

Canadians BBQ all year 'round — anytime is BBQ time!

Beef Barbecue Guide

With proper preparation, all cuts of beef can be successfully barbecued, regardless of category name.

BEEF CATEGORIES	RETAIL CUTS	HOW TO BBQ
Grilling Steaks & Grilling Medallions Premium Oven Roasts, Premium Rotisserie Roasts & Premium Quick Roasts	T-bone steaks; Top Sirloin, Strip Loin & Rib Eye steaks, medallions & roasts; Bottom Sirloin Tri-Tip steaks & medallions; Rib & Tenderloin medallions & roasts	No need to marinate, although flavour is enhanced by marinating for 15-30 minutes. Grill or cook on rotisserie to desired doneness, using medium-high heat.
Marinating Steaks & Marinating Medallions Oven Roasts, Rotisserie Roasts & Quick Roasts	Flank steaks; Sirloin Tip & Round (Inside, Outside & Eye) steaks, medallions & roasts; Rump & Bottom Sirloin Tri-Tip roasts	Marinate in the refrigerator for 12-24 hours (<i>or use packaged quick marinades</i>). Using medium-high heat for steaks & low for roasts, grill or cook on rotisserie to medium doneness.
Simmering Steaks, Pot Roasts & Simmering Short Ribs	Cross Rib & Blade (Top & Bottom) steaks & roasts; Shoulder, Brisket & Short Rib roasts; Short Ribs	Marinate in refrigerator for 24-48 hours (<i>or use packaged quick marinades</i>). Grill steaks only to medium. If desired, wrap roasts in foil and grill over low heat, removing foil for last 30 minutes. Grill short ribs over low heat, brushing often with BBQ sauce.



Questions about beef? Visit www.beefinfo.org or call 1-888-248-BEEF or contact your local Beef Information Centre in Vancouver, Calgary, Regina, Winnipeg, Mississauga, St-Laurent or Bedford.

Culinary Team Canada Chefs

BBQ Beef at Home





Culinary Team Canada

Culinary Team Canada is made up of chefs from across Canada that have proven themselves in competition nationally and internationally to be among the very best – Culinary Olympians! Perpetual gold medalists and World Champions, Culinary Team Canada will represent the Canadian Federation of Chefs and Cooks until 2005, competing in Luxembourg, Chicago, Germany and Scotland.

Introducing 5 Members of Culinary Team Canada: (Back row, left to right; front row (seated) left to right)

- **Shawn Whalen** is **Team Captain** for Culinary Team Canada. Shawn did his apprenticeship in Toronto and acquired his Certified Chef de Cuisine (C.C.C.) designation at 25 years of age, being the youngest chef in Canada ever to achieve this honour. For the last 6 years, Shawn has been the Executive Chef at the Toronto Marriott Bloor Yorkville. Shawn won “*Chef of the Year 2000*” from both the Escoffier Society of Toronto and the Central Canada Region of the Canadian Federation of Chefs and Cooks. Shawn has competed on six international teams in the past ten years, captaining four of them to several Gold Medals.
- **John-Carlo Felicella** (**Chef Member**) apprenticed under Chef Elio Guarnori at the Holiday Inn Downtown in Vancouver. He then moved to the New World Harbourside, the Westin Bayshore Hotel, where he assisted in organizing and preparing banquets for up to 1200 people, and later the Ramada Renaissance Hotel at the highly acclaimed Vistas on the Bay. After working as Executive Chef at two well-known golf country clubs in B.C., John-Carlo opened his own restaurant. He became an Instructor at Vancouver Community College in 1999. In March 2001, the B.C. Chefs Association named him “*B.C. Chef of the Year*.”
- **Otto R. Daniels** (**Support Member**) often accompanied his father to work in New Brunswick, talking of how one day he, too, would be a chef. Otto apprenticed under his father's tutelage and then worked in various restaurants, hotels and clubs in Calgary, Iberville, St. Jean and Montreal. In 1993, Otto left an Executive Chef position for his current teaching role at St. Pius X Culinary Institute in Montreal. Otto has served as Captain of Team Quebec for competitions in Frankfurt, Berlin and St. Lo, France and since November of 2000, has also been Corporate Executive Chef of ED Foods, Montreal.
- **Lesia Burlak** (**Support Member**) was born in the Southern Ukraine and, at the age of 10, immigrated to Canada. Seven years later, while working at the Pinocchio Restaurante in Etobicoke, Lesia realized a passion for cooking. Since then, Lesia has worked at the Islington Golf and Country Club and Stage West Hotel. In 1999, Lesia moved to Toronto's Boulevard Club as an Apprentice Chef, where she currently works. Lesia was a support member of Culinary Team Ontario 2000 that won Gold and ranked Second Overall at the World Culinary Olympics in Germany; as well Lesia has won 3 Grand Gold Medals and 2 Best of Show Trophies in Canadian competitions.
- **Christophe Luzeux** (**Chef Member**), a native of Northern France, has a passion for travelling that took him to summer resorts in the French Riviera, the French Alps and finally to Canada in 1989, where he began work at the Digby Pines Resort. He then moved to the World Trade and Convention Centre in Halifax, where he has been Executive Chef since 1993. In 1995, Christophe achieved his Certified Chef de Cuisine (C.C.C.) status, the highest designation for chefs in Canada. He has served as Captain of Team Nova Scotia and, in 1998, was named “*Chef of the Year*” by the Nova Scotia Association of Chefs and Cooks.



CULINARY TEAM CANADA

These chefs agree that “having worked with beef from different parts of the world, NONE has been as consistently high in quality as Canadian Beef!”

You don't have to be a world class, award-winning chef to enjoy great barbecued beef at home. Five of “*Canada's finest*” have united to share their favourite backyard barbecue recipes and cooking expertise so that you, too, can enjoy beef fit for a chef's family. These busy chefs know firsthand that beef can make a fabulous meal fast and easy for friends and family.

CHEFS' SECRETS:

Shawn Whalen -

- *“Choose the right cut for the job. For example, don't try to grill an eye of round or shoulder without marinating first; cook these cuts slowly with moist heat.”*
- *“Cook steak on medium-high for a nice smoky flavour; it will cook evenly without scorching. Once the steak is cooked, let it rest for 3 to 5 minutes before cutting and serving for maximum juiciness and tenderness.”*

John-Carlo Fellicella -

- *“Gas is definitely convenient, but nothing beats the taste of charcoal.”*

Otto Daniels -

- *“Make sure BBQ racks are clean and hot before you start.”*
- *“Adjusting the flame to the thickness of the meat is important. Lower the heat after searing thick cuts, keep it higher for thin cuts. If the temperature is too low, the meat will stick to the grill.”*

Lesia Burlak -

- *“I season beef with salt just before cooking, so it doesn't draw off the juices.”*
- *“I always cook my steak medium-rare, so it's still nice and juicy inside. If you're used to eating steak medium or well done, cook it less next time and give it a try. You'll be amazed at how much better it tastes!”*

Christophe Luzeux -

- *“Don't press or pierce beef with a fork while you're cooking, or you'll lose the flavourful juices and the meat will seem less tender. Use tongs instead.”*

“ Hats off ” to these chefs and their recipes!

“I barbecue all year ‘round, even in the middle of winter. Beef is my favourite meat on the barbecue. I always have New York Strips (Strip Loin Grilling Steaks) in the fridge. Beef is back, in the restaurant and at home. People are realizing that you can eat beef as part of a healthy diet. Beef is the meat of choice today and it’s so easy to cook.”

— Shawn Whalen



Team Captain Shawn Whalen and friends



GOURMET PIZZA WITH PASTRAMI-SPICED BEEF

"Pizza is easy to make on the barbecue for lunch or dinner. You can even cut it into wedges and serve it as an appetizer. The pastrami spices infuse the beef with a unique flavour, which goes really well with the sweet peppers and goat cheese. Once you've tasted this easy gourmet pizza, you may never order take-out again!" — Chef Shawn Whalen



Preparation Time: 10 minutes

Standing Time: 1 hour

Cooking Time: 30 minutes

1 tbsp	15 mL	EACH freshly ground pepper and minced garlic (3 cloves)
1 1/2 tsp	7 mL	ground cinnamon
1/2 tsp	2 mL	salt
1 tsp	5 mL	allspice
1/4 tsp	1 mL	cayenne pepper
1 lb	500 g	Strip Loin or Bottom Sirloin Tri-tip Grilling Steak
2	2	red peppers, cut in quarters
2	2	medium red onions, cut in half
		Olive oil, salt and pepper to taste
1/2 cup	125 mL	bottled pesto or pizza sauce
4	4	small pizza shells or flatbreads (5-6 inches/12-15 cm in diameter)
3 oz	85 g	goat cheese (<i>chevre</i>)
4 oz	115 g	havarti cheese, grated

To prepare pastrami spices: combine pepper, garlic, cinnamon, salt, allspice and cayenne pepper in resealable freezer bag. Add beef to spice mixture; seal bag and shake to coat. Refrigerate for 1 hour. Meanwhile, toss peppers and onions with olive oil, salt and pepper; grill over medium heat until tender (*about 10 minutes for peppers, 20 minutes for onions*). Remove vegetables from grill and cool slightly; cut into equal-sized strips. Spread pesto or pizza sauce evenly over pizza shells or flatbread and top with the peppers, onions and cheeses; set aside. Place steak on greased grill over medium-high heat; close lid and cook, turning once, for approximately 3-4 minutes per side until medium rare (145°F/62°C internally). Remove beef from heat and let sit for 5-10 minutes before slicing thinly. Meanwhile, place pizzas on grill over low heat and cook just until shells are golden brown and cheese is melted. Remove from grill, top pizzas with the sliced steak and serve with side salad. Makes 8 servings (1/2 pizza each).

Per Serving: **364 Calories • 22 g Protein • 19 g Fat • 28 g Carbohydrates • 22% RDI Iron • 29% RDI Zinc**

“I barbecue all the time, in fact we do whole meals on the “barbie”. I’ve always used Canadian beef because the flavour is second to none and, of course, it’s Canadian! Cooking beef isn’t rocket science – you can keep it simple and it always tastes great.”

— John-Carlo Fellicella



Chef John-Carlo Fellicella
and daughter



BARBECUED “FIVE SPICED” BEEF ROAST

“I love using Asian spices and products for their unique flavours and aromas. Small jars of Sambal Oelek are found in the specialty foods section of most grocery stores, while Chinese Five Spice is found in the spice section. With this roast, I would serve steamed Asian vegetables and rice, or gingered potatoes and a sui choy (*napa cabbage*) salad.” — Chef John-Carlo Fellicella



Preparation Time: 10 minutes

Marinating Time: 12 hours

Cooking Time: 1 hour

2 lb	1 kg	Sirloin Tip, Inside or Outside Round Oven Roast
1 cup	250 mL	soy sauce
1/4 cup	50 mL	liquid honey
2 tbsp	30 mL	EACH minced gingerroot and garlic
1 tbsp	15 mL	ground Chinese Five Spice
1 tbsp	15 mL	Sambal Oelek hot pepper condiment (<i>or crushed chiles, to taste</i>)

Pierce roast numerous times with fork. In plastic resealable freezer bag, combine remaining ingredients. Add roast to mixture in bag; seal tightly and refrigerate for 12 hours. Remove roast from bag; reserve marinade. Insert meat thermometer into middle of roast. Place roast in BBQ preheated to high; turn to low setting; close lid and cook to desired doneness. Meanwhile, boil reserved marinade for 5-10 minutes and use to baste roast at end of cooking time. For medium rare, roast will take approximately 1 hour to reach 145°F (62°C) internally. Remove roast to cutting board; tent with foil for 15 minutes before carving thinly across the grain. Makes 4–6 servings.

Per Serving: 237 Calories • 33 g Protein • 9.4 g Fat • 3 g Carbohydrates • 21% RDI Iron • 91% RDI Zinc

Tip: To feed a crowd, use a 4-6 lb (2-3 kg) Sirloin Tip, Inside or Outside Round Rotisserie Roast and double the amount of marinade ingredients. Barbecue roast on the grill or rotisserie for approximately 2-3 hrs, using a meat thermometer to check doneness.

“I barbecue once or twice a week, from early spring to late fall.

During the famous ice storm in '98, I played host to a dozen family members. Though we didn't have electricity for three weeks, we had an old wood stove and my trusty barbecue! To celebrate the return of electricity, my wife and I enjoyed juicy, Canadian beef T-bone steaks with a nice bottle of wine.”

— Otto Daniels



Chef Otto Daniels
and family



INVOLTINI OF SIRLOIN STEAK

“I think sirloin is an under-rated cut, and it fits any budget. I developed this recipe from ingredients I had on hand in my fridge. It’s basically a sirloin steak flattened and stuffed using the same technique as the classic German beef roulade, but I’ve adapted it for the barbecue. It’s simple to prepare and the flavours are a perfect match.” — Chef Otto Daniels



Preparation Time: 20 minutes

Cooking Time: 6-10 minutes

1 1/2 lb	750 g	Top Sirloin Grilling Steak or Rouladen-cut Inside Round Marinating Steak
		Salt & pepper to taste
4 oz	115 g	peppered goat cheese (e.g. chevre or feta with black pepper)
2 tsp	10 mL	dried oregano, crumbled
2 cups	500 mL	fresh spinach leaves
12	12	sun-dried tomato pieces (oil-packed)
2 tbsp	30 mL	balsamic vinegar
		Olive oil

If using sirloin steak — with mallet, pound steak to 1/8 inch (0.25 cm) thickness (*this step is not necessary if using rouladen-cut steaks*). Season beef with salt and pepper. Spread goat cheese to within 1/4 inch (0.5 cm) of each steak’s edge; sprinkle with oregano. Place half of the spinach leaves over cheese. Add sun-dried tomatoes and cover completely with remaining spinach. Starting with long edge, roll up each steak like a jelly roll. Tie tightly in several places with butcher’s twine or hold together with skewers (*presoak wooden skewers for 1 hour*). Brush outside of each beef roll with balsamic vinegar and olive oil; season with salt and pepper. Place beef on greased grill over medium heat; close lid and cook, turning once, for about 3-5 minutes per side (*until instant-read thermometer inserted into center of each roll reads 155°F/68°C*). Remove from heat; place seam-side-down on cutting board and tent with foil for 5 minutes. Remove string or skewers and cut diagonally into 1-inch (2.5-cm) slices. Serve the involtini with new potatoes and grilled vegetables tossed in a balsamic vinaigrette.

Makes 4-6 servings.

Per Serving: **248 Calories • 30 g Protein • 12 g Fat • 4.5 g Carbohydrates • 28% RDI Iron • 58% RDI Zinc**

“I love barbecuing...I love that smoky charcoal flavour that you just can't get cooking on the stove. Beef is so quick and easy...

I serve it a lot at home and at work.”

— Lesia Burlak



Chef Lesia Burlak
and friend



PEPPERED STEAKS WITH CARAMELIZED ONIONS & FRUIT SALSA

“Everyone loves pepper steak. I chose Rib Eye for this recipe because it’s tender and readily available. The fruit salsa cools down the spiciness of the steak and adds a fresh summer taste. Caramelizing the onions brings out a wonderful sweetness.” – Chef Lesia Burlak



Preparation Time: 15 minutes

Cooking Time: 28-32 minutes

2	2	red onions
1 tbsp	15 mL	EACH olive oil, brown sugar and balsamic vinegar
		Salt and cracked (<i>very coarsely ground</i>) black pepper to taste
1/2 cup	125 mL	grape tomatoes, halved (<i>or 2 plum tomatoes, diced</i>)
1	1	ripe mango, peeled and diced
1/3 cup	75 mL	diced English cucumber
2 tbsp	30 mL	chopped fresh cilantro
1/2	1/2	lime (<i>grated peel, juice and pulp</i>)
4	4	Rib Eye Grilling Steaks/Medallions or
		Tenderloin Grilling Steaks, 1 inch (2.5 cm) thick

Dice enough red onion to measure 1/4 cup (50 mL); reserve for salsa. Cut remaining onions in half and brush with olive oil. Place on grill over medium heat, turning occasionally, for 20 minutes or until fork tender. Transfer onions to medium bowl. With kitchen shears, cut onions into large chunks; stir in brown sugar, balsamic vinegar, salt and pepper to taste. Keep warm until serving time. To prepare salsa: combine reserved diced red onion, tomato, mango, cucumber, cilantro, lime peel, juice and pulp in medium bowl; season with salt and pepper to taste and refrigerate. (*Salsa may be made several hours in advance.*) Meanwhile, season steaks with salt and cracked black pepper (*1 tsp/5 mL pepper for a medium-spiced steak*). Place steaks on greased grill over medium-high heat; close lid and cook, turning once, for approximately 4-6 minutes per side for rare doneness. Serve each steak with Caramelized Onions and Fruit Salsa, along with focaccia, baguette or any crusty bread.

Makes 4 servings.

Per Serving: **384 Calories • 35 g Protein • 13 g Fat • 34 g Carbohydrates • 24% RDI Iron • 79% RDI Zinc**

“I barbecue from the end of April to the middle of November. Beef is so easy to cook, it is hard to go wrong. Flank steak is one of my favourite cuts of beef. Although I cook all my beef rare, this lean cut must not be overcooked since it can become chewy. I often serve it with a classic sauce on the side.”

— Christophe Luzeux



Chef Christophe Luzeux
at home



BARBECUED FLANK STEAK “PARISIENNE”

“This easy open-face sandwich with cheese melting on top is a variation of the French classic *bavette à l'échalottes*. It was a popular lunch dish when I worked at the Restaurant de Paris in Lille, my home town. Since it was near the train station, people were always in a rush; they might have only 10 or 15 minutes for lunch.” — Chef Christophe Luzeux



Preparation Time: 20 minutes

Marinating Time: 12 hours

Cooking Time: 12-15 minutes

1 cup	250 mL	red wine
1	1	shallot, minced
2	2	garlic cloves, crushed
1	1	sprig of fresh thyme (or 1/2 tsp/2 mL dried)
1	1	bay leaf
		Salt and fresh ground pepper to taste
1 1/2 lb	750 g	Flank Marinating Steak
2	2	French baguettes (14 inches/35 cm long), cut in half lengthwise
1/2 cup	125 mL	Dijon mustard
4 oz	115 g	Brie cheese, thinly sliced
1/4 cup	50 mL	broken walnut pieces, optional

To prepare marinade: combine red wine, shallot, garlic, thyme, bay leaf, salt and pepper in large resealable freezer bag. Pierce steak numerous times with fork. Add steak to bag; seal tightly and refrigerate for 12 hours. Remove steak from bag and reserve marinade. Pat steak dry; place on preheated greased grill and sear on both sides. Reduce heat to medium; close lid and cook steak, turning once, for about 5-6 minutes per side (*best cooked only to medium*). Remove steak from heat; let sit for 10 minutes. Meanwhile, boil reserved marinade for 5-10 minutes; discard thyme sprig and bay leaf. For optimum tenderness, slice steak as thinly as possible, on a 45-degree angle to the cutting board. To make sandwiches, cut baguette halves in half and spread with mustard, top with sliced steak and cheese. Grill baguettes just until cheese melts. Sprinkle with walnut pieces, if desired. Serve immediately with heated marinade and grilled tomatoes and pommes frites, if desired. Makes 8 servings.

Per Serving: **411 Calories • 30 g Protein • 14 g Fat • 38 g Carbohydrates • 26% RDI Iron • 60% RDI Zinc**

BBQ Tips from the Experts

- **NEVER** light a gas BBQ with the lid shut, nor leave at an unattended location while it is operating.
- Preheat BBQ on high for 10 minutes.
- Cook with lid closed for best flavour, temperature control and energy efficiency.
- Check doneness earlier than recipe says. Wind, temperature and grill type can affect cooking time.
- Use a meat thermometer or instant-read thermometer to determine doneness. *(Always wash thermometer probe in hot soapy water between uses.)*
- **NEVER** place cooked food on the same plate that held raw meats, without washing the plate first.
- To clean grill after cooking, turn BBQ to high for 10 minutes and scrape with grill brush.



The Perfect Barbecued Burger

- Defrost ground beef in the refrigerator (allowing 12 – 15 hours/lb or 26 – 33 hours/kg) or use a microwave. When defrosting in the microwave, remove portions as they thaw. Cook microwave-thawed meat immediately.
- When shaping patties, use a light touch; over-handling makes burgers tough and dry.
- Patties hold together best if covered and refrigerated for up to 1 hour before cooking on a greased, preheated grill.
- For juicier burgers, flip only once and don't flatten while cooking.
- Adding bacon or other smoked products to ground beef will make it stay pink, even when fully cooked. Colour is not a reliable indicator of doneness. A burger cooked to 160°F (71°C) is completely cooked, regardless of colour.

The Perfect Barbecued Steak

- Canada AAA beef has the most marbling or fine white streaks of fat, which enhances flavour and juiciness.
- To visually check doneness, you can cut a small slit in the centre of the steak.

BBQ STEAK GUIDELINES (using medium-high heat)

THICKNESS	MINUTES PER SIDE		
	RARE	MEDIUM	WELL
1/2" to 3/4" (1 – 2 cm)	3 – 4	4 – 5	5 – 6
1" (2.5 cm)	4 – 6	6 – 7	7 – 9

GRILLING & MARINATING MEDALLIONS – A New Beef Cut

Medallions are thickly cut, but are still a reasonable price because they are portion-sized. Medallions are cut about 1 1/2 inches (3.5 cm) thick, so they stay tender and juicy, and can be cooked to the desired level of doneness with less risk of overcooking.



DONENESS – A Matter of Degrees

RARE: 140°F (60°C) — seared and still red 75% throughout the centre



Medium: 160°F (70°C) — seared outside, 25% pink showing inside



Well Done: 170°F (75°C) — broiled until 100% brown



(For doneness "perfection," remove steaks from BBQ at 135°F (57°C), 155°F (68°C) and 165°F (72°C), respectively and let stand for 3-5 minutes before serving)

The Perfect Barbecued Beef Roast

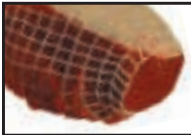
- For roasts, a meat thermometer can be inserted before cooking to check the internal temperature of the meat as it cooks.
- **Indirect Heat Method:** If you don't have a rotisserie, you can barbecue your roast using indirect heat. Place drip pan under grill on one side of barbecue. Preheat barbecue to medium-high (400°F/200°C). Turn off burner on side with drip pan; add 1/2 inch (1 cm) water to pan. *(If your BBQ has 3 burners, turn off the middle one).* Place roast on unlit side of grill over pan. Close lid and cook to desired doneness.
- Remove roast at temperature indicated in chart. Tent roast with foil and let sit 10 – 15 minutes before slicing thinly across the grain. Temperature will rise about 5°F (3°C) during this time.

NEW BEEF CUTS BEING INTRODUCED AT SOME MEAT COUNTERS:



QUICKS ROAST and PREMIUM QUICK ROASTS

These roasts are approximately 500 grams (1 lb) and may be wrapped in netting. Traditionally, roasts have been a Sunday meal but the new Quick Roast is becoming popular for weekday meals, since it can be barbecued or oven roasted in less than an hour.



ROTISSERIE ROASTS and PREMIUM ROTISSERIE ROASTS

A Rotisserie Roast is an evenly-shaped roast cut for uniform cooking and easy rotation on a barbecue spit. It ranges from 4 to 13 lb (2 to 6 kg) and can be cooked on a rotisserie or on the grill using the indirect cooking method.



BOTTOM SIRLOIN TRI-TIP

The Bottom Sirloin Tri-tip is a flavourful, economical beef cut that has long been popular with American consumers. It can be cut into grilling steaks or medallions, or a triangular-shaped oven roast. For improved tenderness, it can be marinated before barbecuing.

BBQ ROAST GUIDELINES (using low heat)

DONENESS	ROTISSERIE		INTERNAL TEMP When removed from BBQ	GRILL	
	min/lb	min/kg		min/lb	min/kg
Rare	18-20	40-45	Rare (135°F/57°C)	15-20	35-45
Medium	22-25	50-55	Medium (155°F/68°C)	25-30	55-65
Well	30	65	Well (165°F/72°C)	35	75