

Expert Tips for Spicing Up Your Relationship with Beef

Courtesy of Dave Zino, executive chef, National Cattlemen's Beef Association



- ♥ **Take the two-step cooking method for a spin:** A secret technique of restaurant chefs nationwide, this strategy is as easy as it sounds. All you have to do is place your steak in a heated oven-proof pan and brown it on the stove top; then move the pan to the oven and within minutes you'll have a perfectly cooked, juicy steak. This technique is truly stress (and hands!) free.
 - **Try it out:** Bring this technique to life with Chef Dave's **"Two Steppin' Tenderloin"** – a delicious dish made just for two. It's perfect for Valentine's Day and beyond, and it is sure to impress your sweetheart. Not only will it provide you with maximum flavor, but it's also guaranteed to take your relationship with beef to the next level.
- ♥ **Get saucy:** Of course beef stands well on its own, but it also pairs perfectly with a wide variety of ethnic cuisines and flavors. Some of Chef Dave's favorite sauces – like mole, lemon-pesto, wasabi and coffee – truly complement the flavor of beef.
 - **Try it out:** Anxious to take your taste buds on a romantic trip around the world? Try Chef Dave's **"T-Bone for Two"** which not only features a succulent steak, but also includes a number of Chef Dave's favorite sauces. Perfect for you and your sweetie, this recipe really shows that two is better than one.
- ♥ **Take it slow:** When you want the best results in the long-term, try braising – and using Chuck Shoulder pot roast and Bottom Round roast are the perfect ways to do it. Braising is a long, slow, moist-heat cooking process that turns less-tender cuts into melt-in-your-mouth masterpieces.
 - **Try it out:** Grab your sweetie and curl up on the couch as the aroma of **"Asian Braised Beef with Vegetables"** fills your house. With just a few ingredients and a little TLC, this fork-tender dish is the perfect addition to any chilly night.
- ♥ **Add a kiss of flavor:** Kick your relationship up a notch by adding spices and rubs to your beef. Rubs are seasoning blends applied to the surface of uncooked beef. There are two types of rubs: dry rubs and paste rubs. Dry rubs are a mixture of dried herbs and spices that enhance the flavor of beef. Paste rubs are simply dry rubs with an additional liquid like mustard or olive oil to make roasts more moist and flavorful.
 - **Try it out:** Spice things up with **"Ancho Chili-Rubbed Beef Roast."** The fiery flavor of ancho chili is a perfect match for beef roast. Turn up the heat even more by adding the same spices to sweet potatoes or other tasty veggies.
- ♥ **Cook once, dine twice:** Tonight's leftover steak can be tomorrow's breakfast sandwich or lunchtime salad. Just prepare enough steak, roast or meatloaf for dinner, and tomorrow's meals will be both nutritious and cost-effective. Top salads with steak slices, shred pot roast for hearty sandwiches or add pieces of meatloaf to soups and pasta dishes for fast and delicious meals.
 - **Try it out:** Hungry for more? Take your leftovers and try Chef Dave's **"Beef Breakfast Burrito"** for a tasty way to start the day, or add a lunchtime boost with **"Greek Beef Salad"** – a flavorful (and healthful!) option.
- ♥ **Stir up the love:** Warm the hearts of those you love with a hearty beef stew. With one simple cut of beef, you can make a variety of stews ranging from **"Beef Bourguignonne"** to **"Beef & Green Olive Stew."** Strapped for time? Stew is a great one-pot meal and is perfect for the slow cooker. Just turn it on in the morning and come home to a delicious dinner that cooked itself!
 - **Try it out:** See how easy slow cooking is with **"Slow Cooker Pot Roast Soup."** It's a hearty mix of tender beef, vegetables and spices – perfect for leftovers, busy days and festive occasions with family and friends.

For the recipes listed above, more simple meal ideas, nutrition information and cooking tips, visit BeefItsWhatsForDinner.com.



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