

Beef basics

(Continued from Page B18)

percent lean; ground chuck has not less than 75 percent lean and ground round has not less than 85 percent lean.

Once you've purchased a good cut of beef, you'll want to prepare it properly to get the tenderest, most flavorful results. You have two basic cooking methods to choose from, dry and moist heat. Dry heat is recommended for tender cuts from the rib and loin, Thomas explained, and moist heat is best for less tender cuts from the chuck and round.

There are four basic types of dry heat cooking methods — roasting, panbroiling, broiling and pan-frying.

To roast meat, place the meat, and seasonings if desired, fat side up on a rack in an open pan. Do not cover the pan to roast.

When broiling beef, place the meat on broiler pan rack two to five inches from the heat. Thomas reminded workshop participants that when broiling in an electric

range, it is important to keep the oven door open.

For panbroiling, put meat into preheated frying pan without oil or water. Do not cover.

To panfry beef, place meat in a small amount of heated oil, but do not cover. Brown the meat at a moderate temperature.

There are two options for preparing less tender cuts using moist heat — braising and cooking in liquid.

To braise beef, brown the meat in a small amount of oil, drain off the drippings, season and add a small amount of liquid. Cover and cook at a low temperature on top of the range or in oven until tender.

When cooking with liquid, coat the beef with seasoned flour if desired and brown on both sides in oil. Cover the beef with liquid and simmer on top of range or in oven until tender.

Now that you know how to select and prepare beef, the meat counter need no longer discourage you.

Below are a few sauce recipes from the California Beef Council. These sauces will accent the robust

flavor of tender cuts of beef and can be served with grilled or broiled porterhouse steaks, chuck eye steaks, tenderloin steaks or top loin steaks.

HERB MAYONNAISE

1 cup unflavored yogurt
 1/2 cup lowfat cottage cheese
 1/3 cup chopped green onions
 1/4 cup chopped parsley
 1 tablespoon lemon juice
 1 tablespoon dijon-style mustard
 1 teaspoon dried basil leaves
 1/8 teaspoon salt

Place all ingredients in blender container; cover. Blend until smooth, stopping blender and scraping sides occasionally. Refrigerate at least 3 hours, no longer than 5 days. Makes about 2 cups.

SALSA FRIA

1 large tomato, chopped
 1 medium onion, chopped
 1 4-ounce can green chiles, chopped

1 tablespoon olive or vegetable oil
 1 tablespoon vinegar
 1 teaspoon ground coriander
 1/4 teaspoon salt
 1/4 teaspoon pepper

Mix all ingredients; cover. Refrigerate at least 3 hours, no longer than 5 days. Stir before serving. Makes about 1 1/2 cups.

HORSERADISH SAUCE

1 8-ounce carton sour cream
 1/4 cup prepared horseradish
 1/2 teaspoon dry mustard
 1/4 teaspoon salt
 1/4 teaspoon white pepper
 Mix all ingredients; cover. Refrigerate at least 3 hours, no longer than 5 days. Stir before serving. Makes about 1 cup.

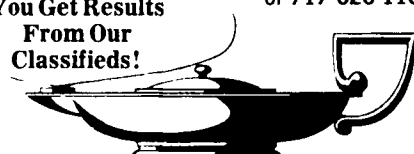
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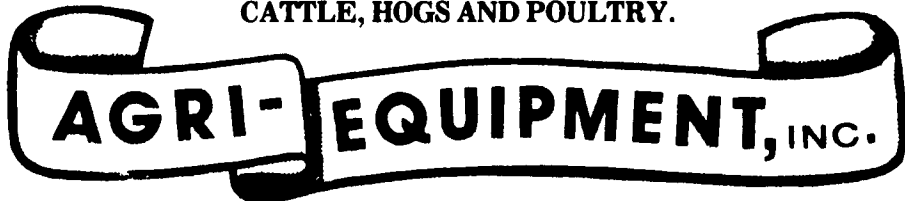
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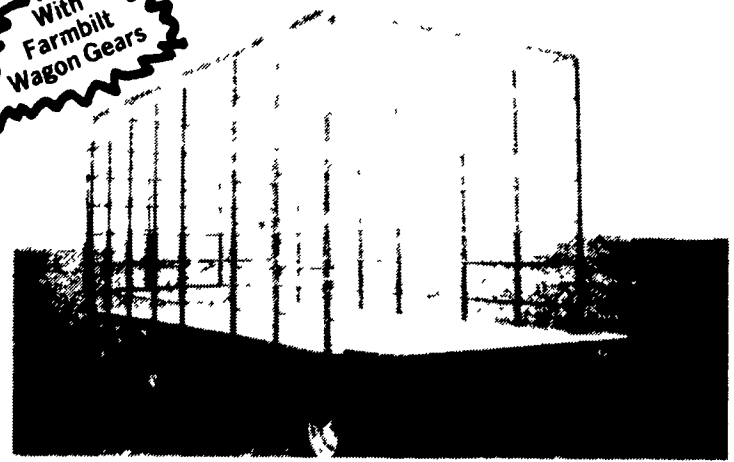
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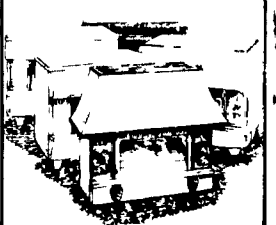
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