

for immediate release **NEWS**

Executive Office

206 Riffel Rd.

Wooster, OH

44691-8588

Phone: 330/345-2333

Fax: 330/345-0808



Manhattan Office

1107 Hylton Heights Rd.

Manhattan, KS

66502-2822

Phone: 785/539-0123

Fax: 785/539-2883

Japan Office

Japan Business Center

WBG Marive East 14F

Nakase 2-6 Mihama-ku

Chiba-shi, Chiba 261-7114

Japan

Ph.: 011/81-43-297-3363

Fax: 011/81-43-297-3374

www.

certifiedangusbeef

.com

Contact:

Jennifer Schertz

Certified Angus Beef LLC

330-345-2333, ext. 283

jschertz@certifiedangusbeef.com

Download photos at: <http://www.certifiedangusbeef.com/photos/1016.jpg>

http://www.certifiedangusbeef.com/photos/5104_MediterraneanNewYorkStrip.jpg

Fresh, flavorful, fabulous!

Enhance springtime dishes with herbs from your garden

Think spring and enjoy warmer weather, sunnier skies ... and tastier meals. You'll harvest numerous rewards by planting your own herb garden. The best part? It's simple and doesn't require a large investment – or space. A few small pots in a sunny windowsill are all flavor fanatics need to get growing.

Many popular, widely-available herbs are also very versatile. Try basil, thyme, rosemary, parsley or sage. Their bright, garden-fresh flavor will give an aromatic zip to dishes. Plus, cooks often find that seasoning with herbs helps reduce the need for salt in recipes, resulting in more healthful, lower-sodium meals that still satisfy.

A top-quality steak is an ideal candidate for a fresh herb accent, and also a great way to kick off grilling season. As with any recipe, take care to choose herbs that complement the ingredients, not overwhelm them. Practice makes perfect and experimentation is encouraged, but experts recommend some classic pairings:

- **Tarragon** or **parsley** complement the subtle, “light” flavor of a tender **filet mignon**.
- **Chives**, **cilantro** or **thyme** are in perfect balance with a classic **strip steak**.
- Go bold with **rosemary** or **sage** for a beefy, robust **ribeye**.
- **Sage**, **rosemary** or **thyme** will enhance a slow-cooked braised beef dish like **pot roast**.

Once your garden is planted, plan a meal that celebrates the essence of spring and bright, fresh flavors. Try Fresh Herb Marinated Steak – delicious when served over a salad of tender greens – or Mediterranean Grilled Strip Steak and reap the many rewards of nature's freshest seasonings.

Fresh Herb Marinated Steak

Ingredients

- 2 (12-16 ounce) *Certified Angus Beef*® flat iron or sirloin steaks
- 1 cup white wine
- 1/4 cup olive oil

-more-



- 1 tablespoon Lea & Perrins® Worcestershire Sauce
- 4 cloves garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh thyme
- 1 tablespoon minced shallots
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper

Instructions

1. Combine all marinade ingredients and selected *Certified Angus Beef*® brand cut in a zipper-locking, plastic bag. Squeeze air out of bag and seal. Refrigerate for 2 hours.
2. Discard marinade and pat steaks dry. Grill or broil steaks to desired doneness. Allow to rest 5-10 minutes and slice thinly across the grain.

Serving suggestion: Serve over a salad of mixed spring greens, grape tomatoes, cucumbers, kalamata olives and chives.

Serves: 4

Mediterranean Grilled Strip Steak

Ingredients

- 4 (12-ounce) *Certified Angus Beef*® New York strip steaks
- 2 teaspoons minced fresh rosemary
- 1 tablespoon minced fresh thyme
- 1/2 teaspoon finely ground coffee
- 1/2 teaspoon sea salt
- 1/2 teaspoon fresh cracked black pepper
- 1/2 red onion, cut into 4 full circle slices
- 1 tomato, cut into 4 even slices
- 2 tablespoons olive oil



Instructions

1. Combine rosemary, thyme, coffee, salt and pepper in small mixing bowl to create a rub. Evenly season steaks with rub. Refrigerate covered tightly with plastic wrap for one hour.
2. Grill steaks over medium-high heat to desired doneness. Remove steaks from grill and allow to rest 5 minutes.
3. Brush onion and tomato with olive oil and grill over medium heat. Top each steak with grilled onion and tomato.

Chef's tip: Have extra herbs in the garden? Looking for more herb-infused flavor in your grilled steak and vegetables? Dampen some sprigs of herbs – try sage, rosemary and thyme – and place directly on the coals of your grill.

Serves 4

Recipes provided by *Certified Angus Beef*[®] brand

For more information on choosing the right cut of beef, delicious recipes, or cooking instructions, visit the *Certified Angus Beef*[®] brand website at www.certifiedangusbeef.com.

The *Certified Angus Beef*[®] brand is the best Angus beef available and a cut above USDA Prime, Choice and Select. Ten standards ensure its premium quality and incredible flavor, tenderness and juiciness in every bite. It is proudly featured by more than 12,300 restaurants and retailers around the world. For more information, visit www.certifiedangusbeef.com, or follow the brand on Facebook and Twitter.

###