

## Sesame-Soy Marinade

Prep Time: 10 minutes

- 1/4 cup soy sauce
- 1/4 cup finely chopped green onions
- 2 tablespoons water
- 2 tablespoons packed brown sugar
- 1-1/2 tablespoons dark sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 1/4 teaspoon pepper

1. Combine all ingredients in small bowl; stir until sugar is dissolved.  
Makes about 1/2 cup

## Chipotle Marinade

Prep Time: 20 minutes

- 1/3 cup fresh lime juice
- 1/4 cup chopped fresh cilantro
- 1 tablespoon packed brown sugar
- 2 teaspoons minced chipotle chilies in adobo sauce
- 2 tablespoons adobo sauce (from chilies)
- 2 cloves garlic, minced
- 1 teaspoon freshly grated lime peel

1. Combine all ingredients in small bowl; mix well.  
Makes about 3/4 cup

Cook's Tip: Use as a flavoring marinade (1/2 to 2 hours) with tender beef steaks or as a tenderizing marinade (6 to 24 hours) with less tender beef steaks. Marinate in refrigerator.

## Tangy Lime Marinade

Prep Time: 5 minutes

- 1/4 cup fresh lime juice
- 2 tablespoons oil
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 3 large cloves garlic, crushed

1. Combine all ingredients in medium bowl; mix well.  
Makes about 1/2 cup

## Rubs

A rub is a mixture of seasonings rubbed onto the surface of meat before cooking. They are commonly used on roasts, steaks and ground beef. Rubs not only add flavor, but they can also help seal in juices and form a delicious crust. One thing you can't expect them to do, however, is tenderize.

- ♦ Make your own dry rubs by combining your favorite fresh or dry herbs, spices and other dry seasonings.
- ♦ Add additional zing and spice to your favorite cut with a paste rub.
  - o To make a paste, you combine dry seasonings with oil. You can use your favorite oil that's infused with garlic, red pepper or lemon, or any other oil of your choice.
  - o You can also add small amounts of finely chopped garlic or onion, or seasonings such as mustard, soy sauce or horseradish that will help bind the mixture.
  - o The goal is to maintain a consistency that can be spread thickly on your beef.
- ♦ Rubs can be applied just before cooking. For more pronounced flavor, apply rub to beef, then refrigerate for several hours.

## Marinades

A marinade is a mixture of seasonings and liquid ingredients that add flavor to beef, and may even help tenderize depending on the ingredients.

In general, steak cuts from the chuck, round, flank and skirt are excellent candidates for a tenderizing marinade. To make such a mixture, you'll need acidic ingredients (lemon or lime juice, vinegar or wine) or a natural tenderizing enzyme (found in fresh ginger, pineapple, papaya, kiwi and figs.) These ingredients will not only make the beef more tender, but will also add interesting flavors.

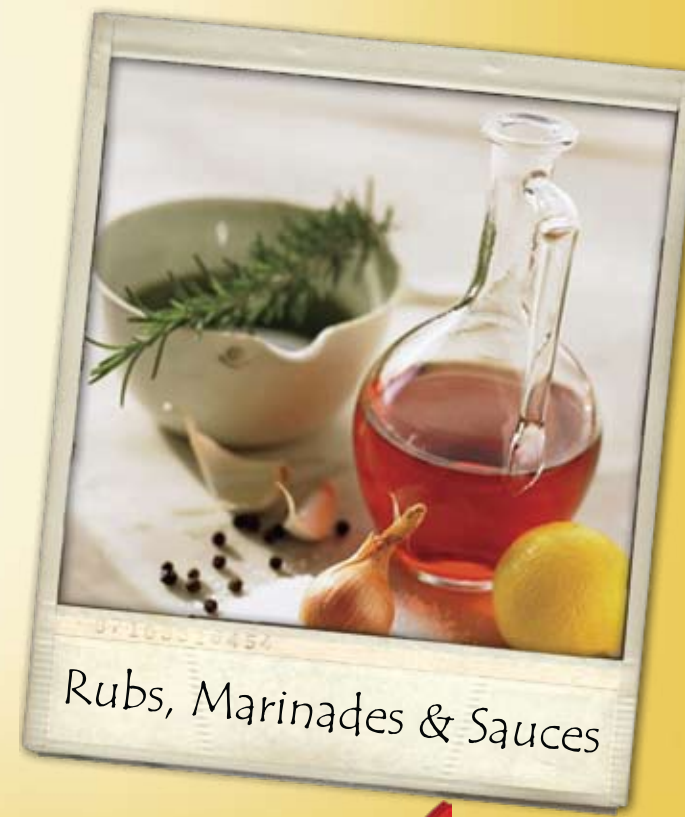
Review our helpful hints for making marinades:

- ♦ Allow 1/4 to 1/2 cup of marinade for each one to two pounds of beef.
- ♦ When tenderizing, marinate for at least six hours but no more than 24 hours.
- ♦ Tender cuts such as tenderloin or top sirloin only need to be marinated for 15 minutes to 2 hours to soak up the flavor.
- ♦ ALWAYS marinate in the refrigerator, NEVER at room temperature. Be sure to use a food-safe plastic bag, non-reactive glass or a stainless steel container. Turn or stir the beef occasionally to allow even exposure to the marinade.
- ♦ NEVER save and reuse a marinade. If you're planning to use the liquid later for basting or to serve it as a sauce, reserve a portion of it for later before adding uncooked beef.
- ♦ Remove beef from marinade and pat dry with a paper towel before cooking to prevent steaming and encourage browning.

## Sauces

In cooking, a sauce is liquid or sometimes semi-solid food served on or used in preparing other foods. Sauces are not normally consumed by themselves; they add flavor, moisture, and visual appeal to another dish.

# Savor the Flavor



Rubs, Marinades & Sauces



### Blue Cheese Butter

Total prep time: 10 minutes

- 1 cup crumbled blue cheese
- 1/2 cup butter, softened
- 1 package (3 ounces) cream cheese
- 4 slices cooked bacon
- 1 tablespoon snipped fresh chives
- 2 teaspoons jalapeño pepper sauce
- 1-1/2 teaspoons fresh lemon juice

1. Combine blue cheese, butter, cream cheese, bacon, chives, pepper sauce and lemon juice in large bowl; mix thoroughly.
2. To serve, top warm steak with 2 tablespoons butter.

Makes 1-1/3 cups

### Dry BBQ Rub

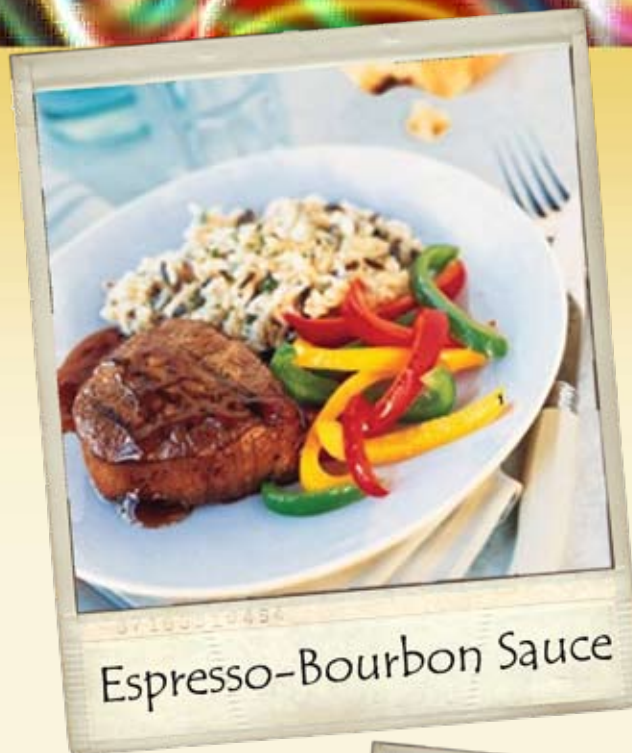
Total prep time: 5 minutes

- 2 tablespoons chili powder
- 2 tablespoons packed brown sugar
- 1 tablespoon ground cumin
- 2 teaspoons minced garlic
- 2 teaspoons cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground red pepper

1. Combine all ingredients in small bowl; mix well.

Makes about 1/4 cup

Cook's Tip: Press rub evenly onto tender beef steaks before grilling. Turn frequently to avoid burning.



Espresso-Bourbon Sauce

### Espresso Rub

Total Recipe Time: 5 minutes

- 2 tablespoons finely ground espresso coffee beans
- 1 tablespoon garlic pepper
- 2 teaspoons brown sugar
- 1 teaspoon ancho chili powder

1. Combine rub ingredients in small bowl; mix well.

Makes about 1/4 cup rub

Cook's Tip: Finely ground regular ground coffee may be substituted for espresso.

### Espresso-Bourbon Sauce

Total prep and cooking time: 15 minutes

- 1/4 cup bourbon
- 1/4 cup reduced-sodium soy sauce
- 2 teaspoons instant espresso coffee powder
- 1/4 cup maple syrup
- 1 tablespoon lemon juice
- 1/8 teaspoon pepper

1. Combine all ingredients except pepper in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half. Stir in pepper.

Makes about 1/3 cup

Cook's Tip: Serve with grilled, broiled or pan-broiled beef steak.

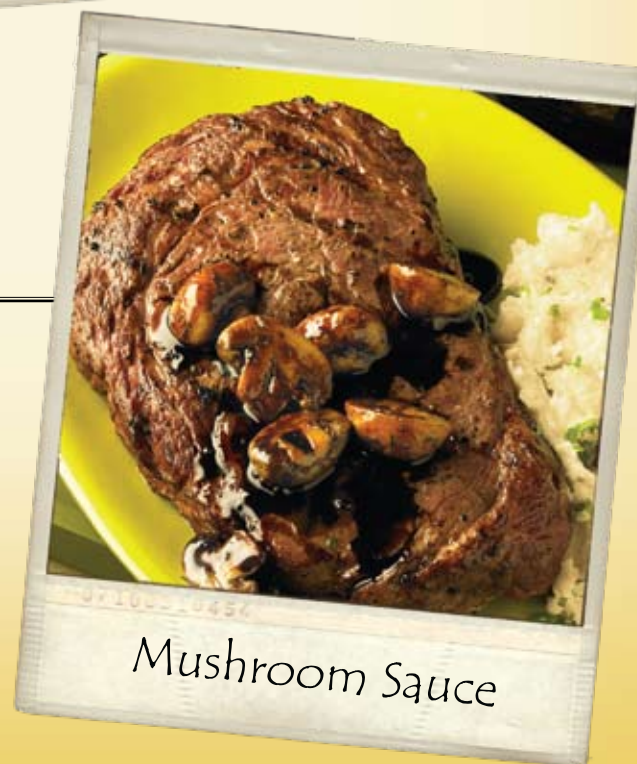
### Mushroom Sauce

Total prep and cooking time: 20 minutes

- 1 tablespoon butter
- 1 teaspoon minced garlic
- 1/3 cup dry red wine
- 1 tablespoon sun-dried tomato spread
- Salt
- 1/4 cup sliced cremini or button mushrooms
- 1 can (13-3/4 to 14-1/4 ounces) beef broth
- 1 tablespoon cornstarch
- 1/4 teaspoon coarse grind black pepper

1. Heat butter in small saucepan over medium-high heat until hot. Add mushrooms and garlic to pan. Cook and stir 2 to 3 minutes or until mushrooms begin to soften. Remove mushroom mixture from pan; set aside.
2. Combine broth, wine and cornstarch in same pan; bring to a boil. Cook and stir 1 minute or until slightly thickened. Reduce heat and simmer 10 minutes or until mixture is reduced to 1-1/2 cups.
3. Stir in mushroom mixture, sun-dried tomato spread, pepper and salt, as desired to sauce.

Makes 1-1/2 cups sauce



Mushroom Sauce

### Lemon Thyme Rub

Total Recipe Time: 5 minutes

- 3 tablespoons chopped fresh thyme
- 2 tablespoons garlic
- 1 tablespoon freshly grated lemon peel
- 1 tablespoon olive oil
- 2 teaspoons coarse grind black pepper
- 1 teaspoon salt

1. Combine rub ingredients in medium bowl; mix well.

Makes 1/3 cup