

Cooking Beef ... with Ashley



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Hello, Florida Cattlemen and CattleWomen! I am so honored to be back in the Sunshine State promoting beef. I would like to hopefully pass on my love of cooking beef through my articles. Summer is my favorite time of year with its sunshine, warmth and it is the perfect grilling season! From BEEF and veggies to fruits and bread, you can grill any food to make it even more delicious. Beef has this amazing quality that when you use a dry heat cooking method, ie. grilling, roasting, broiling, etc., there will be a beautiful crust that forms on the outside of the meat adding an intense level of flavor that helps to seal in the juices inside of the meat.

Are you a gas grill or charcoal grill person? I have talked to all kinds of people who have their own reasons for their grill preference- gas grills are quick and convenient but can sometimes leave a gas taste on the food; charcoal grills impart a wonderfully smoky flavor, but take around 30 minutes to heat up and need some understanding to operate. If you are using a gas grill, turn on all valves to the same level; if using charcoal, spread the coals evenly throughout your cooking area to ensure the best steak possible.

No matter what your preference, grilling is a low fat way to cook and a perfect way to maintain a healthy lifestyle! One tip to remember is to watch portion sizes- a 16 ounce steak may look delicious, but won't help your waistline, so make sure to keep



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BEEF: It's What's
For Dinner

Flat Iron Steaks with Grilled Corn and Cumin-Lime Butter

Marinade time: 30 minutes Total recipe time: 55 to 60 minutes

Makes 4 servings

Ingredients:

4 beef shoulder top blade (flatiron) steaks
(about 8 ounces each)
6 ears fresh sweet corn, in husks
2 tablespoons butter, softened
1 teaspoon fresh lime juice
Lime wedges
Salt and ground black pepper

Rub:

2 tablespoons ground cumin
3 large cloves garlic, minced
2 teaspoons brown sugar
½ teaspoon freshly grated lime peel
¼ teaspoon ground red pepper

Instructions:

Pull back husks from corn, leaving husks attached. Remove and discard corn silk. Bring husks back up around corn; tie in place with kitchen string or strips of corn husk. Soak corn in cold water 30 minutes or up to several hours. Combine rub ingredients. For Cumin-Lime Butter, combine 2 teaspoons rub mixture, butter and lime juice in small bowl; set aside. Press remaining rub evenly onto beef steaks. Cover and refrigerate steaks 30 minutes. Remove corn from water. Place on grid over medium, ash-covered coals; grill, uncovered, 20 to 30 minutes or until tender, turning occasionally. About 15 minutes before corn is done, move ears to outer edge of grid. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove and discard husks from corn. Squeeze lime wedges over beef, as desired. Spread Cumin-Lime Butter over remaining 4 ears corn. Season beef and corn with salt and black pepper, as desired.

your steaks around 4-5 ounces for a punch of protein power without extra calories.

While beef is naturally one of the best tasting proteins (in my opinion), spice rubs are a great way to add even more flavor to a steak. Make your own dry rubs by combining your favorite fresh or dry herbs, spices and other dry seasonings. Rubs can be applied just before cooking, but for more pronounced flavor, apply rub to

beef, then refrigerate for several hours.

If you are celebrating Cinco de Mayo, this will be the perfect crowd-pleasing meal. The rub in this recipe helps to caramelize the steak with the addition of brown sugar while adding smoky cumin, zesty lime and a spicy kick from cayenne pepper. I hope that you enjoy the recipe and the fun and fellowship grilling a good steak can bring. EAT MORE BEEF!