

News Article for Week of: May 26, 2011

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Grilling

Grilling is one of the most exciting and healthy ways to enjoy beef, whether it's a charcoal, gas or even electric grill!! The upcoming Memorial Day weekend provides the perfect time to try a favorite with a new twist, such as a Sirloin Kabob served on a bed of Orzo pasta! Maybe a spicy cheeseburger slider would do the trick! You can find some of the best recipes and tips for summer grilling at [www.](http://www.BeefitsWhatsForDinner.com)

[BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com) – sponsored by the National Beef Checkoff funds from cattlemen across the nation! Allen County Cattlemen encourage you to think about healthy, lean cuts of beef when you make your grilling choices. Make a visit locally to the Downing Cattle Company in Fountain Run, Kentucky to also find the freshest, locally produced beef for family meals and a great family farm fun experience.

Contact them at 270-434-2559 or visit their website at www.downingcattlecompanyinc.com

Try these tips for making your grilling experience the best!

10 Secrets for Sensational Summer Grilling

1. **Keep beef refrigerated.** Grilling times are based on beef being taken directly from the refrigerator to the grill – not at room temperature. Shape burgers in advanced, cover and refrigerate until the grill is ready.
2. **Trim, if necessary.** Remove visible fat from meat and poultry before grilling to help prevent flare-ups and excess smoke formation.

3. **Marinating Mantra.** Always marinate in the refrigerator. Tender beef cuts can be marinated for 15 minutes to 2 hours for flavor. Less tender beef cuts should be marinated at least 6 hours – but no more than 24 hours – in a mixture containing an acidic ingredient or a natural tenderizing enzyme. Pat beef dry after removing from marinade to promote even browning and prevent steaming. Do not save marinade for reuse. If a marinade has been in contact with uncooked beef, it must be brought to a full rolling boiling before it can be eaten as a sauce.
4. **Grilling temperature matters.** Grilling over medium heat ensures even cooking and flavorful, juicy meat. If beef is grilled over too high heat, the exterior can become overcooked or charred before the interior reaches the desired doneness. Charring meat, poultry or fish is not recommended.
5. **Watch the charcoal.** Never grill while the coals are still flaming. Wait until the coals are covered with gray ash (approximately 30 minutes), spread in single layer. To check cooking temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.
6. **Know your gas grill.** Since gas grill brands vary greatly, consult the owner’s manual for information about preparing the grill for medium heat.
7. **Turn properly.** Use long-handled tongs for turning steaks; spatulas for burgers. A fork will pierce the beef causing loss of flavorful juices. And don’t be tempted to press down on burgers – it only releases the juices that create flare-ups.
8. **Use a thermometer.** The best way to determine doneness of burgers and steaks is to use an instant-read meat thermometer, inserted horizontally from the side to penetrate the center of the meat. Allow 10 to 15 seconds for the thermometer to register the internal temperature.

9. **Internal temperature matters.** Cook burgers to at least 160 degrees F. The color of cooked ground beef is not a reliable indicator of doneness. Cook steaks to at least 145 degrees F (medium rare doneness). The color will be very pink in the center and slightly brown toward the exterior.
10. **Practice food safety.** Keep raw meat separate from other foods both in the refrigerator and during preparation. Wash hands, all utensils and surfaces in hot soapy water after contact with raw meat. Never place cooked meat on platters that held raw meat. Use clean serving platters and utensils. Serve cooked food promptly and refrigerate immediately after serving (within two hours after cooking).

For more information contact your local Cooperative Extension Service at 200 East Main Street or call 237-3146.

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Sizzling Sirloin Kabobs on a Bed of Orzo

- 1 pound boneless beef top sirloin steak, cut 1 inch thick
- 2 green, red and/or yellow bell peppers, cut into 1 inch pieces
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- 1 tablespoon prepared Italian dressing
- 2 large cloves garlic, minced
- Salt and Pepper

Orzo:

- 1 cup uncooked orzo pasta, cooked according to package directions
- 2 to 3 tablespoons chopped fresh basil or parsley
- 2 teaspoons olive oil

1. Soak eight 8-inch bamboo skewers in water 10 minutes.

2. Cut beef steaks into 1 ¼ inch pieces. Toss beef and bell peppers with 1 tablespoon basil, dressing and garlic in large bowl. Alternately thread beef and peppers onto skewers.
3. Toss Orzo ingredients in medium bowl; keep warm.
4. Place kabobs on grid over medium, ash-covered coals. Grill, uncovered, about 8 to 10 minutes (over medium heat on preheated gas grill, covered, 9 to 10 minutes) for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning occasionally. Season with salt and pepper, as desired. Serve with Orzo.

Makes 4 servings.

Spicy Cheeseburger Sliders

1 pound ground beef (96% lean)

9 small whole wheat hamburger buns, split, divided

1 clove garlic, minced

½ teaspoon ground chipotle chili powder

2 slices pepper Jack cheese, cut into squares

1. Tear one hamburger bun into pieces. Place in food processor or blender container. Cover; pulse on and off, to form fine crumbs.
2. Combine bread crumbs, beef, garlic, and chili powder in medium bowl, mixing lightly but thoroughly. Lightly shape into eight ½-inch thick mini patties.
3. Place patties on grill over medium. Grill, covered, 8 to 9 minutes (over medium heat on prepared gas grill, 9 to 10 minutes) until instant-read thermometer inserted horizontally into center registers 160 degrees F, turning occasionally. Evenly top with cheese during last minute of grilling.
4. Place burgers on bottoms of remaining eight buns. Top with desired toppings. Close sandwiches.

Makes 8 sliders.