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**NEWS**

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Downloadable photos available at: <http://www.certifiedangusbeef.com/photos/5055.jpg>  
[http://www.certifiedangusbeef.com/photos/5083\\_Bone\\_in\\_Strip.jpg](http://www.certifiedangusbeef.com/photos/5083_Bone_in_Strip.jpg)

## What's in a name?

*Great fathers, like great steaks, are called many different things*

Whether you know him as Dad, Papa, Daddy, Father, Pop or even, affectionately, Old Man, one thing's for sure: Father's Day is the perfect time to thank him for all of the love, encouragement and support he's given you over the years.

The ideal way to show your appreciation on Father's Day is to fire up the grill and treat him to a fabulous steak dinner. What guy doesn't love a perfectly cooked, well-marbled, tender and juicy premium cut of beef?

Knowing how to choose the perfect steak can be a challenge. Just like dads, many great steaks can be named several ways. When you're deciding which cut to buy, you can avoid a case of "mis-steaken" identity with a few simple notes.

## Steak your claim

The cuts the best steakhouses choose are also the ones to look for when grilling. A few favorites:

- **Strip Steak, New York Strip or Kansas City Strip** (also sometimes known as Manhattan or Shell Steak). This cut from the loin is lean, tender and full-flavored. Available boneless or bone-in, this robust steak has a firm "bite" and is a steakhouse classic favored by many men.
- **Filet Mignon or Tenderloin**. This lean cut is renowned for its buttery texture, subtle flavor and compact shape. This most-tender cut is succulent, and an elegant choice preferred by the most refined fathers.
- **Porterhouse or T-Bone**. The "best of both worlds," with two lean and tender steak portions: strip steak on one side of the telltale T-shaped bone, and filet mignon on the other. If it's larger in size, it's usually called a Porterhouse and is perfect for a papa with a hearty appetite.
- **Ribeye or Delmonico Steak** (also known as a **Cowboy Steak** or **Rib Chop** when it comes with a bone). Well-marbled, tender and rich, this is a favorite of many beef lovers. This cut offers dads plenty of robust flavor and juiciness.

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No matter which cut you choose, always start with the highest quality (after all, Daddy deserves the best). Steaks should be well-marbled, with lots of the little white flecks that will melt and baste the steak as it cooks. The premium *Certified Angus Beef*<sup>®</sup> brand boasts generous marbling, and delivers mouthwatering flavor, tenderness and juiciness in every bite. Other steaks may say Angus, but don't confuse the breed of cattle with the proven brand name. To find the *Certified Angus Beef*<sup>®</sup> brand, visit [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com) and click on "Where to Buy."

### Perfect Back Yard Porterhouse

#### Ingredients

- 4 18-ounce *Certified Angus Beef*<sup>®</sup> porterhouse steaks
- 2 pounds baby new red potatoes, cut in 1-inch chunks
- 1 fennel bulb, cored and thinly sliced
- 1 shallot, peeled and minced
- 5 tablespoons unsalted butter
- 1/3 cup red wine
- 1/2 pound asparagus, thick bottoms snapped off, stalks cut in half
- 9 x 12-inch aluminum foil pan
- Salt and pepper to taste



#### Instructions

1. Place potatoes, fennel, shallot, butter, red wine, salt & pepper in foil pan. Seal tightly with aluminum foil and place on medium high grill to steam, approximately 20 minutes.
2. Add asparagus to vegetable tray, stir and continue to cook on medium heat 5 to 10 more minutes. Season steaks with salt and pepper. Grill to medium rare or desired doneness. Remove steaks and let rest for 5 minutes.
3. Serve steak with vegetables and sauce from pan.

Serves 4

Nutritional Information per Serving: 1045Calories; 50g Fat; 24g Saturated Fat; 317mg Cholesterol; 38g Carbohydrate; 5g Dietary Fiber; 101g Protein; 352mg Sodium; 69% daily value Iron (based on 2,000 calorie diet).

### Strip Steaks with Three Pepper Rub

#### Ingredients

- 4 12-ounce *Certified Angus Beef*<sup>®</sup> strip steaks
- 1 teaspoon cracked black pepper
- 1/2 teaspoon cracked red pepper
- 1/2 teaspoon cracked white pepper
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon onion powder



#### Instructions

1. Combine peppers, salt and onion powder and rub into both sides of steaks. Grill to desired doneness. Let rest 5 minutes before serving.

Nutritional Information per Serving: 534Calories; 24g Fat; 9g Saturated Fat; 198mg Cholesterol; 1g Carbohydrate; 0g Dietary Fiber; 73g Protein; 641mg Sodium; 36% daily value Iron (based on 2,000 calorie diet).

Recipes provided by Certified Angus Beef LLC

For more than 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 and 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). Follow the brand on Twitter: [www.twitter.com/CertAngusBeef](http://www.twitter.com/CertAngusBeef) or become a fan of: “*Certified Angus Beef*® brand” on Facebook.

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