

for immediate release
NEWS

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Downloadable photos available at:

http://www.certifiedangusbeef.com/photos/2011A_AasianFlankSteakwithBeerReduction.jpg

http://www.certifiedangusbeef.com/photos/5108B_TopSirloinwithBalsamicReduction.jpg

http://www.certifiedangusbeef.com/photos/5107A_StripLoinRoastwithRedWineReduction.jpg

Make a successful reduction this New Year

Resolve to try a flavorful twist on a healthful dish

With the New Year, many people will no doubt resolve – again – to make weight reduction their No. 1 goal. It's a noble endeavor, but anyone who's been there and tried that knows it doesn't always go as planned. So, how about focusing on a different type of reduction this year?

Consider making a "reduction" in the culinary sense. A reduction is made by boiling a liquid to thicken its consistency and intensify its flavor. Often used as a sauce, reductions can be very simple to make, but have a huge impact on a dish. The best part? They don't need to be calorie-rich or include a lot of ingredients. Since the flavor is so intense, a little often goes a long way.

Your taste buds, as well as your scale, will thank you when you pair a robust, flavorful reduction with a lean cut of beef. These savory, satisfying recipes from the *Certified Angus Beef*® brand give you the best of both worlds: great flavor that fits into your healthful eating plan.

Flank steak served with this beer reduction has a tasty Asian flair, while a red wine reduction is the perfect complement to a lean roasted strip loin. Or, resolve to sample a balsamic vinegar reduction on a pan roasted top sirloin steak. Now that's how you kick off a new year!

Sidebar:

Beef – part of a sensible meal plan

Beef can fit easily into any balanced meal plan. It is an excellent source of many essential nutrients, including protein, iron and zinc. Beef is also a great source of B-vitamins including riboflavin and thiamin.

There are nearly 30 lean cuts of beef. Select those with "round" or "loin" in the name. Even steakhouse favorites like tenderloin and New York strip (which comes from the loin) count! Flank, top sirloin and T-bone steaks are all lean cuts, too.

According to government standards, "lean" cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 100-gram (3.5 oz.) serving.

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Sidebar:

Pick a complementary pairing

There is no “right” or “perfect” wine choice when pairing with food. The main goal should always be to enhance the dining experience.

- The food should not overpower the wine, and the wine should not overpower the food. Ideally, the pairing should complement one another – the food and wine together should be more enjoyable than either would be alone.
- One obvious pairing is when a specific varietal wine is used in the preparation of the dish, such as in a reduction. If a particular wine is used in the dish, then it will complement the dish on its own as well.
- Identify the “weights” of the food and the wine. Is a food’s body light and crisp, such as a salad, or robust and rich, like a well-marbled steak? “Lighter” foods pair better with light wines, and hearty foods pair better with full-bodied wines.
 - Wines from light to heavy include: Sauvignon Blanc, Pinot Gris, Chardonnay, Pinot Noir, Merlot, Shiraz/Syrah, Zinfandel, Cabernet Sauvignon.

Asian Flank Steak with Beer Reduction

Ingredients

- 1 1/2 pounds *Certified Angus Beef*[®] flank steak
- 2 tablespoon dry chopped chives
- 1 tablespoon dry minced garlic
- 1 teaspoon dry ground ginger
- 1 teaspoon sea salt
- 1/2 teaspoon cracked black pepper
- 1 (650 ml) can Sapporo brand beer (or light ale)
- 1 tablespoon chopped shallot
- 1 teaspoon chopped garlic
- 1 teaspoon chopped ginger
- Oil to coat pan
- 1 teaspoon whole grain mustard
- 2 teaspoons unsalted butter
- 1 tablespoon heavy cream
- Salt and pepper to taste



Instructions

1. Combine chives, garlic, ginger, salt and pepper. Rub mixture onto beef just before grilling.
2. Preheat grill.
3. Heat oil in heavy skillet over low heat. Add shallots, garlic and ginger; cook until shallots are translucent. Add beer and simmer, reducing sauce to a 1/4 cup. Add mustard and cream; stir in butter to finish sauce.
4. Grill steak over medium heat to desired doneness. Remove steak from grill and let rest 5 minutes. Thinly slice across the grain.
5. Serve with beer reduction.

Serves 4

Nutritional Information per Serving: 286 Calories; 15g Fat; 6g Saturated Fat; 106mg Cholesterol; 3g Carbohydrate; 0g Dietary Fiber; 30g Protein; 644mg Sodium; 18% daily value Iron (based on 2,000 calorie diet).

Top Sirloin with Balsamic Reduction

- 2 (8-ounce) *Certified Angus Beef*[®] top sirloin steaks
- Oil to coat pan
- 1 tablespoon shallots, chopped
- 1 teaspoon garlic, chopped
- 2 sprigs thyme
- 1 tablespoon unsalted butter
- 4 (17-ounce) bottles balsamic vinegar*
- Salt and pepper to taste



Instructions

1. Preheat oven to 350°F.
2. Heat oil in heavy skillet (not nonstick) over medium-high heat.
3. Season steaks with salt and pepper; sear in skillet for 1 to 2 minutes on each side.
4. Place steaks in oven around 5 minutes for medium-rare, or until desired doneness.
5. Remove pan from oven; add shallots, garlic, thyme, butter and baste steaks. Remove steaks from pan. Let rest for 3 to 5 minutes and serve with reduction.
6. To create reduction, pour vinegar in heavy-bottomed sauce pan and cook over medium heat until it reaches sauce consistency. The bubbles will change from small, to big, to small again; remove from heat and place pan in ice to cool rapidly. Once cooled, pour reduction into a squeeze bottle or dish. Reduction will last up to 6 months.

*Chef's tip: Not all of the reduced balsamic vinegar will be used in this recipe. Because of its sugar content, the recommended quantity should be use to minimize the potential for burning. Remaining reduction will last six months and can be used with many delicious dishes.

Serves 2

Nutritional Information per Serving: 362 Calories; 15g Fat; 7g Saturated Fat; 158mg Cholesterol; 6g Carbohydrate; 1g Dietary Fiber; 52g Protein; 251mg Sodium; 63% daily value Iron (based on 2,000 calorie diet).

Strip Loin with Red Wine Reduction Sauce

Ingredients

- 5 pounds *Certified Angus Beef*[®] New York strip roast
- 2 (750 ml) bottles merlot wine
- Salt and pepper to taste

Instructions

1. Preheat oven to 500°F.
2. Place roast, fat side up, in roasting pan and season with salt and pepper. Cook in preheated oven for 10 minutes.
3. Reduce heat to 325°F and continue cooking until roast reaches desired doneness, approximately one hour for medium rare.
4. While strip roast is cooking, create a reduction sauce by pouring wine in heavy-bottomed sauce pan. Cook over medium heat until it thickens and reaches sauce consistency. Tip: Watch bubbles carefully. While boiling, they will first increase in size and then go back to small bubbles. When desired consistency is reached, pour wine reduction into a small metal bowl to cool. Reduction can be stored in a squeeze bottle for up to six months.
5. Remove roast from oven and let rest for 20 minutes. Thinly slice roast across the grain and drizzle reduction on top to serve.



Serves 10-12

Nutritional Information per Serving: 261 Calories; 10g Fat; 4g Saturated Fat; 125mg Cholesterol; 0g Carbohydrate; 0g Dietary Fiber; 43g Protein; 274mg Sodium; 26% daily value Iron (based on 2,000 calorie diet).

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

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. Less than 8% of beef can achieve the brand's benchmark standards. It is proudly offered at more than 13,500 restaurants and retailers around the world. For more information, visit www.certifiedangusbeef.com.