

Cooking Beef ... with Ashley



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Go Team! As an avid football fan, I count the days until the start of college football season! While in college, I was blessed to have a group of friends who knew the value of good food at a tailgate and I hope that I can inspire your upcoming sports celebrations with some delicious recipes!

Guy Fieri is a Food Network celebrity chef and is the host of the show *Tailgate Warriors*, which features hardcore tailgating fanatics who cook 5-star quality food in stadium parking lots around the country. Guy offers up a few tips to have a successful tailgate: #1- Excite the crowd! Use an ingredient that most people wouldn't think of at a tailgate, such as chipotle peppers or grilled pineapple on your burgers. #2- Make handheld food. Avoid utensils and make dishes that are finger-licking good! #3- Wrap it up! Take ordinary tailgate food, put it in a wrap and voila, you have food that is easy and fun to eat. #4- Make it a team effort. Enlist friends and family members to bring their favorite dishes for the ultimate tailgate! #5- Watch the clock! Don't wait until the day before to plan and prep your meal- slice, trim, marinate, and chop before you get to your tailgate for an easy, fun-filled day. #6- Pack like a pro. Have a box with tongs, knives, cuttings boards, bags, aluminum foil, etc. to make your tailgate a breeze! #7- Stay cool. Freeze water bottles and use as ice packs in your cooler- they will thaw by the time you are ready to eat and you have ice-cold water for your tailgating patrons. #8- Clean up your act. Cooking without a sink and running water can be a challenge but as long as you bring plenty of disinfectant wipes or make table sanitizer by mixing one tablespoon of bleach into a one-gallon jug of water, you can rest assured that your food will be safe and delicious!

Beef Kabobs with Grilled Pineapple Salsa is a recipe that Guy Fieri would say is PERFECT for any tailgate! It is unique by using grilled pineapple in a



BEEF: It's What's
For Dinner

Beef Kabobs With Grilled Pineapple Salsa

Marinade time: 30 minutes to 2 hours

Total recipe time: 50 to 55 minutes

Makes 6 servings

Ingredients:

1-1/2 pounds beef top sirloin or shoulder center (Ranch) steaks, cut 1 inch thick
Salt and pepper

Marinade:

2 tablespoons fresh lime juice
2 tablespoons olive oil
2 large cloves garlic, minced
1 medium jalapeno pepper, minced
1/2 teaspoon ground cumin

Pineapple Salsa:

1/2 medium pineapple, peeled, cored, cut into 1-1/2 inch chunks (about 3 cups)
1 medium red onion, cut into 12 wedges
1 large red or green bell pepper, cut into 1-1/2 inch pieces
2 teaspoons freshly grated lime peel
1/2 teaspoon salt

Instructions

Cut beef steaks into 1-inch pieces. Combine marinade ingredients in medium bowl. Remove and reserve 2 tablespoons for salsa. Add beef to remaining marinade; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.

Remove beef from marinade; discard marinade. Thread beef pieces onto six 10-inch metal skewers, leaving small space between pieces. Alternately thread fruit and vegetable pieces evenly onto six 10-inch metal skewers.

Place fruit and vegetable kabobs on grid over medium, ash-covered coals. Grill, covered, 12 to 15 minutes or until vegetables are tender, turning occasionally. Remove; keep warm. Place beef kabobs in center of grid. Grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Remove fruit and vegetables from skewers; coarsely chop. Combine with reserved marinade, lime peel and 1/2 teaspoon salt in medium bowl. Season beef with salt and pepper, as desired. Serve with Pineapple Salsa.

crowd-pleasing salsa; the hand-held kabobs don't require any utensils; this can easily be put into a wrap to allow you to hold your food with one hand and still play cornhole with the other; and you can easily prepare all of the elements before you head to your favorite tailgating spot- slice up the beef and veggies, skewer up your ingredients and have the marinade ready to go for your salsa. Make sure to keep the fruit and veggies on

separate skewers as they will have to cook longer than the beef skewers.

Happy tailgating and good luck to your favorite teams! (Assuming they aren't playing my favorite teams!) ☐

Get ready for the October Cooking Beef with Ashley article where I will be featuring a winning recipe from the Ranch Rodeo Beef Brisket Cookoff!