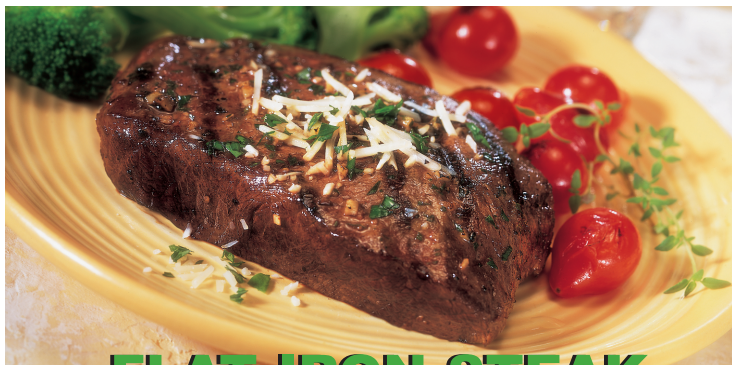


NEW...



FLAT IRON STEAK

Q: What is a "Flat Iron" Steak?

A: Flat Iron is the fanciful name of a steak cut from the Beef Shoulder Top Blade muscle. It is similar in shape to a flank steak but its thickness will vary. Steaks may weigh from 6 to 14 ounces.



Q: How tender is the Flat Iron?

A: Second only to beef tenderloin in tenderness, the Flat Iron is well marbled and tender, juicy and flavorful.

Q: How do you cook the Flat Iron?

A: Flat Iron steaks may be grilled, skillet cooked, broiled, cut into strips and stir-fried or cut into pieces for kabobs. Cooking to medium rare or medium is recommended.

Cooking Directions

Grilling: Season steaks with herbs or spices as desired. Place on cooking grid directly over coals. Grill, covered, over medium, ash-covered coals for 10 minutes for medium rare (145°F) or 14 minutes for medium (160°F) doneness, turning once.

Skillet cooking: Heat large heavy nonstick skillet over medium heat until hot, about 5 minutes. Season steaks with herbs or spices, as desired. Place in preheated skillet (do not crowd). Do NOT add water or cover. Cook 13 minutes for medium rare (145°F) to 15 minutes for medium (160°F) doneness, turning twice. Remove excess drippings as they accumulate. After cooking, season with salt if desired.

Stir-Frying: Cut steaks crosswise into 1/8 to 1/4-inch thick strips. Marinate briefly for flavor, if desired. Heat small amount of oil in large nonstick skillet over medium-high heat until hot. Stir-fry beef in half-pound batches (do not crowd), continuously stirring and turning with a scooping motion, 1-1/2 to 2 minutes until outside surface of beef is no longer pink. Add oil as needed.

Funded by The Beef Checkoff.



Grilled Steak Salad

Total preparation and cooking time: 30 minutes



- 2 beef shoulder top blade (Flat Iron) steaks,
6 to 8 ounces each
- 1 package (10 ounces) mixed salad greens
(about 8 cups)
- 2 medium tomatoes, chopped
- 1/2 cup salad croutons
- 1/2 cup Ranch or Caesar salad dressing

Seasonings:

- 1 teaspoon dried oregano leaves, crushed
- 1 clove garlic, minced
- 1/4 teaspoon pepper

1. Combine seasoning ingredients. Press evenly onto both sides of beef steak.
2. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 10 minutes for medium rare to 14 minutes for medium doneness, turning once. Carve steak crosswise into thin slices.
3. In large bowl, combine salad greens and tomatoes; toss gently. Arrange beef on top of salad. Top with croutons and serve with dressing. *Makes 4 servings.*

Beef Steak al Forno (photo on front)

Total preparation and cooking time: 25 minutes

- 4 beef shoulder top blade (Flat Iron) steaks,
6 to 8 ounces each
- 1/2 teaspoon dried thyme, crushed
- 2 large cloves garlic, minced
- 1/2 teaspoon pepper
- 2 tablespoons shredded Parmesan cheese
- Salt

1. Combine thyme, garlic and pepper; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 minutes for medium rare to 14 minutes for medium doneness, turning once. During last 2 minutes of grilling, sprinkle with cheese. Season with salt, as desired.

For more information about beef, including delicious recipes, visit www.beefitswhatsfordinner.com