

BEEF OUTDOORS



THE GOOD LIFE... BEEF OUTDOORS

The good life — it's a cookout in the back yard, a hearty meal around a campfire, an elegant picnic on a secluded beach, a pit barbecue for the whole community.

The good life — it's enjoying the great outdoors with family, friends and delicious food.

Basic to such happy scenes is nutritious and flavorful beef. In this guide to beef outdoors, you'll find barbecuing tips, preparation hints, exciting recipes, inspiring serving suggestions — a world of ways to style beef to the many moods of leisure living.

Now on to the good life with beef outdoors!

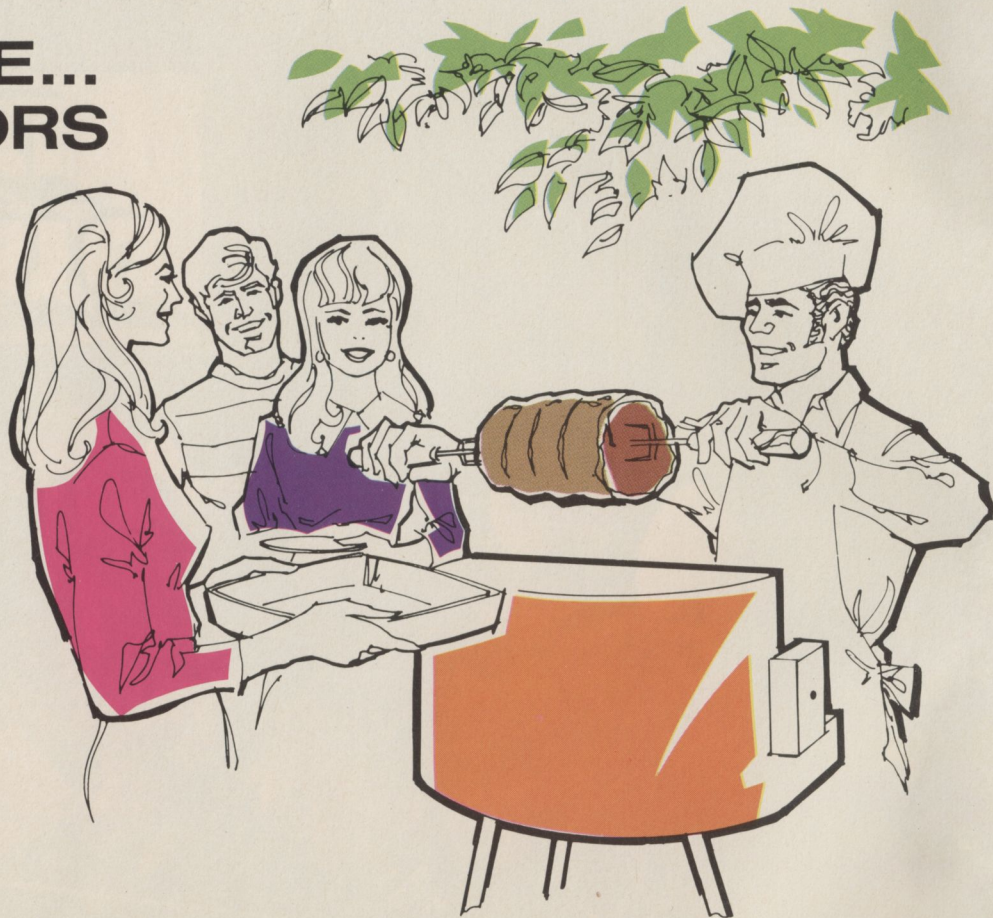
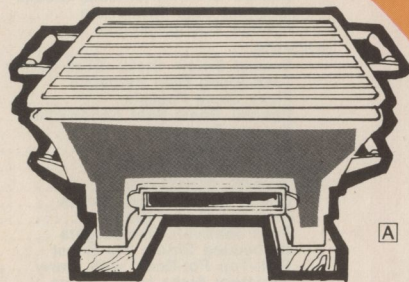


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BEEF INDUSTRY COUNCIL
National Live Stock and Meat Board
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SELECTING PROPER EQUIPMENT



There's a large assortment of grills in varying sizes and prices to choose from, so let cooking experience and budget be your shopping guides.

If the role of barbecue chef is a new one, an inexpensive mobile grill will be sufficient for a year or two while you practice and experiment. As your skills increase, you'll want to advance to a more sophisticated model. The "starter" grill can still be used as a supplementary unit for cooking appetizers or side dishes, warming bread or keeping coals ready to add to the firebed.

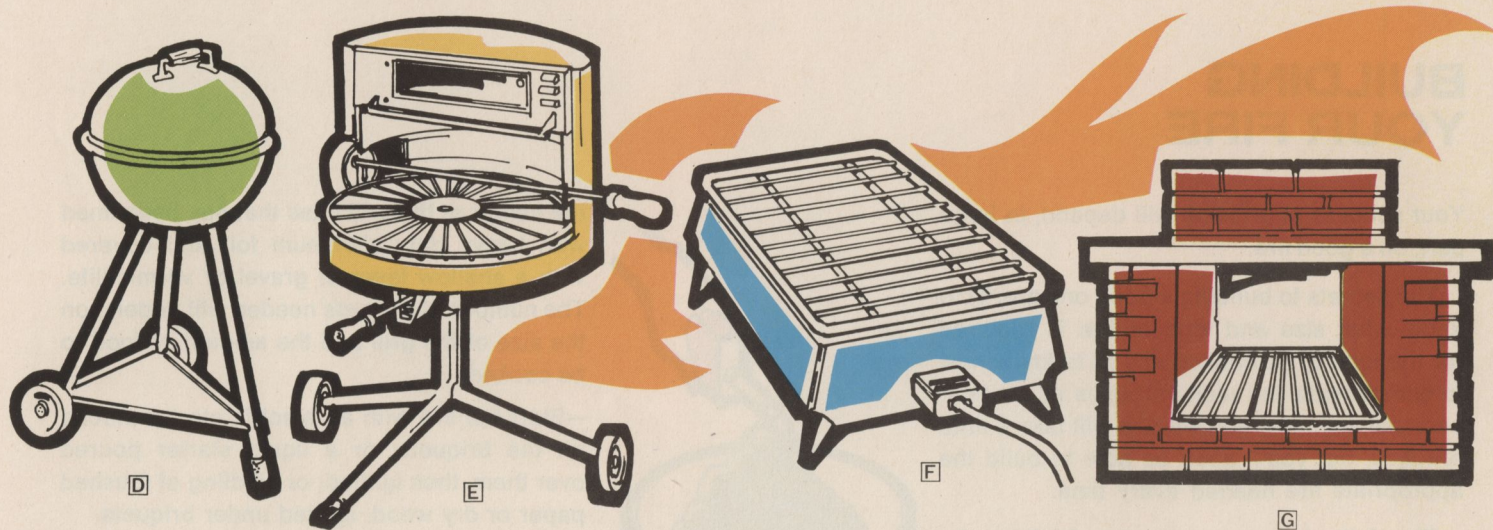
Folding Grills: These simplest cooking units have small grid-topped fireboxes supported by folding legs. Light and easy to clean, transport and store, they're ideal for

taking along to picnics, camping and beach outings.

A Hibachi: Usually made of cast iron, these Oriental-inspired grills vary greatly in size. They are most often used for hors d'oeuvres and small-scale barbecuing on patio, porch, even indoors.

B Braziers: The simplest models of this most popular grill style have shallow firebowls set on three or four legs. More elaborate braziers have half-hoods, covers, electric rotisseries and wheels. They may have adjustable grids and draft doors for temperature control.

C Cooking Wagons: A work surface is attached to these most sophisticated grills. Built-in charcoal starters, warming ovens, hoods, rotisseries, cutting boards, storage



drawers, racks and rubber wheels may be among the features in these elaborate units.

D Cooking Kettles: Sometimes described as large Dutch ovens on legs, these attractive grills can be used to cook a large amount of food with minimum watching. They can be used year around, even on damp, windy and chilly days. Some units have thermometers in the hood and rotisserie attachments.

E Gas Grills: Fast starts and quick control are the main advantages of these year-around cooking units that require no charcoal. If stationary, gas can be piped in underground; if mobile, gas is carried in a portable tank. Depending on type, gas may be fed in under a bed of ceramic

briquets or infra-red units in the lid of the grill.

F Electric Grills: Another year-around cooking unit that requires no charcoal, the electric grill offers a range of temperature selection and usually better heat control making it unnecessary to raise or lower the grill. Many units are self-cleaning and easy to use.

Other Grills: Light portable *bucket grills* are about the size of large pails and can be transported easily with fuel already in the unit.

G Stationary barbecue fireplaces, made of brick or brick and field stone, are permanent structures that may be built indoors or out. Proper ventilation and insulation are key considerations when built indoors.

BUILDING YOUR FIRE

Your success at grillside will depend, in large part, on a good fire.

The secrets to building a good one are: 1) to know what size and kind of fire is required for the food to be cooked and 2) to know how to compensate for such variables as air temperature, humidity and wind. It will take a little practice, but you'll soon be able to build the appropriate fire needed every time.

The following are general guidelines for building a fire with charcoal briquets. Because grills vary, be sure to read and follow manufacturer's instructions.

—Place the grill away from buildings, trees, dry grass and shrubs. A draft is necessary but do check wind direction so smoke will not interfere with pre-dining activities.

—About 20 to 30 minutes before you plan to begin cooking, pile briquets in a pyramid in



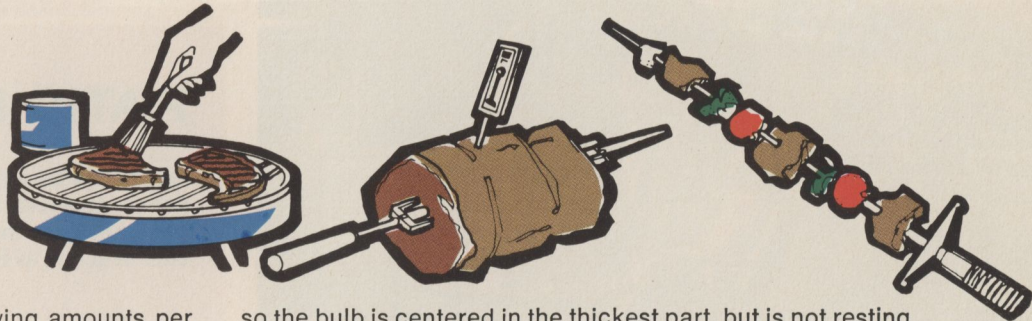
the center of the grill base that has been lined with heavy duty aluminum foil and covered with a shallow layer of gravel or vermiculite. The number of briquets needed will depend on the size of the grill and the amount of food to be cooked.

—Start the fire with an electric starter placed on the briquets; or a liquid starter poured over them, then ignited; or kindling of crushed paper or dry wood, ignited under briquets.

—The fire is ready when coals are covered with ash and glowing in the center. Spread coals in a layer so heat will be distributed evenly. They may be just touching or up to an inch apart. Place the grid over the coals and you're ready to begin cooking.

—During cooking, heat may be controlled by adjusting the grid, rearranging, adding or removing coals, adjusting dampers or draft doors and using windbreaks.

GENERAL TIPS FOR THE OUTDOOR CHEF



- For average appetites, allow the following amounts per person: $\frac{1}{4}$ to $\frac{1}{2}$ pound ground beef, $\frac{1}{2}$ pound boneless beef, $\frac{3}{4}$ to 1 pound beef with bone. When planning portions, remember that outdoor appetites are usually hearty.
- Cooking time will vary with cut, weather, fire or heat, position on grill and degree of doneness desired, so keep a careful check on cooking foods.
- Less tender beef cuts can be braised on the grill when wrapped securely in heavy duty aluminum foil or cooked in a small amount of liquid in a covered pan. When properly marinated, many less tender cuts can also be broiled.
- Rotisserie cooking is an excellent method for large cuts as the beef cooks evenly and is self-basting. Insert rotisserie rod, lengthwise, through center of roast. Test for balance by rotating in palms of hands. Fasten beef securely so that it turns only with the rod. A drip pan, located under the turning beef, will prevent flareups. Coals should be arranged around pan.
- A meat thermometer is the most accurate way to determine doneness in large cuts of beef. Insert thermometer

so the bulb is centered in the thickest part, but is not resting in fat or on the rotisserie rod.

- Food may be basted during all or part of the cooking, depending upon ingredients in the basting sauce. If the sauce is high in sugar or other ingredients that burn easily, it should be applied during the latter part of the cooking. A brush works well for basting.
- For kabobs, select long sturdy skewers. Leave space between food for even heat penetration. Fruits and vegetables may be broiled on separate skewers if their cooking times vary greatly from the meat.
- Use tongs rather than a fork to handle beef to prevent loss of flavorful juices.
- Have a water pistol handy to put out flare-ups.
- Always put safety first. Never use gasoline or kerosene to start a fire and never add liquid starter after the coals are burning. Keep children and pets away from hot grill before, during and after cooking. Protect self by using heavy mitts and avoiding loose clothing that might catch fire.



PATIO ENTERTAINING

Extend invitations to a patio party and entertain with confidence. As guests socialize in the relaxed outdoor atmosphere and anticipate the feast to come, they'll enjoy watching the chef in action as he or she prepares the beef at grill side.

Rotisserie Beef Rib Eye Roast

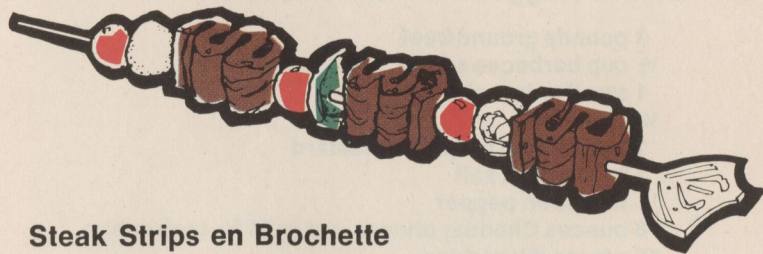
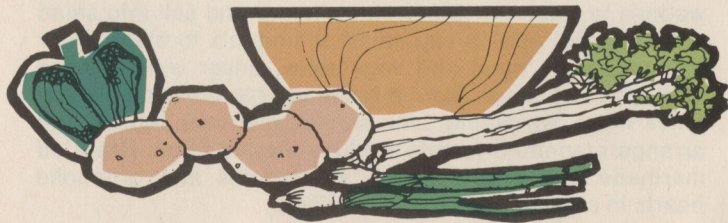
4 to 8-pound beef rib eye (Delmonico) roast

Insert rotisserie rod lengthwise through center of the roast. Balance roast and tighten spit forks to fasten meat securely so that it turns only with the rod. Insert a roast meat thermometer so the bulb is centered in thickest part but not resting in fat nor touching rotisserie rod. Cook at moderate temperature over ash-covered coals to desired degree of doneness. The meat thermometer will register 140°F. for rare; 160°F. for medium; 170°F. for well done. When thermometer registers about 5°F. below desired degree of doneness, remove roast from rotisserie and allow to stand 10 to 15 minutes before carving. Allow 1½ to 2½ hours for roasting, depending upon size of roast and degree of doneness desired.

Hot German Potato Salad

- ¼ to ½ pound beef bacon, cut in 1-inch pieces**
- 5 medium-sized red potatoes**
- ⅓ cup white vinegar**
- ¼ cup sugar**
- 1 teaspoon salt**
- ⅛ teaspoon pepper**
- ½ cup diced celery**
- 3 tablespoons diced green pepper**
- ¼ cup sliced green onions (including green tops)**
- 2 tablespoons pimiento, cut in strips**
- ⅛ teaspoon paprika**
- 2 hard-cooked eggs, sliced**

Cook potatoes in skins until tender. Panfry beef bacon until crisp and remove to absorbent paper. Reserve 2 tablespoons drippings in frying-pan. Add vinegar, sugar, salt and pepper. Heat and stir until dissolved. Peel and slice hot potatoes. Add beef bacon, celery, green pepper, green onions and pimiento. Pour hot sauce over top and lightly mix until ingredients are evenly distributed. Turn into heated serving dish. Sprinkle with paprika and garnish with egg slices. Serve warm. 6 to 8 servings.



Steak Strips en Brochette

- 2 pounds round steak, cut 1½ inches thick**
- 1 cup Russian salad dressing**
- 2 tablespoons lemon juice**
- 15 medium-sized fresh mushrooms**
- 15 cherry tomatoes**
- 6 15-inch metal skewers**

Cut steak into strips ¼ inch thick or less and place in plastic bag. Combine Russian salad dressing and lemon juice and pour into bag with beef. Carefully press out air and close bag securely. Marinate in refrigerator 4 to 6 hours or overnight. Pour off marinade and reserve. Thread strips of beef on skewers (weaving back and forth) alternately with mushrooms and cherry tomatoes. Place skewers on grill and broil at moderate temperature for 3 minutes, brushing with marinade occasionally. Turn and broil to desired degree of doneness, 3 to 4 minutes, brushing with marinade. 4 to 6 servings.

Note: When round steak is partially frozen, thin strips can be cut more easily.

Golden Nugget Beef Ball Kabobs

- 3 pounds ground beef
- ½ cup barbecue sauce
- 1 small onion, chopped
- ¼ cup flour
- 1 tablespoon prepared mustard
- 1 tablespoon salt
- ¼ teaspoon pepper
- 8 ounces Cheddar cheese, cut in 24 ¾-inch cubes
- 18 pieces dill pickles
- 6 metal 15-inch skewers
- Barbecue sauce
- 12 cherry tomatoes

Lightly but thoroughly mix ground beef, barbecue sauce, onion, flour, mustard, salt and pepper. Divide mixture into 24 portions of approximately ¼ cup each and form into meat balls, placing a cube of cheese in center of each. Thread 4 meat balls alternately with 3 pieces of dill pickles on each skewer. Place kabobs on greased grill top and broil at moderate temperature 6 minutes. Brush with barbecue sauce and broil 12 to 20 minutes, turning and brushing with barbecue sauce until done. Add 2 cherry tomatoes to end of each skewer last 3 minutes of cooking time. 6 servings.



Gourmet Beef Salad Vinagreta



- 1½ pounds cooked beef roast
- 2 tablespoons lemon juice
- 2 tablespoons salad oil
- 8 ounces fresh mushrooms, cut in half vertically
- 1 can (7 ounces) artichoke hearts, drained and cut in half
- 2 to 3 tomatoes, cut in wedges
- ¼ cup red wine
- ¼ cup red wine vinegar
- ½ teaspoon salt
- 1 package (0.6 ounce) Italian salad dressing mix
- ½ cup salad oil
- Bibb lettuce

Carve roast beef into slices ⅛ to ¼ inch in thickness; then cut slices in strips approximately 1 inch wide and 2 to 3 inches long. Place in bowl or utility dish in which salad will marinate. Combine lemon juice and 2 tablespoons salad oil in frying-pan. Add mushrooms and cook slowly until just tender. Add mushrooms, artichoke hearts and tomato wedges to meat. Stir wine, wine vinegar and salt into salad dressing mix. Add ½ cup salad oil and mix to blend. Pour marinade over meat and vegetables, cover with foil and chill for 2 to 6 hours. Turn mixture over in dressing several times while marinating. Line serving dish with lettuce and arrange marinated tomato wedges around edge. Drain off marinade and arrange beef, mushrooms and artichoke hearts in serving dish. 6 to 8 servings.

Broiled Beef Porterhouse Steaks

Beef Porterhouse steaks, cut 1 to 2 inches thick

Salt

Pepper

Place steaks on grill and broil at moderate temperature. Steaks cut 1 inch thick should be placed 2 to 3 inches from the heat. Steaks cut 2 inches thick should be placed 3 to 5 inches from the heat. When one side is browned, turn, season and finish cooking on the second side. Season.

Steaks cut 1 inch thick require approximately 15 to 20 minutes for rare and 20 and 25 minutes for medium. Steaks cut 2 inches thick require approximately 30 to 35 minutes for rare and 40 to 45 minutes for medium.

Gourmet Beef Tenderloin

4 to 6-pound beef tenderloin

4 ounces blue cheese

1 tablespoon Worcestershire sauce

1 tablespoon chopped chives

Place beef tenderloin on grill 3 to 5 inches from heat and cook at moderate temperature for 30 to 60 minutes, depending on size of tenderloin and degree of doneness desired, turning once or twice. Blend blue cheese with Worcestershire sauce and stir in chives. Spread blue cheese mixture on top of tenderloin 5 to 10 minutes before end of cooking time.

Fondue Bourguignonne

2 to 2½ pounds sirloin steak, cut 1 inch thick

Salad oil

Cut sirloin steak into 1-inch cubes. Pour oil in a deep chafing dish or fondue pan to a depth of 1½ to 2 inches. (Pan should be no more than half full.) Place over direct heat on range and bring to 375° F. Take pan containing oil to table (using caution) and place over alcohol burner or canned heat to maintain temperature.* Spear steak cubes, one at a time, with fondue fork and hold meat in the hot oil until cooked to desired degree of doneness. Cube will be rare in approximately 1 minute, medium in 2 minutes. Dip each cube in one of accompanying sauces.

*If oil cools so it no longer bubbles briskly when meat is added, reheat on range to 375°F.

Creamy Curry Sauce

1 cup dairy sour cream

1 tablespoon lemon juice

1 teaspoon chopped chives

1 teaspoon curry powder

1 teaspoon salt



Combine sour cream, lemon juice, chives, curry powder and salt and mix to blend. Cover and refrigerate 4 hours or more. Serve cold. Yield: 1 cup.

Mushroom-Wine Sauce

1 jar (4½ ounces) sliced mushrooms

Water

2 tablespoons dry sherry

1 package (¾ ounce) mushroom gravy mix

Drain mushrooms; reserve and measure liquid. Add water to make ¾ cup and combine with sherry. Stir into mushroom gravy mix. Cook over medium heat, stirring until mixture comes to a boil. Add mushrooms and simmer 1 or 2 minutes. Serve hot. Yield: 1½ cups.



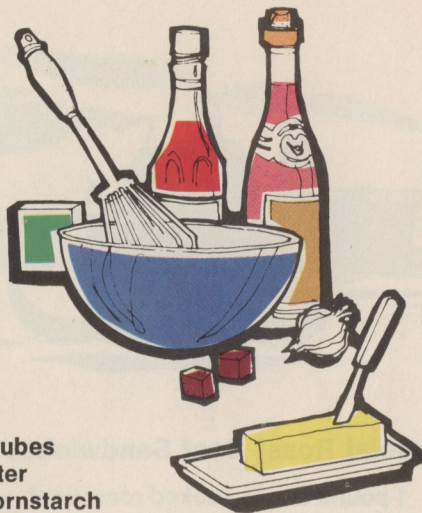
PICNICS

Picnics can be as casual or sophisticated as you please, so make plans to fit your mood. Food choices range from sandwiches and lemonade to an elegant steak dinner complete with wine. Depending on the menu, you may want to ready all the food at home and tote it along, or do part or all the preparation at the picnic site.

Broiled Sirloin Steak—Rosé Sauce

1 or 2 beef sirloin steaks, cut 1 to 2 inches thick
Salt
Pepper
Rosé Sauce

Place steaks on grill (1-inch steaks, 2 to 3 inches from heat; 2-inch steaks, 3 to 5 inches from heat). Broil at moderate temperature. When one side is browned, turn, season with salt and pepper and finish cooking the second side. Turn and season. Steaks cut 1 inch thick require approximately 15 to 20 minutes for rare and 20 to 25 minutes for medium. Steaks cut 2 inches thick require approximately 30 to 35 minutes for rare and 40 to 45 minutes for medium. Serve immediately with Rosé Sauce.



Rosé Sauce

- 2 beef bouillon cubes**
- ½ cup boiling water**
- 2 tablespoons cornstarch**
- ¼ cup melted butter**
- 1 cup Rosé wine**
- 2 tablespoons catsup**
- ¼ teaspoon thyme**
- 1 clove garlic, minced**
- ½ cup thinly sliced green onions**

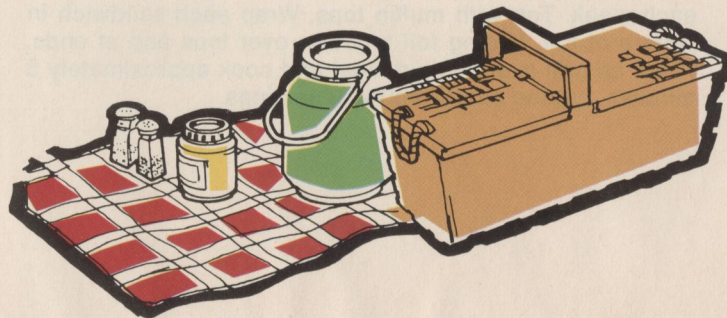
Dissolve bouillon cubes in boiling water. Blend cornstarch with melted butter and stir in bouillon and wine. Add catsup, thyme and garlic and cook, stirring constantly until thickened. Reduce heat, cover and continue cooking 10 minutes. Add onion and continue cooking slowly 5 minutes. Serve hot. Yield: 1 cup.

Take-Along Beef Barbecue

- 3 to 4 cups small pieces of cooked beef**
- 2 medium-sized onions, chopped**
- 1 medium-sized green pepper, chopped**
- 2 to 3 tablespoons cooking fat**
- 1 can (15 ounces) tomato sauce**
- 2 tablespoons prepared mustard**
- 2 tablespoons brown sugar**
- 1 tablespoon Worcestershire sauce**
- 1½ teaspoons salt**
- 8 to 12 hamburger buns**

Lightly brown beef, onion and green pepper in cooking fat in large frying-pan. Add tomato sauce, mustard, brown sugar, Worcestershire sauce and salt to beef mixture. Bring to boil, stirring to combine. Reduce heat and cook slowly 20 to 30 minutes, stirring occasionally. Serve on hamburger buns. Yield: 8 to 12 barbecue-filled buns.

Note: Pot-roast can be prepared to provide beef or any leftover cooked beef can be used.



Pizza Steak Packets

- 6 beef cubed steaks
- 1 can (8 ounces) tomato sauce
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 teaspoon instant minced onion
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{2}$ teaspoon garlic powder
- 6 large English muffins, split
- 12 small stuffed green olives, sliced
- 6 slices (1 ounce each) mozzarella cheese
- Salt
- Pepper
- 6 18-inch squares aluminum foil

Combine tomato sauce, Parmesan cheese, onion, oregano, basil and garlic powder and cook slowly 5 minutes, stirring to blend. Broil steaks at moderate temperature on grill, 3 to 5 minutes on each side. Spread each of 6 muffin halves with 1 tablespoon of sauce and place steak on top of each. Spread steaks with remaining sauce and top with olives. Cut slices of cheese in half, cross two strips and place on each steak. Top with muffin tops. Wrap each sandwich in square of foil, folding foil together over tops and at ends. Place on grill over medium heat and cook approximately 5 minutes, turning occasionally. 6 servings.



Special Roast Beef Sandwiches

- 1 pound sliced cooked roast beef
- 1 package (3 ounces) cream cheese
- $\frac{1}{4}$ cup catsup
- 2 tablespoons prepared mustard
- 1 tablespoon prepared horseradish
- $\frac{1}{4}$ cup thinly sliced green onions
- 12 slices caraway rye bread
- Lettuce leaves

Blend cream cheese, catsup, mustard and horseradish. Stir in green onions. Spread slices of bread with cream cheese mixture. Place lettuce leaf on each of 6 slices of bread. Arrange slices of roast beef on top of lettuce on each sandwich and cover with remaining slices of bread, spread side next to beef. Wrap individually and chill. 6 sandwiches.

Speedy Spaghetti

- 2 pounds ground beef
- ¼ cup chopped onion
- 1½ teaspoons salt
- 2 cans (16 ounces each) spaghetti in cheese and tomato sauce
- 1 can (4 ounces) drained mushroom stems and pieces

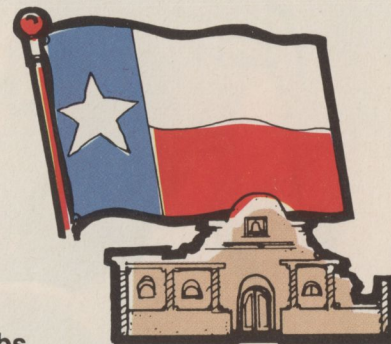
Lightly brown ground beef and onion in frying-pan. Season with salt and stir in spaghetti and mushrooms. Cook over low heat at least 15 minutes, stirring occasionally. 6 servings.



Onionburgers

- 3 pounds ground beef
- 1 package (1½ ounces) onion soup mix
- ¾ cup water

Combine onion soup mix with water and add to ground beef, stirring lightly to combine. Shape into 8 patties, ½ inch thick. Place on grill and broil at moderate temperature to desired degree of doneness (12 to 18 minutes), turning occasionally. 8 servings.



Lone Star Short Ribs

- 3 to 4 pounds beef short ribs
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 can (8 ounces) tomato sauce
- ¼ cup catsup
- ⅓ cup brown sugar
- ¼ cup vinegar
- 2 tablespoons prepared mustard
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon chili powder

Place short ribs in covered frying-pan on grill and cook at low to moderate temperature, for 1½ hours, turning occasionally. Season with salt and pepper. Combine tomato sauce, catsup, brown sugar, vinegar, mustard, onion, garlic and chili powder in saucepan and simmer 5 minutes, stirring to blend. Remove each short rib from pan, dip in sauce to coat all sides and place on grill. Cook at moderate temperature, brushing with sauce and turning occasionally for 20 to 30 minutes or until done. 4 servings.



BACKYARD COOKOUTS

It's easy and fun to make any meal a special occasion. Simply shift the cooking scene from kitchen to backyard. Family favorites such as beef loaves, pot-roast and round steak take on exciting new appeal when given barbecue treatment over the coals.

Chuck Wagon Chuck Steaks

- 2 beef blade steaks, cut $\frac{1}{2}$ to $\frac{3}{4}$ inch thick
- 1 medium-sized onion, chopped
- 1 cup catsup
- $\frac{1}{3}$ cup vinegar
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 1 clove garlic, crushed
- 1 bay leaf
- $\frac{1}{8}$ teaspoon hot pepper sauce

Combine onion, catsup, vinegar, brown sugar, salt, garlic, bay leaf and hot sauce in saucepan and cook slowly 10 minutes, stirring occasionally. Cool. Pour sauce over steaks in utility dish or plastic bag, turning to coat all sides. Marinate in refrigerator 4 hours or overnight. Pour off and reserve marinade. Place steaks on grill and broil at moderate temperature for 15 to 25 minutes, depending upon thickness of steak and degree of doneness desired. Turn and brush steaks with barbecue sauce occasionally.

Note: For 3 to 4 steaks double sauce ingredients.

Colorful Kabobs

- 8 cherry tomatoes
- 8 squares green pepper
- 8 cooked onions
- 4 8-inch metal skewers

Alternate cherry tomatoes, pieces of green pepper and onions on metal skewers. Brush with sauce for steaks and place on grill to heat the last 5 to 10 minutes steaks are cooking, turning occasionally.

Roundup Round Steak

- 2 to 3 pounds beef round steak, cut 1 1/4 inches thick, chilled
- 1 cup Chablis wine
- 1/2 cup lemon juice
- 1/2 cup salad oil
- 2 teaspoons salt
- 1 teaspoon leaf oregano
- 2 cloves garlic, crushed

Combine wine, lemon juice, oil, salt, oregano and garlic in saucepan. Bring to boil; reduce heat, cook slowly 10 minutes and chill. Score chilled steak on both sides in diamond pattern, 1/8 inch deep with sharp knife. Place steak and chilled marinade in large plastic bag, carefully press out air and tie securely. Place bag in pan and refrigerate 6 to 8 hours or overnight. Remove steak from marinade, place on grill and cook at moderate temperature 25 to 35 minutes to desired degree of doneness (rare or medium), brushing with marinade occasionally.

Twin Sombrero Beefburgers

- 2 pounds ground beef
- 1/2 small head lettuce, shredded
- 2 small tomatoes, chopped
- 2 tablespoons pickle relish
- 1 can (5 1/3 ounces) evaporated milk (2/3 cup)
- 1/3 cup crushed corn chips
- 1/3 cup catsup
- 2 teaspoons salt
- 2 teaspoons chili powder
- 2 tablespoons crushed corn chips
- 1/2 cup shredded Cheddar cheese

Combine lettuce, tomatoes and pickle relish and chill. Lightly but thoroughly combine ground beef, evaporated milk, 1/3 cup corn chips, catsup, salt and chili powder. Shape mixture into 2 patties, approximately 1 inch thick and 7 inches in diameter. Place on grill and broil at moderate temperature for 10 minutes. Turn with large spatula and broil 5 to 12 minutes longer. During last 2 to 3 minutes cooking, place 1/4 cup shredded cheese on each patty and sprinkle each with 1 tablespoon crushed corn chips. Cut each beefburger in quarters and serve with lettuce-tomato mixture.

8 servings.



Barbecued Sirloin Tip Roast

4 to 6-pound beef sirloin tip roast, tied Barbecue Sauce

Insert rotisserie rod lengthwise through center of roast. Balance roast and tighten spit forks to fasten meat securely so that it turns only with the rod. Insert roast meat thermometer at a slight angle, so the tip is in the center of the roast but not resting in fat or on rotisserie rod. Place on rotisserie and roast at moderate temperature until meat thermometer registers 130°F. Continue roasting, brushing frequently with barbecue sauce to desired degree of doneness — 140°F. to 160°F. When thermometer registers about 5°F. below desired doneness, remove meat from rotisserie and allow to stand 10 to 15 minutes before carving into thin slices.

Note: A boneless rump roast or inside chuck roast, tied, can be used.



Grill-Top Pot-Roast with Gravy

- 3 to 4-pound beef blade pot-roast
- 1 cup catsup
- ¼ cup flour
- 1 tablespoon lemon juice
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 medium-sized onions, sliced
- 1 rectangle of double thickness heavy duty aluminum foil (twice circumference and 8 inches longer than roast)

Arrange half onion slices on foil in shape of pot-roast. Combine catsup, flour, lemon juice, salt and pepper; spread half mixture over onion slices. Place pot-roast on top of onion slices, spread beef with remaining catsup mixture and arrange remaining onion slices over top. Bring edges of foil together over top of meat. Fold edges over 3 or 4 times, pressing crease in tightly each time. (Allow some air space.) Flatten foil at one end, crease to form triangle and fold edge over several times toward package, pressing tightly to seal. Repeat procedure on other end. Place on grill and cook at low to moderate temperature until tender (2 to 3 hours), carefully turning occasionally with large turner. Carefully open foil and remove pot-roast to hot platter. Remove gravy from foil, using rubber spatula, and serve with pot-roast.

Note: If foil packet leaks, set drip pan of foil under pot-roast. Foil-wrapped pot-roast can be placed in grill basket for ease in turning.

Miniature Aloha Meat Loaves

- 2 pounds ground beef
- 1 can (8 ounces) tomato sauce
- $\frac{3}{4}$ cup crushed cracker crumbs
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{3}$ cup chopped green pepper
- 1 egg
- 1 tablespoon soy sauce
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ginger
- 8 pineapple rings
- 8 maraschino cherry halves
- 8 aluminum tart pans
- 8 6-inch squares aluminum foil

Lightly but thoroughly combine ground beef, tomato sauce, cracker crumbs, onions, green pepper, egg, soy sauce, salt and ginger. Place pineapple ring in bottom of each tart pan and 1 maraschino cherry half (cut side up) in each ring. Divide beef mixture in eighths and place 1 portion on pineapple ring in each pan, pressing lightly into mound. Cover each pan tightly with aluminum foil, securing around rim of pan. Place on grill over low to moderate heat for 40 to 60 minutes or until done. Remove top foil, pour off drippings and invert pans on hot serving platter or individual plates. 8 servings.

Note: Uncooked loaves in foil-covered pan can be over-wrapped and frozen.



Garden Beef Kabobs

- 2 to 3 pounds beef sirloin tip
- 1 cup Italian salad dressing
- 2 to 3 medium-sized carrots, cut in 1-inch pieces
- 2 medium-sized zucchini squash, cut in 1-inch pieces
- 4 15-inch metal skewers

Place beef cubes in plastic bag or bowl, pour salad dressing over them and stir to coat. Close bag securely or cover bowl and marinate in refrigerator 6 hours or overnight. Precook carrots for 5 minutes. Pour off and reserve marinade. Thread beef cubes on skewers alternately with carrots and zucchini. Brush vegetables with marinade and place skewers on grill. Broil at moderate temperature for 10 to 15 minutes, depending on degree of doneness desired, turning and brushing with marinade occasionally.



BEACH PARTY

Surf and sun, friends and food—they're key combinations to a fun beach party. For a water's edge menu that's as carefree as a summer day, choose beef main dishes that can be transported, prepared and eaten with ease.

Zippy Barbecued Beef Strips

- 3 pounds beef round steak, cut $\frac{3}{4}$ inch thick**
- $\frac{1}{4}$ cup flour**
- 2 teaspoons salt**
- $\frac{1}{8}$ teaspoon pepper**
- $\frac{1}{4}$ cup cooking fat**
- $\frac{1}{2}$ cup chopped onion**
- $\frac{3}{4}$ cup water**
- $1\frac{1}{2}$ cups barbecue sauce**
- $\frac{1}{2}$ pound fresh mushrooms, sliced**
- 12 hamburger buns**

Partially freeze round steak and cut into strips $\frac{1}{8}$ inch thick and approximately 3 inches long. Combine flour, salt and pepper. Dredge strips of beef in seasoned flour and brown lightly in cooking fat. Pour off drippings. Add onion and water, cover tightly and cook slowly 30 minutes. Add barbecue sauce and sliced mushrooms, cover and continue cooking slowly 30 minutes, stirring occasionally. Serve on hamburger buns. Yield: 12 barbecue-filled buns.

Ground Beef Tacos



- 2 pounds ground beef**
- 1 package (1¾ ounces) taco seasoning mix**
- 1 cup water**
- 10 taco shells**
- 1¼ cups finely shredded lettuce**
- 1 to 2 tomatoes, peeled and finely diced**
- ¾ cup shredded Cheddar cheese**

Brown ground beef in frying-pan, separating into small chunks. Pour off drippings. Add taco seasoning mix and water. Bring to boil, reduce heat and cook 10 to 15 minutes, stirring occasionally. Heat taco shells according to package directions. Place approximately ⅓ cup beef mixture in each taco shell. Add equal amounts of lettuce to each and top each with 1 tablespoon diced tomato and 1 tablespoon shredded cheese. 5 servings, 2 tacos each.

Beachcomber Beef Casserole

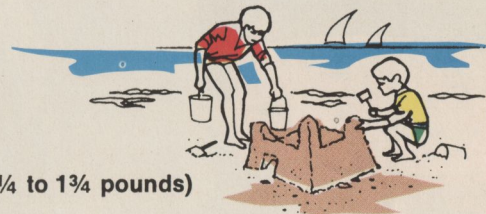
- 2 pounds ground beef**
- 1 cup chopped onion**
- 1 cup chopped green pepper**
- 2 teaspoons salt**
- ⅛ teaspoon pepper**
- 1 can (16 ounces) tomatoes**
- 1 can (15 ounces) tomato sauce**
- 1 can (8 ounces) whole kernel corn, drained**
- 1 package (7 or 8 ounces) small shell or elbow macaroni, cooked and drained**

Separate ground beef into 1-inch chunks in large frying-pan. Add onion and green pepper and cook, stirring occasionally until lightly browned. Pour off drippings. Sprinkle meat mixture with salt and pepper and add tomatoes, tomato sauce, corn and cooked macaroni. Place in a 2½ or 3-quart casserole. Cover and bake in a moderate oven (350°F.) for 45 minutes, stirring once or twice during baking. 8 to 10 servings.

London Broil

- 1 beef flank steak (1¼ to 1¾ pounds)**
- ¼ cup salad oil**
- 1 tablespoon lemon juice**
- 1 clove garlic, crushed**
- ½ teaspoon salt**
- ¼ teaspoon pepper**

Combine salad oil, lemon juice, garlic, salt and pepper for marinade. Place steak in plastic bag or flat utility dish and pour marinade over it. Close bag securely or cover pan with foil and refrigerate 4 to 6 hours or overnight, turning occasionally. Pour off and reserve marinade. Place steak on grill and broil at moderate temperature for 5 minutes. Turn, brush with marinade and broil 5 minutes or to desired doneness (rare or medium). To carve, slice diagonally across grain in thin strips. 4 servings.





CAMPING

Whether the spirit of adventure takes you camping in the wilderness for weeks or in a forest preserve for a weekend, appetites are sure to be hearty. To satisfy the hungriest campers, include the fixings for these on-the-go beef recipes with the camping gear.

Grill-Top Duo

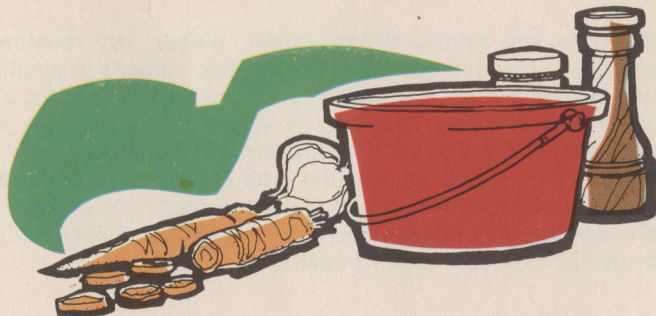
2 pounds ground beef
1 pound beef frankfurters
Salt
Pepper

Shape ground beef into 6 patties approximately $\frac{1}{2}$ inch thick. Place patties on grill and broil at moderate temperature for 7 to 8 minutes on one side. Turn with spatula and broil 6 to 12 minutes longer, to desired degree of doneness. Place beef frankfurters on grill 5 to 6 minutes before beefburgers are done and turn occasionally until hot and lightly browned. Season beefburgers with salt and pepper. 6 servings.

Camp-Out Beef Soup

- 2 pounds boneless beef, cut in 1-inch cubes
- 2 cans (11½ ounces each) condensed bean soup
- 4½ cups water
- 1 medium-sized onion, chopped
- 2 teaspoons salt
- 1 teaspoon basil
- ¼ teaspoon pepper
- 1 package (5½ ounces) dehydrated hash brown potatoes with onion
- 2 cans (16 ounces each) tomatoes
- 2 medium-sized carrots, thinly sliced

Combine bean soup and water in large Dutch oven or pot. Add beef cubes, onion, salt, basil and pepper and bring to boil. Reduce heat, cover tightly and simmer 1½ hours. Add potatoes, tomatoes and carrots, cover and simmer, stirring occasionally, 30 to 40 minutes, or until beef and vegetables are tender. 8 to 10 servings.



Hobo Beef Dinner

- 2 pounds round steak, cut ½ inch thick
- 3 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 6 medium-sized carrots, pared
- ¾ cup uncooked rice
- 6 beef bouillon cubes
- 3 cups water
- 6 clean 16-ounce cans
- 6 8-inch squares aluminum foil

Cut round steak in strips ½ inch wide and 2½ to 3 inches long. Combine flour, salt and pepper; dredge meat in seasoned flour. Place beef strips in each can dividing equally. Slice carrot into each can, and add 2 tablespoons of rice and 1 bouillon cube to each. Pour ½ cup water into each can and cover can with square of foil. Secure tightly, twisting two opposite sides. Place cans on grill and cook at low to moderate temperature until meat, carrots and rice are tender (1½ to 2 hours). 6 servings.



WINTER COOKOUTS

Beef outdoors need not become just a memory during the cold-weather months. It's a pleasure that can be enjoyed year around by cooking out and eating in. Winter-whipped appetites especially will warm up to the robust flavor of hearty beef entrees just off the grill.

Teriyaki Top Loin Steaks

- 4 top loin (strip) steaks, cut 1 to 1 1/4 inches thick
- 1/2 cup soy sauce
- 1/2 cup dry sherry
- 2 tablespoons sugar
- 1/2 teaspoon ginger
- 1/4 teaspoon dry mustard
- 1/8 teaspoon garlic powder

Combine soy sauce, sherry, sugar, ginger, dry mustard and garlic powder, stirring to blend. Place steaks in plastic bag or utility dish, add marinade. Turn steaks to coat all sides and securely seal bag or cover dish. Marinate in refrigerator (or insulated container after chilling) 4 to 6 hours. Place steaks on grill and broil at moderate temperature 20 to 30 minutes, depending upon thickness of steaks and degree of doneness desired. Turn steaks occasionally, brushing with marinade, if desired.

Beefburgers Plus

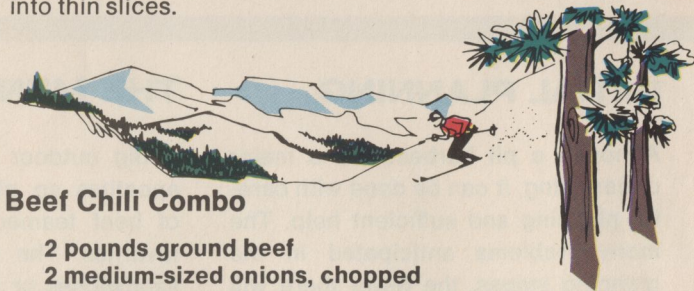
- 3 pounds ground beef**
- 1 medium-sized onion, chopped**
- 1/3 cup sweet pickle relish, drained**
- 1/3 cup catsup**
- 1 tablespoon prepared mustard**
- 2 teaspoons salt**
- 1/4 teaspoon pepper**
- 8 hamburger buns**

Combine ground beef, chopped onion, pickle relish, catsup, mustard, salt and pepper, mixing lightly until ingredients are evenly distributed. Shape into 8 patties 1/2 inch thick. Place on grill 3 to 4 inches from heat. Broil at moderate temperature for 8 to 10 minutes on first side. Turn and broil 6 to 8 minutes on second side, to degree of doneness desired. Serve on hamburger buns, toasted if desired. 8 servings.

Zesty Beef Brisket

- 3 to 5-pound beef brisket**
- Water to cover**
- 2 teaspoons salt**
- 1/4 teaspoon pepper**
- 1 medium-sized onion, sliced**
- 1/2 cup catsup**
- 2 tablespoons brown sugar**
- 1 tablespoon Worcestershire sauce**
- 1 teaspoon instant coffee (freeze-dried or powdered)**

Cover beef brisket with water and add salt, pepper and onion. Cover tightly and simmer slowly 3 hours or until tender. Combine catsup, brown sugar, Worcestershire sauce and instant coffee. Remove brisket from cooking liquid. Brush both sides with sauce and place on grill. Cook at moderate temperature for 15 to 20 minutes, turning and brushing with sauce occasionally. Carve diagonally into thin slices.



Beef Chili Combo

- 2 pounds ground beef**
- 2 medium-sized onions, chopped**
- 1 can (29 ounces) tomatoes**
- 1 can (16 ounces) kidney beans**
- 2 to 3 teaspoons chili powder**
- 2 teaspoons salt**
- 1/8 teaspoon cayenne pepper**
- Mashed potatoes, if desired**

Cook beef and onion in large frying-pan, stirring occasionally until lightly browned. Pour off drippings. Add tomatoes, beans, chili powder, salt and cayenne pepper, cover and cook slowly 30 to 40 minutes, stirring occasionally. Serve in bowls or over hot mashed potatoes, if desired. 6 servings.

THE BIG OUTDOOR BARBECUE

For some old-fashioned fun and great eating, sound the "Come and get it!" cry for a pit barbecue. Whether serving 300, 1,000 or more, delight them all with tender, juicy beef roasted to perfection over glowing coals.

The covered pit method of barbecuing outlined here can be a new and exciting way to serve a large crowd.

INITIAL PLANNING

Although a pit barbecue is a major undertaking, it can be done with careful planning and sufficient help. The more problems anticipated in the planning stages, the fewer there will be at the actual event.

Committees with specific duties should be formed. In addition to a general committee, there should be one for fuel, pit, beef and other foods, serving, clean up, etc.

Since most plans will depend on the number served, it is important to estimate the crowd expected. It's best to overestimate. Advance ticket sales will eliminate some of the guesswork.

THE MENU

A big outdoor barbecue means big appetites so plan on having plenty of beef teamed with other outdoor favorites. The menu can be hearty sandwiches or a complete meal with potatoes, salad and dessert.

The beef will be easiest to eat when sliced and served on a bun. For a hot side dish, consider scalloped potatoes, baked beans or roasted sweet corn.

The salad should be simple, new or different, and acceptable to most

people. A three-bean salad is an easy-to-prepare possibility. Round out your basic menu with sauces, relishes, chips and other convenient finger foods.

If dessert is in order, be sure to keep it simple . . . fresh fruit, cookies or an ice cream cup are good choices.

Dessert selection, plus the all-important beverage assortment, might be located at stations throughout the area, away from main serving lines.



SELECTING AND PREPARING THE MEAT FOR ROASTING

For easier handling, serving, and more uniform cooking, purchase the beef as large boneless roasts. The roasts should be well trimmed.

Plan on a pound of boneless meat yielding four small, three average or two generous servings.

Remember, meat is perishable, so keep it refrigerated until it is ready to be placed in the pit.

To season the beef, rub salt and pepper on the surface. Sage, onion powder, garlic powder or other favorite seasonings may be used with the salt and pepper.

Wrap the seasoned roasts in bundles of approximately 15 to 20 pounds. They must be double wrapped, first in heavy duty aluminum foil or uncoated freezer paper (parchment),

then either in burlap or muslin.

Place roast diagonally across one corner of a large square of foil or paper and roll towards the opposite corner, folding in the side corners. Then wrap in clean burlap or muslin in the same way and tie with twine or baling wire.

The bundles are now ready to be placed in the pits.

Material condensed from "The Large Quantity Barbecue," authored by the late W. J. Loeffel and originally published by National Live Stock and Meat Board; revised by Drs. C. H. Adams and R. W. Mandigo, published by University of Nebraska Cooperative Extension Service 1969. Bulletin No. EC69-221.

THE PIT

Choose a well-drained spot for the pit that is away from buildings and vegetation. The soil should be clay rather than sandy, as sandy soil crumbles and may cave in. To provide the necessary draft when building the fire, locate the axis of the pit with the prevailing wind.

Pit dimensions should be about 3½ feet wide and 3 to 3½ feet deep. It's important that the walls be dug

straight down, not sloping. Remove dirt to just one side so there's work space around the pit.

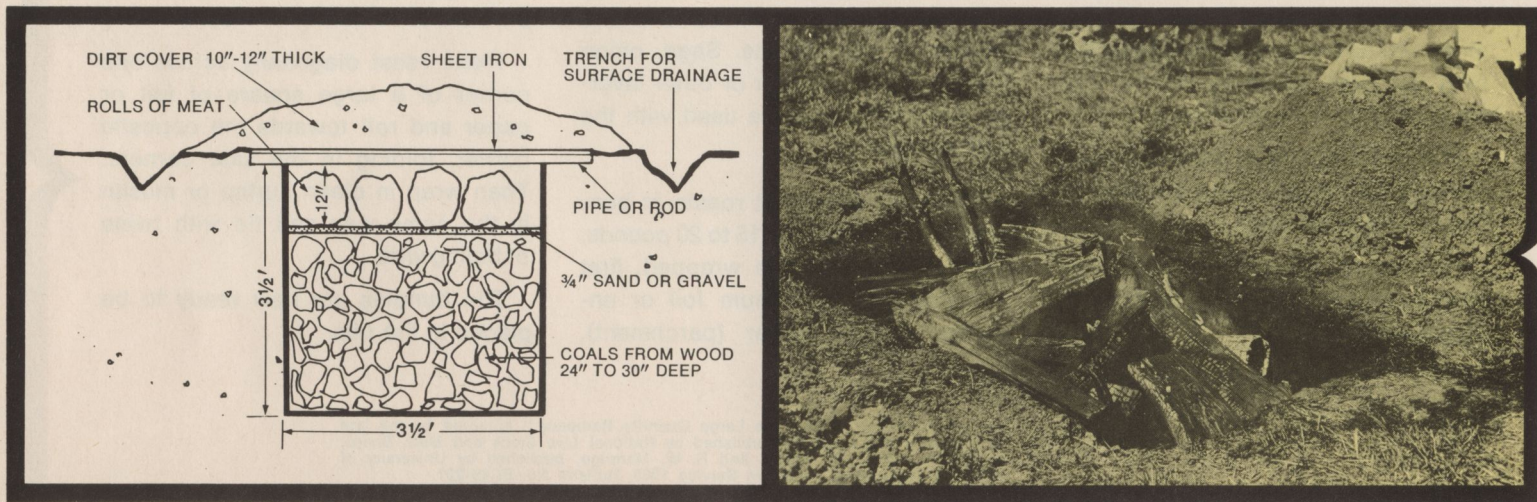
Allow about 6 feet of length for every 200 pounds of beef. If more than 16 to 20 feet is needed, it is better to have several pits, about 10 feet long, spaced at least 12 feet apart. This makes it possible to keep the meat warm while serving by opening one pit at a time.

THE FUEL

Hardwood is the most desirable fuel as it makes more and hotter coals that last longer. Creosoted wood should be avoided.

Have a good supply ready before starting the fire. A cutting guide: The stack of wood should be about three times the volume of the pit. It's best to have an extra supply so there's no danger of running out.

Begin the fire about 16 to 18 hours



before the scheduled serving time. Kindling, such as pine, brush or cobs, is used to start the fire. Ignite kindling in the bottom of the pit with paper, kerosene or diesel fuel; never use gasoline.

When the kindling is burning well, start adding the hardwood. The object is to burn the fuel to coals as it's the stored heat in the coals that cooks the beef.

Add the fuel slowly and loosely. Within an hour, the pit should be filled with wood that's burning rapidly. Add wood until the bed of coals is 1½ to 2½ feet deep. This will take about six hours. Plenty of help is needed to add fuel and keep it burning evenly throughout the pit.

Level the coals with a rake; they should be about 1 to 1½ feet from the top of the pit.

The next step is to spread about ¾ inch of dry gravel or coarse sand over the coals so that all live coals are covered. This will kill any flame and transmit the heat without burning through the wrap.

The seasoned and wrapped beef can now be placed in the pit. Arrange the largest bundles in the center, leaving space between all bundles so that heat can circulate.



COVERING THE PIT

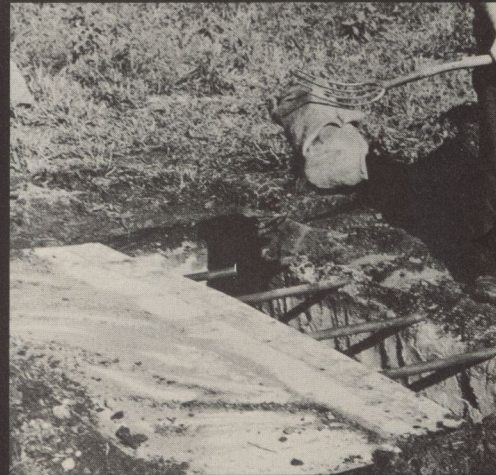
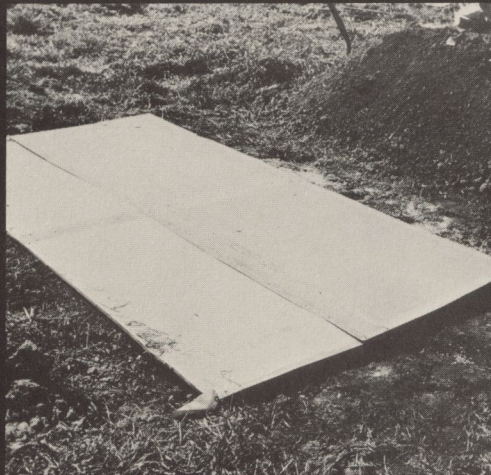
Once the beef is in place, it's important to cover the pit quickly to retain as much heat as possible. Sheet iron and boiler plate are satisfactory coverings. Corrugated galvanized roofing or siding, or wide boards may be used if supported by metal pipes laid across the pit.

Beginning at one end, lay covering

over pit, overlapping pieces. Then immediately cover with 10 to 12 inches of dirt. This holds in the heat. To seal, dampen dirt with a hose and tramp down around edges and at covering seams. Pits should be attended to further insulate any hot spots or reseal any steam leaks where hard-attained heat may be escaping.

TIME SCHEDULE

The beef will need to cook undisturbed for about 10-12 hours. When planning times, remember it takes about six hours to prepare the fire. Therefore, to serve at 6 p.m., the fire should be started about 2 a.m. and the meat placed in the pit at 8 a.m.



THE OPEN PIT BARBECUE

Although the pit barbecue is a novel, dramatic and merry event, it is a good deal of work and, as mentioned, really more suited to the very large crowd. For the smaller affair, or as another possibility for any quantity barbecue, roasting beef over an open pit can also be a memorable experience in the good life.

While the "ox roast" or "steer roast" sound great on an invitation, there are a number of problems when attempting to do the whole carcass or side of beef. The large size and varying degree of tenderness make a universally acceptable time and temperature impossible. For instance, the relatively small, delicate tenderloin becomes very overcooked in the 12 or 15 hours it may take the heavy round to cook.

If wanting to do a "whole steer" it would be best to break the carcass into sections before roasting. A round section would still be quite impressive turning on a spit. Short loins, and ribs, together or separately, could also be roasted satisfactorily. If desired, all these cuts could be boned for faster and more even cooking and easier serving.

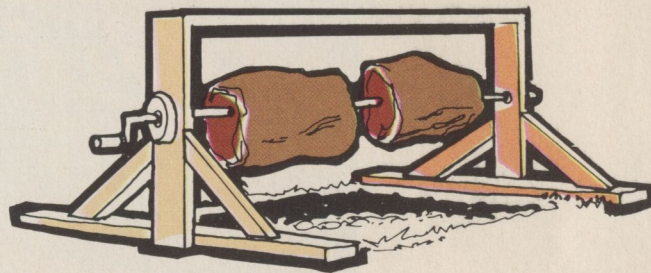
Unless hardwood fuel is to be used (as outlined in the pit barbecue method) the open pit needn't be much more than a shallow hole about 3 feet wide and deep enough to hold charcoal and permit the beef to rotate over it without being too far from the heat.

Whatever fuel is used the supply should be sufficient to maintain a constant heat near the barbecuing meat of between 200°F. and 250°F. for the length of time necessary to roast the beef . . . up to 15 hours for the large bone-in round.

A sturdy fireproof rotisserie rod that is adjustable in height is needed. It must be capable of rotating, by hand or motor, either constantly or with specific periodic revolution to ensure even roasting. To prevent flare-up, there should be a drip area in the center of the fuel.

As the beef rotates, it will baste itself, although dry areas may need additional basting with drippings near the end of cooking. If a barbecue sauce is desired, it should be applied near the end of roasting to prevent burning.

Because of the many factors that influence the rate of cooking—wind and weather, fuel, size of cuts, distance from heat—the best guide to doneness is a meat thermometer. As a general rule, it will take from 12 to 15 hours to roast a 60-pound bone-in round over an open pit, with other smaller cuts, proportionately less time.



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