

Let's Cook Lightweight Beef*

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Lightweight beef offers economy as well as variety in planning nutritious family meals.

need two or more servings from the Meat Group. These can be supplied by eating 2½- to 3-ounce servings of beef or other Meat Group foods.

Characteristics

In lightweight beef, there is a reduction in marbling and fat covering because of the absence of grain in feeding. However, the eating quality of lightweight beef is probably not affected by this reduced fat covering. Reduced marbling can change flavor and juiciness with very little effect on tenderness. Marbling may be present in the more tender cuts from the rib and loin.

Nutritive Value

Lightweight beef, as well as heavy beef, serves as an excellent source of protein. Lean for lean, the nutritive value of lightweight and heavy beef is the same. These meats are excellent sources of protein and also provide ample amounts of iron, riboflavin and niacin. Daily, adults

Cookery

In the preparation of lightweight beef, it is important to select the proper cooking method. The two main methods of cooking meats are

Dry Heat (roasting, broiling, panbroiling) for the tender cuts of lightweight beef and **Moist Heat** (panfrying, braising, cooking in liquid) for less-tender cuts of lightweight beef.

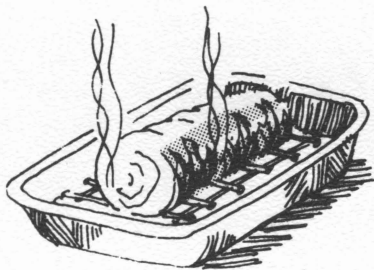
Dry Heat methods of cookery are recommended for the following cuts of lightweight beef:

Sirloin Steak	Club Steak
T-Bone	Standing Rib Roast
Porterhouse Steak	Rolled Rib Roast

* Beef obtained from an animal 12-24 months of age, weighing 600-1,000 pounds prior to marketing. May also be referred to as *budget beef*, *light beef* or *forage fed beef*.

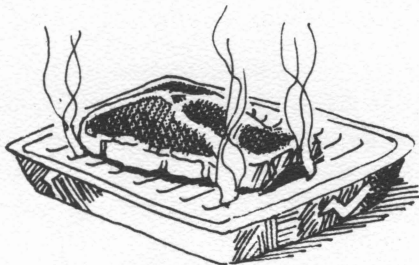
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For best results, follow these cooking suggestions:



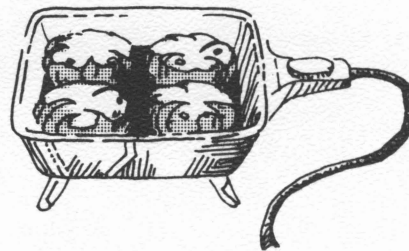
ROASTING

1. Season meat with salt and pepper, if desired.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover.
5. Roast in slow oven (325° F.) until done (as shown on meat thermometer).
6. Baste with drippings during cooking.



BROILING

1. Brush meat with melted fat before broiling.
2. Broil in oven or on outdoor grill.
3. If oven is used, set regulator for broiling. Pre-heat if desired.
4. Place 1-inch steaks, chops or patties 2 to 3 inches from heat . . . 3 to 5 inches for thicker cuts.
5. Whether broiling in oven or on outdoor grill, cook meat until it is brown on one side.
6. Season browned side if desired.
7. Broil second side until done. Serve at once.



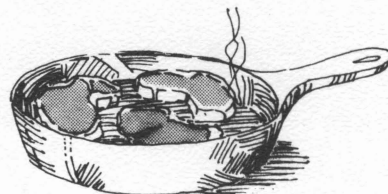
PANBROILING

1. Brush meat with melted fat before broiling.
2. Place meat in heavy frying pan.
3. Do not add fat or water. Do not cover.
4. Cook slowly, turning occasionally.
5. Pour fat from pan as it accumulates.
6. Brown meat on both sides.
7. Cook to desired doneness. Season if desired. Serve at once.

Moist Heat methods of cooking are recommended for the following cuts of light-weight beef:

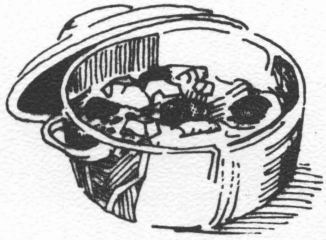
Rump Roast	Arm Pot Roast
Heel of Round	Arm Steak
Round Steak	English Cut Roast
Blade Pot Roast	Brisket
Blade Steak	Foreshank Plate
Chuck Roast	Flank

(Tender cuts, such as sirloin, T-Bone, or rib, if cooked well done.)



PANFRYING

1. Brown meat on both sides in a small amount of fat.
2. Season with salt and pepper if desired.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.



BRAISING

1. Brown meat on all sides in fat in a heavy utensil.
2. Season with salt and pepper if desired.
3. Add a small amount of liquid if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.
6. Make gravy from liquid in pan if desired.



COOKING IN LIQUID

1. If you prefer, brown meat on all sides in own fat or lard.
2. Season with salt and pepper if desired.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

MARINADES—FLAVOR ENHANCERS

The mild flavor of lightweight beef can be enhanced by marinades. Marinades are usually a combination of an acid such as vinegar, citrus juice, tomato juice, sauce or catsup, liquor or wine or fruit juice and a cooking oil with your favorite herbs and spices. Mechanically tenderized beef or meat tenderizers may also enhance the quality of the prepared meat.

Here are some suggested marinades for your favorite beef cuts:

Basic Marinade for Beef

- Garlic powder
- Pepper
- Meat tenderizer
- 2 cups dry red wine*
- ¼ cup soy sauce
- ⅓ cup salad oil
- 2 tablespoons lemon juice
- 1 bay leaf

Sprinkle meat with garlic powder, pepper and meat tenderizer; prick meat with sharp-tined fork to help tenderizer work. Mix all other ingredients. Place meat in non-metal container and cover with marinade. Let stand in refrigerator overnight. This should make a thick-sliced chuck roast perfectly acceptable for grilling.

Steak Marinade

- 1 cup burgundy
- 1 tablespoon chopped parsley
- 1 bay leaf
- ½ teaspoon salt
- 1 medium onion, chopped
- ½ clove garlic, crushed
- ¼ teaspoon thyme
- 2 pounds sirloin, T-bone, club or tenderloin, 1½ inches thick

Mix wine, onion, parsley, garlic, bay leaf, thyme and salt in a shallow glass dish. Place steak in marinade and refrigerate overnight. Re-

* Wine vinegar or regular vinegar also results in a very satisfactory product.

move steak from dish and broil 4 inches from heat about 9 minutes per side for medium doneness. Steak may also be charcoal-broiled. Marinade heated and strained makes an excellent meat sauce. Serves 4.

Marinated Round Steak

- 1 cup salad oil
- 1 cup soy sauce
- ¼ cup wine vinegar
- ½ cup minced onion
- 1 clove garlic, minced
- ½ teaspoon coarsely ground black pepper
- ½ teaspoon dry mustard

Combine all ingredients and pour over steak in a flat dish. Cover dish and leave in refrigerator overnight. To grill meat, remove from marinade and drain well. Use marinade to baste meat as it cooks. Yield: about 2¾ cups.

Flank Steak

- 2 pounds flank steak
- ¼ cup salad oil
- ¼ cup olive oil
- ¼ cup wine vinegar
- ½ teaspoon thyme
- ¼ cup lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon sugar

Score steak. Place steak in shallow glass baking dish. Mix remaining ingredients to make

marinade; pour over steak. Refrigerate overnight. Grill or broil on each side to desired doneness. For medium rare: 10 minutes on the first side, 5 minutes on the second side.

Sauerbraten

- 4 pounds chuck roast, top round or rump roast
- Salt and pepper
- 2 cups cider vinegar
- 2 cups red wine
- 1 medium onion, chopped
- 1 large carrot, thinly sliced
- 1 green pepper
- 1 bunch celery leaves, tops only
- 3 bay leaves
- 2 teaspoons marjoram
- 3 cloves garlic, crushed
- 2 teaspoons rosemary
- 2 teaspoons thyme
- 1 teaspoon sweet basil
- ¼ teaspoon ginger
- 3 tablespoons butter
- 1 cup sour cream
- ⅓ cup crushed ginger snaps

Salt and pepper beef and place in marinade of vinegar, wine, spices and vegetables. Cover and refrigerate 4-5 days, turning twice daily. Remove roast from marinade, drain and pat dry. Brown in butter. Add marinade and simmer 3-4 hours until tender. Remove meat to platter. Stir crushed ginger snaps and sour cream into gravy and stir until thick and smooth. Do not boil. Serve with sliced meat. Serves 10-12.

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