3 SIMPLE STEPS FOR GRILLING BEEF



CHOOSE YOUR CUT

Some of the best cuts for grilling include: (*indicates lean)







Flank*



Ribeye

Beef Coach's Tips:

ΓΙΡ ΝΩ 1

Grilling times are based on beef going directly from the refrigerator to the grill.



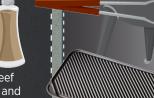
PREPARE YOUR BEEF

Prepare grill (gas or charcoal) according to manufacturer's directions for medium heat.

Remove beef from refrigerator.



Season beef with herbs and seasonings, as desired.



Best Tool: Grill or Grill pan



COOK YOUR BEEF



Place on cooking grid.

Grill, covered, according to chart, turning occasionally.



Once finished, season beef with salt, if desired.

TIP NO 2

Don't forget to marinate! Tender beef cuts can be marinated for 15 minutes to 2 hours for flavor; less tender cuts, such as Flank, should be marinated for 6 hours, but not more than 24 hours.

America's Got Grilliance

A recent survey found that when it comes to the grill, Americans choose beef.

Nearly three out of four American grillers say the ONE meat they most often grill is beef (69%) versus chicken (25%) or pork (6%)¹ BEEF 69% CHICKEN 25%

> PORK 6%

¹Consumer Grilling Study - IPSOS Public Affairs, April 2011



gril-liance [gril-yuhns] noun ◀》)

1. The sizzling harmony of one's passion for brilliance on the grill.

Origin: 2012; grill+i(ant) + -ance



For simple meal ideas, **nutrition** and **cookery information** as well as other great cuts for broiling visit

BeefltsWhatsForDinner.com