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NEWS



30TH ANNIVERSARY

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Beef up your Father's Day celebration
Grilling tips help ensure a memorable meal for the man of the house

What better way to celebrate Dad on Father's Day than with a robust, hearty, mouthwatering steak? For many guys, the thrill of the grill is second to none. Whether you wield the spatula, or let him reign as king of the grill, a steakhouse-quality meal at home is an easy, fun and affordable way to get together and celebrate your main man.

Steak lovers know the classic cuts – ribeye, strip steak, porterhouse, and tenderloin – are classics for a reason. With rich beef flavor, mouthwatering juiciness, and a satisfying bite, these choices are perfectly suited to grilling.

However, there is one secret to the perfect steak, regardless of which cut you choose: marbling. Look for a steak that's full of small white flecks of flavor within the meat. Ample marbling helps ensure every bite will be full of great flavor and juiciness.

The beef experts with the *Certified Angus Beef*[®] brand recommend the following tips for all back yard grill masters:

- Before putting steaks on the grill, make sure it's good and hot. You should hear it sizzle. Searing the meat locks in the natural juices.
- Top chefs know you don't have to marinate steaks if you start with a high quality product. All you need is a little salt and pepper when you choose the *Certified Angus Beef*[®] brand, which is loaded with mouthwatering marbling.

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- When you're grilling, never use a fork to turn your steaks. Always use a spatula or tongs to keep those delicious juices from escaping.
- There's not a single, one-size-fits-all answer when it comes to how long to grill steaks – it depends on a lot of factors like how thick the steaks are, how you like them cooked and the temperature of your grill. In general, cook 1-inch thick steaks over medium heat about 5 to 6 minutes per side for medium rare (145° F).
- Once your steaks are cooked, take them off the grill and let them rest on a clean plate for a few minutes. That helps keep the tasty juices in the beef, where they belong, and not all over your plate!
- Be sure to remember safety. When lighting a propane grill, keep the top open until you're certain it's lit. Always follow the grill manufacturer's instructions. Use and store propane cylinders outdoors in an upright position. Don't keep them indoors or in garages, tents or sheds. And, after grilling, turn the burner controls off and close the cylinder valve.
- Chef's tip: To make professional "diamond" grill marks, place the meat on the grill and sear it. After 3 to 4 minutes, turn it 90 degrees clockwise. Cook another two minutes, then flip and repeat.

For more grilling tips and great recipes, visit certifiedangusbeef.com. To find the world's best beef, the *Certified Angus Beef*® brand, near you, click on the "Where to Buy" section of the brand's Web site.

"Cowboy" Steaks with Steamed Guinness French Onion Beans

Ingredients

4 18-ounce *Certified Angus Beef*® bone-in "cowboy" ribeye steaks
12 ounces (3/4 pound) red skin potatoes, cut in 1-inch chunks
1/2 pound green beans, cleaned
2 garlic cloves, minced
1 shallot, peeled and minced
5 tablespoons unsalted butter, cut in 1/2-inch cubes
3/4 cup French onion soup
1/2 cup Guinness beer
Salt and pepper to taste
1/4 cup french-fried onions



Instructions

Preheat grill to medium high. Assemble aluminum foil pouch; add potatoes, beans, garlic, shallot, butter, soup, and beer. Seal pouch and grill to steam.

Season steaks and grill over medium-high heat to medium rare (145°F internal temperature) or desired doneness. Remove steaks and let rest for 4 minutes.

Remove foil pouch, salt and pepper vegetables to taste; top with french-fried onions.

Serves 4

Nutritional Information per Serving: 820 Calories; 46g Fat; 24g Saturated Fat; 273mg Cholesterol; 24g Carbohydrate; 3g Dietary Fiber; 85g Protein; 724mg Sodium; 49% daily value Iron (based on 2,000 calorie diet).

Recipe provided by Certified Angus Beef, LLC

For 30 years, the *Certified Angus Beef*[®] 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*[®] 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 13,500 restaurants and retailers around the world. For more information, visit www.certifiedangusbeef.com.

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EDITOR: Interviews with *Certified Angus Beef*[®] brand Corporate Chef Scott Popovic and other beef experts are available. Please call to schedule.