

Cooking Beef ... with Ashley



by
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The dog days of summer are here, so that means it is time for a beef recipe that is refreshing and won't weigh you down in the heat. Carnitas is literally translated to "little meats" and while traditional carnitas use slow-simmered pork, we have recreated similar flavors with the deliciousness of beef! These carnitas-style grilled beef tacos take very conventional, yet clean flavors and transport you to a Mexican getaway with light, wholesome fare.

Cilantro, lime, garlic and avocado are four of my favorite ingredients to cook with and this recipe allows you to savor the tantalizing taste of beef with these mouth-watering ingredients. As I am always one to experiment with cooking, I tried this recipe out on my family and, much to my surprise, everyone loved it, especially my dad. This was his first experience with the flat iron steak as well and after the meal, it was requested that I keep him in supply of this new favorite value cut. Thankfully, we discovered that the flat iron could be obtained by simply asking the local grocery store butcher to cut the shoulder top blade. If your local store does not supply the flat iron, I would highly recommend asking if they wouldn't mind cutting it for you- in my experience, they are more than willing to oblige! The shoulder top blade, or flat iron steak, has become my go-to steak; it is affordable, tender and juicy, cooks quickly and is so versatile. I have tried this steak in everything from stir-fry to a slow-cooked shredded beef dish and the flat iron never fails to impress! (As a UF graduate,



BEEF: It's What's
For Dinner

Carnitas-Style Grilled Beef Tacos

Marinade time: 15 minutes to 2 hours

Total recipe time: 45 minutes Makes 6 servings

Ingredients:

4 beef shoulder top blade steaks (flat iron) (about 8 ounces each)
18 small corn or flour tortillas (6 to 7-inch diameter)

Toppings:

Minced white onion, chopped fresh cilantro, lime wedges

Marinade:

1 cup prepared tomatillo salsa	2 teaspoons minced garlic
1/3 cup chopped fresh cilantro	1/2 teaspoon salt
2 tablespoons fresh lime juice	1/4 teaspoon pepper

Avocado Salsa:

1-1/2 cups prepared tomatillo salsa	1 tablespoon fresh lime juice
1 large avocado, diced	1 teaspoon minced garlic
2/3 cup chopped fresh cilantro	1/2 teaspoon salt
1/2 cup minced white onion	

Instructions:

Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Meanwhile combine avocado salsa ingredients in medium bowl. Set aside.

Place tortillas on grid. Grill until warm and slightly charred. Remove; keep warm.

Carve steaks into slices. Serve in tortillas with avocado salsa. Top with onion, cilantro and lime wedges, as desired.

it also always makes me proud to know that our amazing Meat Science department had a huge role in the development of this amazing value cut.) I hope that you enjoy this steak as much as I do!

Since the flat iron is already tender, it takes on the flavors of a marinade very well in a short amount of time. The marinade

in this recipe infuses the flavors of tomatillo salsa (also called salsa verde), lime and garlic into an already succulent steak for a result that is nothing short of delicious. The avocado salsa that accompanies the tacos lends a creamy yet refreshing element to this family-style taco dinner. Enjoy!