

A HEALTHY SERVING OF FLAVOR

Beef is a great way to fuel your body—and a delicious source of nine essential nutrients. Here are four recipes developed by the Gourmet Cooking Arts center under the direction of Executive Chef Sara Moulton that add flavor instead of fat to your entertaining menu. Visit www.BeefItsWhatsForDinner.com for more nutritious recipes.



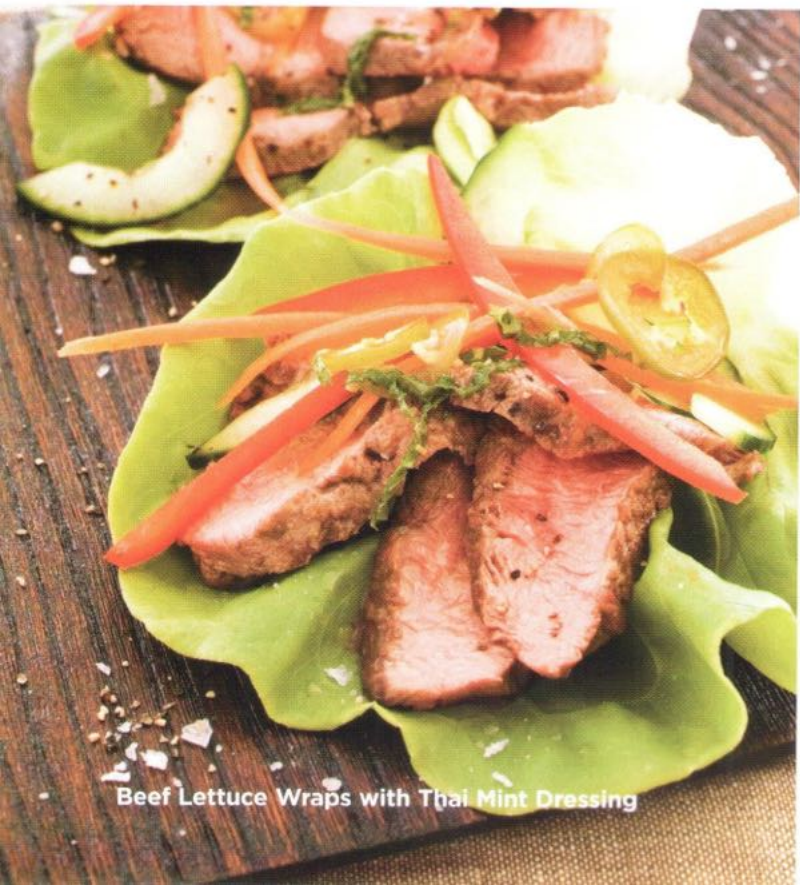
IT'S WHAT'S FOR DINNER.®



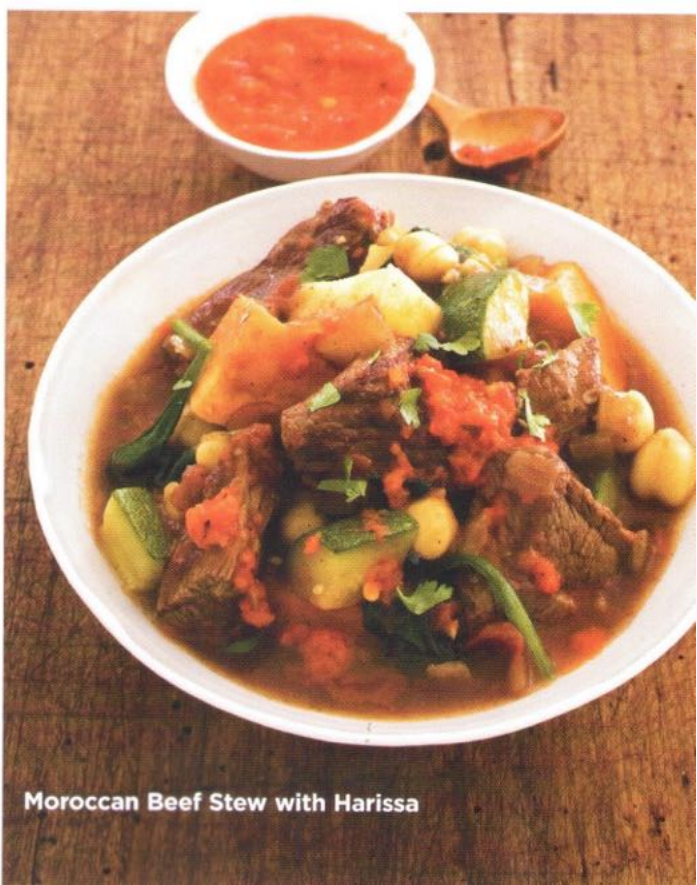
Grilled T-Bone Steaks with Italian Salsa Verde



Korean Beef with Spicy Cabbage



Beef Lettuce Wraps with Thai Mint Dressing



Moroccan Beef Stew with Harissa

BEEF: VERSATILE AND NUTRITIOUS

Beef is right at home alongside a wide range of flavors. Enjoy this selection of delicious, nutrient-rich beef dishes with an international twist. For more recipes, plus "all about beef information," visit www.BeefitsWhatsForDinner.com.

KOREAN BEEF with Spicy Cabbage

Serves 4 to 6

Marinade

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| 1/2 cup light soy sauce | 1 to 1 1/2 lb flank steak |
| 1/4 cup rice vinegar | 3 tablespoons vegetable oil |
| 1/2 cup chopped scallion (white and green part) | 4 cups thinly sliced napa cabbage |
| 2 1/2 tablespoons dark brown sugar | 1 cup coarsely shredded peeled carrots |
| 2 tablespoons minced garlic | 1/4 lb snow peas, halved diagonally |
| 2 tablespoons finely grated peeled fresh ginger | 1 teaspoon dried hot red pepper flakes |
| 1 tablespoon Asian sesame oil | |
| 1 teaspoon Asian chile sauce or hot sauce | |

Make marinade: Stir together marinade ingredients and reserve one-fourth for sauce. Combine steak and remaining three-fourths of marinade in a resealable plastic bag and chill, turning over the bag several times, for at least 6 hours. Cover and chill the reserved marinade, as well.

Remove steak from bag and pat dry. Heat 2 tablespoons oil in a large nonstick skillet over high heat until hot. Reduce heat to moderate, add the steak and cook for 14 to 17 minutes for medium rare (145°F) to medium (160°F)*, turning occasionally. Transfer steak to a platter and let it rest, covered loosely with foil, for 10 minutes.

Heat remaining tablespoon oil in another large nonstick skillet over high heat until hot. Reduce heat to moderate and add cabbage and carrots. Sauté for 2 to 3 minutes or until vegetables are crisp tender. Add peas, red pepper flakes and salt to taste; sauté just until peas are hot, about 30 seconds.

To serve, thinly slice steak across grain. Add any juices from the platter to the reserved marinade. Arrange a mound of the cabbage mixture on each plate, top with the steak slices and drizzle with the sauce.

*Cooking times and temperatures recommended by the Beef Culinary Center.

Source: www.BeefitsWhatsForDinner.com



MOROCCAN BEEF STEW with Harissa

Serves 6

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| 1/4 cup olive oil | 3 (14- to 14 1/4-oz) cans vegetable broth |
| 2 lb beef stew from chuck shoulder, cut into 1- to 1 1/2-inch pieces | 3 medium parsnips, peeled and cut into 1/2-inch chunks |
| 1/4 cup all-purpose flour | 1 large sweet potato, peeled and cut into 1/2-inch chunks |
| 1 teaspoon salt | 1 (15-oz) can chickpeas, rinsed and drained |
| 1/4 teaspoon pepper | 2 small zucchini, cut into 1/2-inch chunks |
| 1 medium onion, chopped (about 1 cup) | 1 (5- to 6-oz) package rinsed baby spinach |
| 4 garlic cloves, minced | Chopped fresh cilantro and Harissa (recipe below) for garnish |
| 2 teaspoons finely grated peeled fresh ginger | |
| 1 cinnamon stick | |
| 1 teaspoon ground cumin | |
| 1/2 teaspoon allspice | |
| 1 (14 1/2- to 15 1/2-oz) can chopped tomatoes | |

Heat half the oil in a stockpot over moderate heat. Lightly coat half the beef with flour, add to stockpot and brown on all sides. Transfer to a bowl and brown the rest of the beef coated with the remaining flour in the remaining oil. Transfer to bowl. Season all beef with salt and pepper. Add onion and garlic to stockpot and cook over low heat, stirring 5 minutes. Add ginger and spices and cook 2 minutes. Add tomatoes, broth, beef and any beef juices from the bowl. Bring to a boil, reduce to a simmer and cook, covered, for 1 1/2 hours, stirring occasionally.

Add parsnips and potato, bring back to simmer and cook, covered, 15 minutes. Add chickpeas and zucchini, bring back to simmer and continue cooking, covered, 10 minutes more or until the beef and all the vegetables are tender. Stir in spinach and cook just until it wilts. Garnish each portion with cilantro and a spoonful of Harissa.

Harissa: Combine one-half (12-oz) jar drained roasted red peppers, 1 1/2 teaspoons extra-virgin olive oil, 1 garlic clove, minced, 1/2 teaspoon cumin seed and 1/4 teaspoon each of coriander seed, caraway seed and dried hot red pepper flakes in a blender and puree. Add salt and pepper to taste.

Source: www.BeefitsWhatsForDinner.com



GRILLED T-BONE STEAKS with Italian Salsa Verde

Serves 6

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| 1/2 cup coarsely crumbled firm white sandwich bread | |
| 2 tablespoons red wine vinegar | |
| 2 tablespoons drained bottled capers, finely chopped | |
| 1 teaspoon very finely minced garlic | |
| 1/2 teaspoon anchovy paste (optional) | |
| 1/2 teaspoon Dijon mustard | |
| 2 tablespoons minced shallots | |
| 1/2 cup finely chopped fresh flat-leaf parsley | |
| 1/4 cup extra-virgin olive oil | |
| 3 tablespoons water | |
| 2 (1-inch-thick) T-Bone steaks (each about 1 lb) | |
| Coarsely ground black pepper | |

Stir together bread crumbs, vinegar, capers, garlic, anchovy paste (if using) and mustard until combined well. Stir in shallots, parsley, oil and water, and salt and pepper to taste.

Preheat gas or charcoal grill on moderate heat. Rub steaks with coarsely ground black pepper. Place steaks on a charcoal grill, uncovered, 14 to 16 minutes, or on a gas grill, covered, 15 to 19 minutes, for medium rare (145°F) to medium (160°F)*, turning once. Transfer steaks to a platter and let rest, covered with foil, for 10 minutes. Add any juices from platter to sauce and pour sauce over steaks on platter. To serve, carve steaks into slices, and serve each portion with some of the sauce.

*Cooking times and temperatures recommended by the Beef Culinary Center.

Source: www.BeefitsWhatsForDinner.com



BEEF LETTUCE WRAPS with Thai Mint Dressing

Serves 6

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| 1/2 cup fresh lime juice | 1 garlic clove, minced |
| 2 tablespoons vegetable oil | 2 8-oz flat iron steaks |
| 1/3 cup rinsed, dried and finely shredded mint | 1 large head Boston lettuce, rinsed and spun dry |
| 1 to 2 jalapeños, seeded and thinly sliced crosswise | 2 large carrots, coarsely shredded into strips |
| 2 tablespoons light soy sauce | 1 large red bell pepper, cut into strips |
| 2 tablespoons sugar | 1/2 English cucumber, halved, seeded and thinly sliced |
| 2 teaspoons Asian fish sauce | |

Whisk together lime juice, 1 tablespoon oil, mint, jalapeños, soy sauce, sugar, fish sauce and garlic, until the sugar is dissolved.

Heat 1 tablespoon oil in a large nonstick skillet over high heat until hot; reduce heat to moderate and add the steaks. Cook 13 to 15 minutes for medium rare (145°F) to medium (160°F)*, turning once. Transfer to platter, cover with foil and let rest 10 minutes. Thinly slice steaks, and add any juices from the platter to the sauce.

Arrange the lettuce leaves, carrots, red pepper and cucumbers on each of six plates. Divide the steak slices among the plates, and spoon some of the sauce over each portion. Each person should use the lettuce as a wrapper and fill it with some of the steak slices and vegetables.

*Cooking times and temperatures recommended by the Beef Culinary Center.

Alternate cooking method: For charcoal grill: Cook over moderate heat, covered, 10 to 14 minutes, turning occasionally. For gas grill: Cook over moderate heat, covered, 12 to 16 minutes, turning occasionally.

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