th century, they understood well the concept of building a fire and cooking a meal.

The high school class noted some of the side dishes have changed dramatically. Perhaps even our taste for some of the extras has varied, although a side of tarte de Brie and a sip of honey mead adds dimension to the taste buds.

One thing came out loud and clear. The meat was good and that has not changed. During the fall semester, student Rusty Makelky reviewed The Beef, It's What's for Dinner Web site at <http://www.beefitswhatsfordinner.com/>. His research noted that beef provides essential nutrients and many cuts of beef meet the government's guidelines as extra lean or lean.

If one was not familiar with the variety of beef cuts, Rusty mentioned several that certainly could be the center of an evening meal. The cuts include eye round roast and steak, sirloin tip side steak, top round roast and steak, bottom round roast and steak, top sirloin steak, brisket, round tip roast and steak, round steak, shank cross cuts, chuck shoulder pot roast, sirloin tip center roast and steak, chuck shoulder steak, top loin (strip) steak, shoulder petite tender and medallions, flank steak, shoulder center steak, tri-tip roast and steak, tenderloin roast and steak, t-bone steak and even 95 percent lean ground beef.

After reviewing Rusty's paper, a quick journey to the local grocery store verified the excellent selection. Several New York strip steaks soon found their way into the grocery cart and later onto the grill. They were excellent,

Images



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even with or without a dash of salt and pepper. Truthfully, the beef was simple, nutritious and delightfully tasty.

Those who say they never have time to cook obviously have not eaten enough steaks. As our daughter noted, if time is the issue and if the grill doesn't work, put a roast in the oven, set the timer and then eat when you are ready.

The competing meats, such as pork, are easy to cook as well. In fact, a simple pan of boiling water filled with crab complemented the steaks very well.

There wasn't a lot of room on the table for side dishes, but fresh bread, potatoes and a side of vegetables occasionally were seen on a few plates.

Of course, there is always someone who doesn't appreciate meat as much as the next person. A few side dishes do come in handy and that is good as well.

Eat meat is the bottom line. Meat hasn't changed in centuries and neither have we.

"Gosh, Mom, we just have to make that" proved true and tasty.

May you find all your ear tags.

Your comments are always welcome at <http://www.BeefTalk.com>.

For more information, contact the NDBCIA Office, 1041 State Ave., Dickinson, ND 58601, or go to <http://www.CHAPS2000.com> on the Internet.

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