

# GRILLING ENVY

THE ANGUSPRIDE<sup>®</sup> GUIDE



## It's No Secret: AngusPride® Delivers

Want to Know the Secret to Mouth-Watering Steaks? The answer is tender, juicy AngusPride® premium beef, a brand that carefully follows the highest standards of quality to bring you authentic flavor every time.

With AngusPride on your grill, your meals will always be memorable, and your steaks always sensational – that's a promise. It's what makes us “The choice beef lovers make.”



# Great Cuts for Grilling

**Tenderloin:** Lean yet succulent with a buttery texture; one of the most coveted for grilling enthusiasts.

**Rib eye:** Renowned for their generous marbling; rich, juicy and perfect with a little salt and pepper.

**T-bone/Porterhouse:** Part tenderloin, part top loin, this steak is perfect for beef lovers with big appetites.

**Strip steak:** Lean, tender and full of flavor; come bone-in (KC strip) or boneless (New York strip).

**Top sirloin:** A superior cut from the sirloin that strikes a perfect balance between flavor and tenderness.

# Grill Like an Expert

1. Trim any excess fat to prevent grill flare-ups and make clean-up easier.
2. Cook with your grill's lid closed to contain the heat and speed up cook times.
3. Flip your steaks just once with tongs to avoid losing any natural juices.
4. Keep a meat thermometer on-hand to accurately check for doneness.
5. Never place cooked food on the same plate as raw meats; you risk spreading harmful bacteria.



# Guide to the Perfect Steak

## Degrees of doneness

Rare  
125°F



Medium-rare  
135°F



Medium  
145°F



Medium-well  
150°F



Well-done  
160°F



*These optimum internal temperatures are based on maximum juiciness and flavor.  
For optimum safety, all meat should be cooked until the internal temperature reaches 160°F.*

## Guide to the Perfect Steak, cont.

### Grilling cooking times

(Cooking times yield medium-rare to medium doneness.)

Steaks	½" thick	1" thick
Tenderloin	—	13 to 15 min.
Rib eye, boneless	6 to 8 min.	11 to 14 min.
Rib eye, bone-in	6 to 8 min.	9 to 12 min.
T-bone/Porterhouse	10 to 12 min.	14 to 16 min.
Strip steak	10 to 12 min.	15 to 18 min.
Top sirloin	13 to 16 min.	17 to 21 min.



Source: Beef Information Centre

# Southwestern Porterhouse with Spicy Butter

## Ingredients

1 AngusPride® porterhouse steak (2 ½ pounds,  
1 ½ inches thick), room temperature  
1 fresh jalapeño pepper, seeded and finely chopped

½ cup (1 stick) unsalted butter, softened  
1 clove garlic, minced  
Kosher salt and cracked pepper

## Directions

1. Preheat grill to medium-high (if you are using a charcoal grill, coals are ready when you can hold your hand 5 inches above grill for just 3 to 4 seconds). Stir butter, jalapeño, and garlic in a bowl; set aside.
2. Season both sides of steak with salt and pepper. Grill over hotter part of grill, covered, for 3 to 4 minutes per side. Move steak to cooler part of grill; grill, covered, 7 to 8 minutes on each side, or until an internal meat thermometer registers 145°F for medium-rare doneness.
3. Remove from grill, and let rest 10 minutes. Serve with jalapeño butter.



# Sensational Sirloin Kabobs

## Ingredients

2 pounds AngusPride® beef sirloin steak,  
cut into 1 ½ inch cubes  
¼ cup soy sauce  
3 tablespoons light brown sugar  
3 tablespoons distilled white vinegar  
½ teaspoon garlic powder

½ teaspoon each, seasoned salt and garlic pepper  
4 fluid ounces lemon-lime soda  
2 green bell peppers, cut into 2 inch pieces  
½ pound fresh mushrooms, stems removed  
1 pint cherry tomatoes  
1 fresh pineapple – peeled, cored and cubed  
Skewers

## Directions

1. In a medium bowl, mix soy sauce, sugar, vinegar, garlic powder, seasoned salt, garlic pepper, and soda. Reserve ½ cup of marinade for basting. Place steak in a resealable bag. Cover with remaining marinade, and seal. Refrigerate for 8 hours.
2. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute to blanch. Drain, and set aside.
3. Preheat grill to high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion.
4. Lightly oil the grill. Cook kabobs for 10 minutes, or to desired doneness. Baste with reserved



Source: [allrecipes.com](http://allrecipes.com)

# Steakhouse Strip Steak with Scallions

## Ingredients

- |  |                                |
|--|--------------------------------|
| 4 AngusPride® boneless strip steaks (about 10 ounces each) | ½ teaspoon ground cumin        |
| 1 bunch scallions  | Grated zest of 1 lemon         |
| ¼ cup Worcestershire sauce                                 | Kosher salt and cracked pepper |
| 1 teaspoon dry mustard                                     |                                |

## Directions

1. Place steaks in a large, shallow nonreactive dish. Slice 3 scallions into thin rounds, and combine with the remaining ingredients except the salt in a small bowl; whisk to combine. Pour marinade over steaks; cover with plastic wrap, and set aside at room temperature 40 minutes, turning steaks once.
2. Heat grill or grill pan. Remove steaks from marinade, letting excess drip off, and pat dry with paper towels. Season both sides generously with salt. Grill steaks approximately 6 minutes per side, turning once, or until an internal meat thermometer registers 145°F for medium-rare doneness. Transfer to a large serving platter; cover with foil, and let rest 10 minutes. Grill remaining scallions, about 1 minute on each side, and serve with the steaks.





For more great tips, visit us at  
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