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NEWS



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Great Friends, Fabulous Flavor
Celebrate spring with a girlfriends' gathering

Gather your closest friends for a spring fling honoring warmer weather and sensational flavors. Fresh, high-quality ingredients are key to turning a simple lunch date into an affair to remember. Prepare the meal ahead of time or invite guests to join you in the kitchen – either way, these recipes will chase away any lingering winter blues.

“Salads are a hallmark of spring menus,” says Scott Popovic, corporate chef for the *Certified Angus Beef*® brand. He suggests a combination of fresh lettuces, asparagus and mandarin oranges for Thai Spring Rolls with Asian Ginger Salad. The dish incorporates thin-sliced *Certified Angus Beef*® sirloin for a flavorful, succulent entrée or filling appetizer.

Steak Salad Martini will take center stage. “Picture a Parisian Pizzazz marinated steak, served over greens with citrus vodka dressing, presented in a martini glass. It’s fabulous,” says Popovic.

For a heartier alternative, Popovic suggests bourbon steak. It’s a tangy and tender entrée with plenty of “wow” factor. Dijon mustard, bourbon whiskey, ginger and spices create a bold marinade that’s complemented by melon salsa – featuring the fresh flavors of honeydew, cantaloupe, fresh mint and honey.

Three options for a perfect spring menu: choose between two intriguing salads and a bold entrée. Throw a ladies luncheon, celebrate with a girlfriends’ gathering or invite your nearest neighbors for a show-stopping spring celebration.

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Thai Spring Rolls with Asian Ginger Salad

Ingredients

- 3/4 pound *Certified Angus Beef*[®] top sirloin steak
- 1 1/2 ounce sriracha or pepper sauce
- 2 teaspoons red curry paste
- 1 tablespoon black sesame seeds
- 1 tablespoon canola oil
- 1/2 cup rice wine vinegar
- 1/4 cup mirin
- 1 tablespoon chopped ginger
- 2 tablespoons sugar
- 2 tablespoons salt
- 8 ounces pre-packaged slaw mix
- 12 pieces asparagus (top 2-3 inches), blanched with woody ends pared, cut in half lengthwise
- 8 spring roll paper
- 12 ounces pre-packaged Mediterranean salad mix
- 6 ounces Asian sesame with ginger salad dressing or any soy-based salad dressing
- 16 mandarin orange segments
- 2 ounces chow mein noodles



Instructions

1. Combine sriracha, curry and sesame seeds and marinate sirloin overnight in refrigerator.
2. Combine vinegar, mirin, ginger, sugar and salt; bring to a boil, stirring occasionally. Turn heat off; let sit for 10 minutes. Pour liquid through strainer over slaw mix, cool overnight in refrigerator.
3. In large skillet, heat oil over medium high heat. Panfry steaks to medium rare (when thermometer registers 140°F) or desired doneness. Transfer steak to cutting board; let stand 3 to 5 minutes. Slice diagonally across the grain into thin slices.
4. Place spring roll paper in hot water until it becomes pliable. Towards the bottom of each paper, place 1 ounce vegetables, 1 1/2 ounces beef and 3 asparagus spears. Roll like an egg roll keeping it firmly wrapped.
5. In medium-sized bowl, place Mediterranean salad mix. Drizzle salad dressing around sides of bowl and toss to coat.
6. To assemble, place 4 mandarin oranges on plate and top with 3 ounces salad mix 1/2 ounce chow mein noodles.

Serves 4

Nutritional Information per Serving: 595 Calories; 22g Fat; 4g Saturated Fat; 37mg Cholesterol; 78g Carbohydrate; 4g Dietary Fiber; 22g Protein; 5300mg Sodium; 21% daily value Iron (based on 2,000 calorie diet).

Steak Salad Martini

Ingredients

- 1 pound *Certified Angus Beef*[®] flank, sirloin or strip steak
- 6 ounces micro greens or baby lettuce mix
- 3 ounces blue cheese, crumbled
- 1/4 pound bacon, cooked and crumbled
- 3 ounces toasted almond slivers
- 1/4 cup red onion, finely diced
- 1/2 cup Roma tomatoes, finely chopped



Parisian Pizzazz Marinade

Ingredients

- 1/3 cup dry white wine
- 1/2 cup Dijon-style mustard
- 1 tablespoon vegetable oil
- 3 tablespoons lemon juice
- 1 teaspoon chopped fresh basil

Citrus Vodka Dressing

Ingredients

- 1 tablespoon minced shallot
- 6 tablespoons citrus flavored vodka
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- Salt and pepper, to taste

Instructions

1. Combine marinade ingredients; add beef. Marinate in refrigerator 1 hour, or as long as overnight. Remove steak from marinade; discard marinade. Grill steak to medium rare (when thermometer registers 140°F). Transfer to cutting board, loosely tent with foil and let stand 5 minutes. Cut into small cubes.
2. Combine dressing ingredients in a bowl.
3. To assemble, place 1 ounce greens in each glass. Top with steak, blue cheese, bacon, almonds, onion and tomatoes in small rows. Drizzle with dressing.

Serves 6

Nutritional Information per Serving: 433 Calories; 31g Fat; 8g Saturated Fat; 65mg Cholesterol; 6g Carbohydrate; 2g Dietary Fiber; 24g Protein; 508mg Sodium; 13% daily value Iron (based on 2,000 calorie diet).

Bourbon Steak

Ingredients

- 1 to 1 1/2 pounds *Certified Angus Beef*[®] top round steak 1 1/2-inches thick
- Bourbon Marinade (see recipe below)
- Melon Salsa (see recipe below)

Bourbon Marinade

- 3 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 1/4 cup Bourbon whiskey
- 1/3 cup soy sauce
- 2 tablespoons red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/4 cup brown sugar
- 2 tablespoons minced garlic
- 1 tablespoon minced fresh ginger (optional)
- 1 teaspoon salt
- 2 teaspoons freshly ground black pepper



Instructions

1. Combine marinade ingredients and marinate steak 6 to 8 hours or overnight. Remove steak from marinade and discard marinade.
2. Place steak on grill over medium heat. Grill uncovered 25 to 28 minutes for medium-rare to medium doneness, turning once. Transfer steak to cutting board and allow to stand 3 to 5 minutes. Slice diagonally across the grain into thin strips.

Melon Salsa

- 1 cup chopped honeydew
- 1 cup chopped cantaloupe
- 1 teaspoon snipped fresh mint
- 1 tablespoon honey

Instructions

1. Combine salsa ingredients. Refrigerate until ready to serve.

Serves 4

Nutritional Information per Serving: 334 Calories; 9g Fat; 3g Saturated Fat; 115mg Cholesterol; 15g Carbohydrate; 1g Dietary Fiber; 46g Protein; 392mg Sodium; 25% daily value Iron (based on 2,000 calorie diet).

Recipes 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 offered at more than 13,500 restaurants and retailers around the world. For more information, visit www.certifiedangusbeef.com.

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