

# for immediate release **NEWS**

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Downloadable photos available at:

<http://www.certifiedangusbeef.com/photos/2012TequilaFajitas2Pick.jpg>

<http://www.certifiedangusbeef.com/photos/7033RancheroRub1.jpg>

## Take five this Cinco de Mayo

*Just a handful of ingredients will bring great flavor to your fiesta*

Preparing for an authentic South-of-the-border Cinco de Mayo fiesta doesn't have to leave you wanting a siesta. These simple, savory, satisfying dishes take only a few minutes – and five ingredients.

Choosing the highest-quality items means you can use fewer of them to create full-flavored dishes, says Chef Michael Ollier of the *Certified Angus Beef*® brand.

“Keep your recipes simple and let the true tastes shine through,” he explains. “When you use ingredients that pack a punch, and you carefully select things that complement one another, the results are fantastic! Your meals will add up to more than the sum of their parts.”

To create a robust steak that's *muy delicioso*, but not the least bit fussy, start with a high-quality cut like ribeye or strip steak. Be sure to look for lots of marbling, the little white flecks within the red meat, Ollier recommends. The marbling will melt during cooking and keep your steak full of mouthwatering flavor.

Give your steak a Mexican twist by spicing it up with Ranchero Rub, a dry spice mixture that can be sprinkled on steaks before they're cooked. With only *cinco* elements – ancho chile powder, cumin, sea salt and cocoa powder – the blend produces a rich flavor and aroma inspired by the best Mexican moles.

Fajitas are another Tex-Mex classic that lend themselves to a five-star makeover. Start by marinating a top-quality flank steak in a mixture of lime juice, tequila, garlic, and olive oil. Then, grill the steaks and grab five ingredients – triple sec, jalapeno peppers, grape tomatoes, cilantro, and flour tortillas – for a delicious meal in minutes. *¡Qué rápido – y delicioso!*

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### **Ranchero-Rubbed Ribeyes**

Serves 4

#### Ingredients

- 4 (10-ounce) *Certified Angus Beef*<sup>®</sup> filet of rib, or boneless ribeye, steaks
- 1 tablespoon cocoa powder
- 1 tablespoon ancho chile powder
- 1 teaspoon cumin
- 1 tablespoon sea salt



#### Instructions

1. Combine cocoa powder, chili powder, cumin and salt to make Ranchero spice rub.
2. Rub seasoning onto steaks and grill to desired doneness.

### **Tequila Fajitas**

Serves 4

#### **Tequila Lime Marinade**

#### Ingredients

- 1 3/4 - 2 pounds *Certified Angus Beef*<sup>®</sup> flank steak, cut in half lengthwise
- 2 limes
- 1/2 cup tequila
- 3 garlic cloves, chopped
- 5 tablespoons olive oil



#### Instructions

1. Zest limes, reserving zest for later. Juice limes.
2. Combine tequila, lime juice, garlic and 3 tablespoons olive oil (2 tablespoons will be used later). Marinate steak in a zipper-locking plastic bag at least 4 hours in refrigerator, preferably overnight.
3. Preheat grill to high. Remove steak from marinade; discard marinade. Season steak with salt and pepper. Grill or broil steak to medium rare. Let steak rest 5 minutes and slice thinly across the grain.

### **Tequila Fajitas**

#### Ingredients

- 3 jalapeño peppers, cut in half lengthwise and seeded
- 8 flour tortillas
- 1 pint grape tomatoes, halved, and/or 2 ripe avocados, diced
- 3 tablespoons Triple Sec
- 1/4 cup minced cilantro

#### Instructions

1. Grill jalapeños flesh side down until charred and slightly soft; mince and combine with sliced flank steak.
2. Wrap tortillas in foil and place on top shelf of closed grill to warm.

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3. Combine tomatoes/avocados, reserved lime zest and triple sec. Heat reserved olive oil in large sauté pan. Turn off heat, add tomato mixture and toss gently. Add beef mixture and cilantro; toss gently to combine. Add salt and pepper to taste and serve immediately with warm tortillas.

Sidebar:

### **Five beef cuts with flair**

The classic beef cuts – strip steaks, tenderloin, and ribeyes – are classics for good reason. They're full of flavor, preferred by chefs, and available at grocery stores nationwide. However, there are delicious alternatives that may not be as well-known. Some make great steak dinners, while others can be featured in fajitas.

*¡Pero, atención!* You may not find these cuts in every region, but keep an eye out for them and ask your meat cutter if they are available. Once you try them, you'll be hooked!

- **Skirt steak** – With its rich, beefy flavor, skirt steak is a popular choice for fajitas and a delicious substitute for flank steak. Commonly found in Texas and the Southwest United States, shoppers in other regions may need to ask their meat cutters to special order it.
- **Tri-tip** – A tender and juicy cut from the sirloin that's wildly popular in California, and hard to track down elsewhere. If you find it, snap it up – it's a great value. This triangular-shaped treasure can be cut into steaks and grilled, or roasted whole in the oven.
- **Filet of Rib** – This steak cut from the ribeye is well-marbled with a rich, robust flavor. It's generally cut thick and is always boneless. If you want to try this twist on the traditional ribeye steak, ask your meat cutter to cut it for you – it's delicious on the grill.
- **Cap of ribeye** (or spinalis) also comes from the rib. When you're looking at a traditional ribeye steak, the ribeye cap is the meat that curves above the rounded filet of rib – and when grilled on its own, it offers incredible tenderness and savory flavor. Spinalis is appearing more frequently than ever on restaurant menus, but you may not see it stand alone in your grocer's meat case. To try it at home, you can purchase a whole rib roast and ask your meat cutter to separate the cap from the filet of rib.
- **Flat iron**, which comes from the chuck, has caught on quickly. In fact, it's the second most tender beef cut available (the famed filet mignon is tops in tenderness). Look for flat iron in your grocery store – and be pleasantly surprised by its low price. It's best when grilled, but no more than medium rare to ensure the best flavor. Try it in quickly-seared fajitas.

For more information on choosing the right cut of beef, delicious recipes, or cooking instructions, visit the *Certified Angus Beef*<sup>®</sup> brand Web site at [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com).

For more than 30 years, the *Certified Angus Beef*<sup>®</sup> brand has been world-famous for its exceptional quality and generous marbling. Ten strict scientific standards ensure each bite is full of mouthwatering flavor, tenderness and juiciness. The *Certified Angus Beef*<sup>®</sup> brand is a cut above USDA Prime, Choice and Select. It has offered consumers quality, consistency and integrity since the first pound was sold in 1978. Less than 8% of beef can achieve the brand's benchmark standards. It is proudly featured by more than 13,600 restaurants and retailers around the world. For more information, visit [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com).