

THE MAIN COURSE

foolproof steak

Your ultimate guide to cooking
favorite cuts to perfection

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With the right tools and know-how,
you can always sit down
to a steak that's just right.

PPeople may disagree on the best way to prepare a steak, but everyone agrees that a steak should be tender and juicy. The good news is you don't have to do much to cook a steak to perfection; all you have to do is pay attention to cooking time in order to get the delicious results you desire.

The most popular steak cuts—New York strip, Rib eye, T-bone, Porterhouse, and Tenderloin (filet mignon)—can cook to medium in just 10 minutes. If you're not paying attention to time, you can easily overcook these tender cuts of meat. The cooking chart below right will give you an idea of how long to cook a steak to your preferred doneness. These times are based on weeks of rigorous test-kitchen trials with steaks. We think you'll agree the results are foolproof.

 **time-saver**

Quickly season your steak with one of the Safeway SELECT Jazz & Spice Marinades. Our favorite flavors for steak include Lemon Peppercorn and Sesame & Ginger Teriyaki.



Perfectly Grilled Steak

PREP AND COOK TIME: At least 20 minutes to marinate, plus 5 minutes to cook

MAKES: 2 to 3 servings

**1 beef steak (see “Great Steaks” on page 30)
Safeway SELECT Jazz & Spice Marinade (below left)**

1. Rinse meat and pat dry. Place meat in a resealable plastic food bag and add marinade; seal bag and turn to coat meat with marinade. Chill meat in bag at least 20 minutes or up to 1 day.
2. Remove meat from bag and lay on a lightly oiled barbecue grill 4 to 6 inches above a single, solid layer of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas barbecue.
3. With tongs or a wide spatula, turn meat when browned on bottom. Continue to grill until done to your taste (cut to test), turning as needed for even color and cooking (see Steak Cooking Chart, below).
4. Transfer meat to a carving board; let rest 3 to 5 minutes, then serve.

Perfectly Broiled Steak

Follow Perfectly Grilled Steak through step 1. Remove meat from bag and lay on a lightly oiled rack in a broiler pan. Broil about 2 inches from heat until browned, then turn with tongs or a wide spatula and continue to broil until steak is done to your taste (cut to test), turning as needed for even color and cooking (see “Steak Cooking Chart,” below). To serve, follow step 4 (preceding).

Perfectly Pan-Fried Steak

Follow directions for Perfectly Grilled Steak (at left) through step 1. Pour 1 to 2 tablespoons Safeway SELECT Verdi Olive Oil into a 12-inch frying pan over medium-high heat. When pan is hot, unwrap meat and place in pan. Cook until browned on bottom, then turn with tongs or a wide spatula and continue to pan-fry until steak is done to your taste (cut to test), turning as needed for even color and cooking (see “Steak Cooking Chart,” below). To serve, follow step 4 (at left).

NOTE: We do not recommend pan-frying steaks to well done, since the exterior tends to burn before the interior is done to your liking. For a well-done steak, it's best to broil or grill.

STEAK COOKING CHART

Doneness	Internal Color	Approximate Cooking time*	Internal Temp.**
Very rare	Cherry red	6 to 7 minutes	100° to 114°
Rare to medium rare	Red to pink	8 to 9 minutes	115° to 129°
Medium	Light pink	10 to 11 minutes	130° to 149°
Medium well to well <small>(not recommended for pan fried)</small>	Little or no pink	12 to 13 minutes	150° plus

*Cooking times are based on 1-inch-thick cuts of steak; for each additional 1/4 inch of thickness, add an extra minute to cooking time.

**During our testing, the internal temperature varied widely in some cases. For the most precise indication of doneness, cut a small slit in the center of the steak and check the color.

THE MAIN COURSE

GREAT STEAKS Choose the cut that best suits your tastes.



New York Strip

Second in popularity to the tenderloin, this cut is best grilled or broiled. A great all-purpose cut that is a good choice for people who like their meat cooked well.



Ribeye

Sometimes called Delmonico, this cut is well marbled and makes a juicy, full-flavored steak. Excellent when pan-fried with a little butter or oil, it's also delicious grilled or broiled.



T-Bone

Great for grilling, this cut is a meat lover's dream, because it provides two steaks in one. The T-shaped bone separates a small piece of tenderloin from a larger section of top loin (New York Strip).



Porterhouse

Same cut as the T-Bone, except this steak boasts a larger portion of the succulent tenderloin. Beware of its size: Some porterhouses can easily serve three.



Tenderloin

Also called filet mignon, this cut is unsurpassed for its tenderness, and remains a favorite for many. Grill, broil, or pan-fry, but to retain its juicy succulence, it's best to cook this cut only to medium rare.

Why beef makes the healthy cut

Protein diets and fads aside, beef is the real deal when it comes to nutrition. High in zinc, iron, and vitamin B12, beef has important nutrients for a healthful diet. And since today's beef is 20 percent leaner, on average, than it was a decade or so ago, a single 4-ounce serving of most cuts (from top round to tenderloin) has less fat than a 4-ounce serving of skinless chicken thigh. If you prefer an even leaner steak, you can take matters into your own hands by trimming all visible exterior fat prior to cooking.

TOOLS FOR SUCCESS

Instant-Read Thermometer

A thermometer is most effective for double checking the visual test for meat doneness (a small slit cut in the center). To use a thermometer, grasp an end of the steak with tongs and lift from heat (or pull from broiler); insert thermometer stem horizontally into center of side of meat. Allow at least 10 seconds to register accurately. To speed thermometer's response, immerse stem in hot tap water before using.



Timer

Set timer for a few minutes less than minimum recommended cooking time, as a reminder to check steak intermittently as it cooks.



Tongs

To avoid loss of flavorful juices, turn meat with tongs or spatula, not a fork, which pierces.



Quick cut

To further save preparation time on a fast-cooking favorite, start with convenient stir-fry strips.

Mandarin Sweet and Spicy Teriyaki Beef Stir-Fry

PREP AND COOKING TIME: 30 to 40 minutes

MAKES: 5 or 6 servings

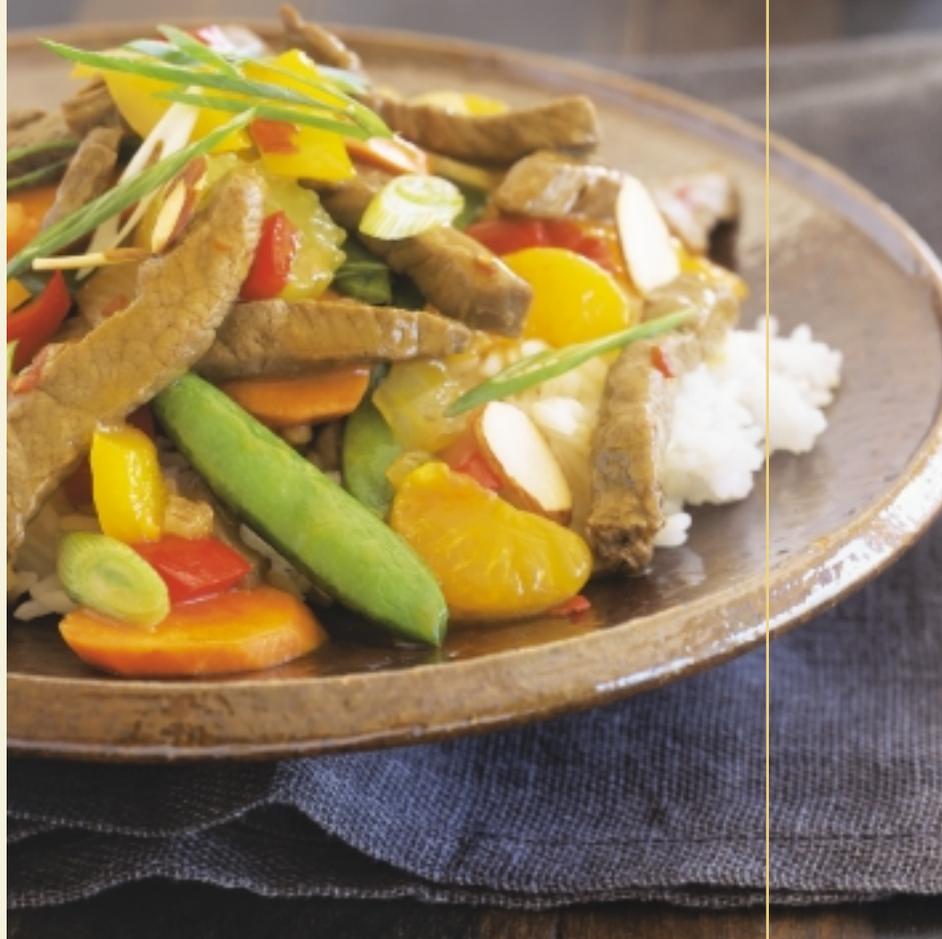
- 1 pound beef round tip stir-fry strips
- 1 teaspoon toasted sesame oil
- $\frac{3}{4}$ cup Safeway SELECT Gourmet Club Teriyaki Sauce
- $\frac{1}{4}$ cup thawed frozen orange juice concentrate
- 1 can (15 oz.) mandarin oranges
- 1 tablespoon cornstarch
- 1 to 3 teaspoons chili garlic sauce
- 2 tablespoons vegetable oil
- 1 cup diced onion
- 1 cup jicama, cubed
- 1 cup carrots, cut into $\frac{1}{4}$ -inch-thick slices
- 1 cup red and yellow bell pepper, cubed
- $\frac{1}{2}$ cup $\frac{1}{2}$ -inch-thick celery slices
- 1 cup Produce Stand Stringless Sugar Snap Peas, ends removed
- $\frac{1}{4}$ cup thinly sliced green onions
- $\frac{1}{2}$ cup sliced almonds
- 4 cups hot cooked long-grain white rice

1. Rinse meat, drain well, place in a bowl, and mix with sesame oil and $\frac{1}{4}$ cup of the teriyaki sauce; cover and chill at least 20 minutes or up to 1 day.

2. In another bowl, mix remaining $\frac{1}{2}$ cup teriyaki sauce, orange juice concentrate, $\frac{1}{2}$ cup juice drained from mandarin oranges (reserve oranges), cornstarch, and chili garlic sauce to taste; set sauce aside.

3. Pour 1 tablespoon vegetable oil into a 12-inch nonstick frying pan or a 14-inch wok over high heat. When hot, add meat and juices; stir-fry until meat is well browned, about 5 minutes. Remove meat and juices and set aside.

4. Add remaining 1 tablespoon vegetable oil to pan. When hot add onion, jicama, and carrots; stir-fry until



onion is limp. 3 to 4 minutes. Add bell peppers and celery; stir-fry until hot, about 1 minute. Pour teriyaki sauce mixture into pan, stir to blend, then cover and simmer about 1 minute.

5. Return meat and juices to pan, add peas, and stir until bubbling, 1 or 2 minutes. Pour into a wide bowl. Drain and discard remaining juice from mandarin oranges; scatter mandarin oranges, green onions, and nuts on meat mixture. Spoon stir-fry onto plates and accompany with hot rice.

PER SERVING: 457 cal., 28% (126 cal.) from fat; 25 g protein; 14 g fat (2 g sat.); 58 g carbo (5.4 g fiber); 1,281 mg sodium; 45 mg chol.