

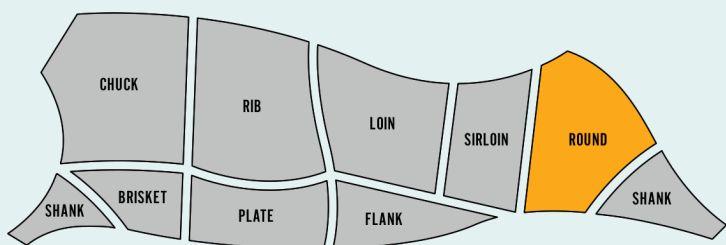
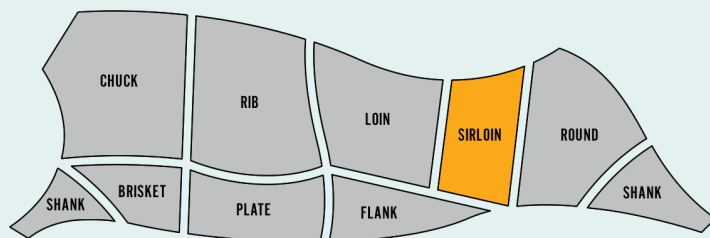
Beef Basics

The meat case can be pretty daunting. Check out these quick tips to learn about selecting cuts, how to prepare certain meats for the best experience, and pairing your meal with a drink!

Alicia Halbritter, UF/IFAS Extension Baker County

Top Sirloin Filet

Tender, thick and perfectly portioned from larger Top Sirloin Steaks. Season simply with salt and pepper or your favorite rub before grilling.

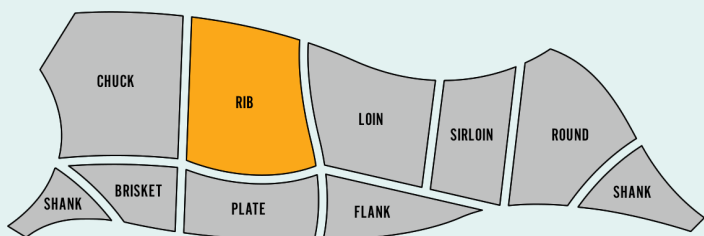
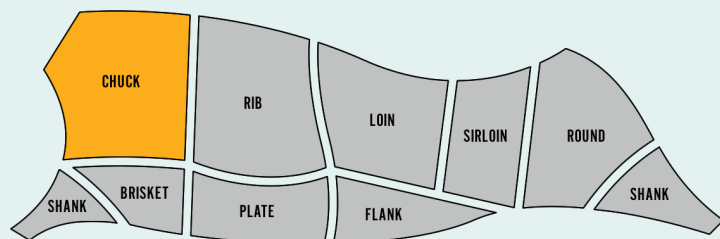


Sirloin Tip Steak

This boneless, lean cut is great value. Makes good Kabobs, Stew Meat or Cubed Steak.

Flat Iron Steak

Extremely tender, well-marbled and flavorful and great for grilling. Cut from the Top Blade.



Ribeye Steak

This steak is rich, juicy and full-flavored with generous marbling throughout. Sold bone-in. Due to the exceptional taste and tenderness Beef Rib Steaks deliver for operators and diners alike. Bone In Rib Steaks offer great plate coverage and impressive presentations.

Steaks

Insert thermometer horizontally from the side, penetrating thickest part of the steak.

- Medium Rare - 145°
- Medium - 160°
- Well Done - 170°

Determining Doneness

Ground Beef

All ground beef should be cooked to 160°, regardless of color. Insert into the thickest part of the meatloaf or horizontally into the center of hamburger patties.

Roasts

Utilize ovenproof meat thermometer prior to roasting. Or, insert instant-read thermometer for 15 seconds to get an accurate reading. Temperature will continue to rise 5°-15° after removing from oven.

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Marinade

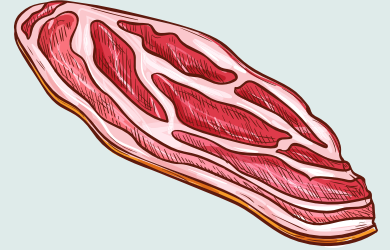
Marinade helps add flavor and tenderize the meat. Flavor marinades only need about 15 minutes to 2 hours, whereas tenderizing marinades need anywhere from 6 to 24 hours.

Always marinate in the refrigerator, never at room temperature.



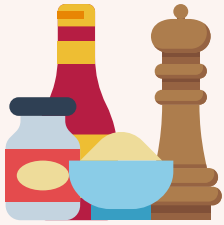
Marbling

Fat is what gives beef its irresistible flavor. Look for meats that contain higher levels of marbling as indicators of taste and tenderness.



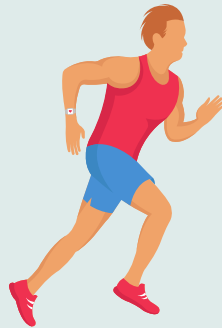
Dry Rub

Dry rubs consist of herbs, spices, and other dry seasonings. Pastes can be made with small amounts of wet ingredients like oil or mustard. Apply dry rubs right before cooking or up to two hours prior.



Nutrition

The average 3 oz serving of beef has 51% of your daily protein + 9 essential vitamins like B12, Zinc, Selenium, Iron, and more!



Grain Fed & Grass Fed

Most cattle in the US are 'finished' on a diet that includes grain, which helps them develop that necessary fat marbling. Grass-fed beef is specially labeled and has a different flavor profile than grain fed. Both are nutritious choices for your family and safe for the environment.



All beef producers take care into delivering an excellent product for you to enjoy!

Principles to Pairing Beef with Alcohol



Power Matching- Pair robust flavored foods with robust flavored drinks. Beefier flavors will need more robust drinks.

Balance the Scales- High alcohol content can increase the 'spicy' flavor of a dish. Thick, creamy foods pair better with lighter drinks

Scrub with Bubbles- Carbonation helps cleanse the palate, especially with fatty foods. Dry wines match better with fatty cuts.



Beers

 Spicy Stir-Fry	 Steak Salad	 Slow Cooked Beef
 Whole Roast/ Beef Stew	 Beef Ribs/ Burger	 Grilled Steak/ Kabobs
 Spicy Stir-Fry	 Steak Salad	 Slow Cooked Beef
 Whole Roast/ Beef Stew	 Beef Ribs/ Burger	 Grilled Steak/ Kabobs

Wine