

NEW...



DENVER CUT STEAK

Q: What is a “Denver Cut” Steak?

A: The Denver Cut is a new steak from one of the most tender beef muscles, located in the Chuck. It is juicy, tender and bursts with big beef flavor. It is a versatile cut perfect for grilling. If desired you can marinate or use a dry rub to heighten flavors.



Q: How do you cook the Denver Cut?

A: Denver Cut steaks may be grilled, skillet cooked, broiled, cut into strips and stir-fried or cut into pieces for kabobs. Cooking to medium rare or medium doneness is recommended.

Grilling Directions

- Prepare charcoal or gas grill according to manufacturer’s directions for medium heat.
- Season beef (directly from the refrigerator) with herbs and spices as desired.
- Grill should remain covered throughout cooking.

Charcoal Grilling

- 3/4 inch thick: Grill for 7 to 10 minutes, turning occasionally for medium rare (145°F) to medium (160°F) doneness.
- 1 inch thick: Grill for 10 to 14 minutes, turning occasionally for medium rare (145°F) to medium (160°F) doneness.

Gas Grilling

- 3/4 inch thick: Grill for 8 to 11 minutes, turning occasionally for medium rare (145°F) to medium (160°F) doneness.
- 1 inch thick: Grill for 12 to 17 minutes, turning occasionally for medium rare (145°F) to medium (160°F) doneness.

For more information about beef, visit

www.iabeef.org

Cumin-Pepper Rubbed Denver Cut



Total preparation and cooking time: 30 minutes

- 1 pound boneless beef chuck under blade steaks (Denver Cut), cut 1-inch thick
- 2 teaspoons ground cumin
- 1 teaspoon garlic-pepper seasoning
- 1/2 cup prepared tomatillo salsa
- 2 tablespoons chopped fresh cilantro

1. Combine cumin and garlic-pepper seasoning in small bowl; press evenly onto beef steaks. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 17 minutes) for medium rare doneness, turning occasionally.
2. Meanwhile combine salsa, avocado and cilantro in small bowl.
3. Carve steaks into slices, season with salt, as desired. Serve with salsa. *Makes 4 servings.*

Additional Preparation Methods

Skillet cooking: Heat large heavy nonstick skillet over medium heat until hot. Season steaks with herbs or spices, as desired. Place in preheated skillet (do not crowd). Do NOT add water, oil or cover. Cook 13 minutes for medium rare (145°F) to 15 minutes for medium (160°F) doneness, turning occasionally. Remove excess drippings as they accumulate. After cooking, season with salt if desired.

Stir-Frying: Cut steaks crosswise into 1/8 to 1/4-inch thick strips. Marinate briefly for flavor, if desired. Heat small amount of oil in large nonstick skillet over medium-high heat until hot. Stir-fry beef in half-pound batches (do not crowd), continuously stirring and turning with a scooping motion, 1-1/2 to 2 minutes until outside surface of beef is no longer pink. Add oil as needed.



Funded by Iowa beef producers through the beef checkoff.