

## Grilled Beef Recipes Available

MIDDLETOWN (Dauphin Co.) — Everything you need to know for grilled beef, start to finish, is in a free brochure available from the Pennsylvania Beef Council.

Highlights include grilled beef recipes, color photographs, grilling timetables for steaks and burgers, marinating tips, food safety informa-

tion, tips for successful grilling, and guidelines for determining doneness.

To receive a complimentary copy, send a self-addressed stamped envelope to PA Beef Council, Sizzling Sensational, 1500 Fulling Mill Road, Middletown, PA 17057.

*Family Living Focus*  
by  
**Frances Alloway**  
Delaware Co.  
Cooperative Extension



### Great Grilling

Outdoor grilling is one of the best features of summer. Not only do the foods taste great, but the ease of preparation and cleanup are wonderful. For women who do most of the cooking, an added bonus is often the

assistance from the male side of the family.

While hamburgers and hot-dogs are traditional, grilling can be made more interesting and healthy with the addition of marinades or rubs.

Marinades are sauces that contain an acid (to tenderize), oil and flavoring. Lean meats such as chicken breasts or round steak can be brushed with the marinades and left to sit in the sauce in the refrigerator for 1-24 hours. Basic marinades can be as easy as using Italian salad dressing or a wine and olive oil combination with some herbal seasoning.

A rub can include the same seasonings but is applied by first brushing meat with oil and then rubbing the dry spices or herbs onto the meat, usually with your hands (be sure to wash them first).

A rub will not tenderize the meat like the marinade, but the flavor will be more intense. For

each pound of meat, use about 2 tablespoons of rub or 1/2 cup of marinade. The rub can be applied right before grilling or several hours ahead for a more robust flavor.

Keep food safety in mind with marinades and rubs. Always marinate meat in the refrigerator and do not use marinades to brush meat while cooking as it will contain raw meat juices left from the time soaking. Wash your hands and surfaces that touch the raw meat following rub applications.

Always use a clean plate to bring meat back from the grill to avoid contamination from raw meat juices.

### Marinade Or Rub Provençal Seasoning Mix:

- 1/4 cup dried tarragon leaves
- 3 tablespoons dried thyme leaves
- 2 tablespoons dried sage leaves, crumbled
- 2 teaspoons onion powder
- 3/4 teaspoon salt

### Marinade

Combine 2 tablespoons Seasoning Mix, 1/2 cup dry red wine or chicken broth, 1 garlic clove, finely chopped.

Mix together all ingredients. Pour over meat in resealable plastic bag. Refrigerate 1-24 hours.

### Rub

Brush meat with 1 tablespoon olive oil. Rub 2 tablespoons of the seasoning mix into meat surfaces. Grill until meat is done.

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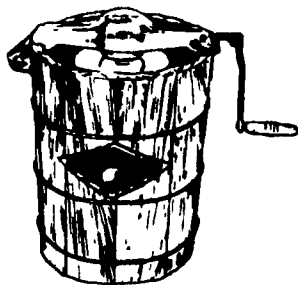
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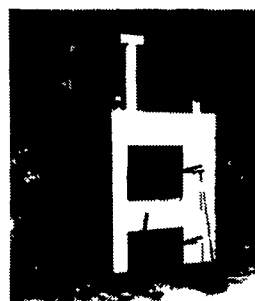
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