



10 Tips for Perfect Grilling

To help you get the perfect steaks every time, follow these simple tips from the experts at Omaha Steaks:

1. Clean and preheat grill on high.
2. Lightly oil everything before putting it on the grill. This helps the searing process and prevents sticking.
3. Season food before grilling.
4. Sear the outside of steaks when grilling. This helps with the flavor and juiciness.
5. Use tongs or a spatula to turn meat on the grill. Using a fork can damage the meat.
6. Cover grill as much as possible during the grilling process. This helps to lock in the grilled flavor and will help prevent flare-ups.
7. Keep a spray bottle with water handy to douse any unexpected flare-ups.
8. Use the 60/40 grilling method. Grill for 60 percent of the time on the first side, then grill 40 percent of the time after turning over the food. This will make sure your food is evenly cooked.
9. Place cooked food on a clean plate. Never place cooked food on the plate you used to transport the raw food to the grill without thoroughly washing it first.
10. Allow foods to "rest" for 5 minutes between cooking and eating. This will help them retain moisture when you cut into them.

To get your grill time just right, download SteakTime, Omaha Steaks' free app with an innovative grill timer, at www.itunes.com/appstore.

ADVENTURES IN GRILLING

FAMILY FEATURES

The next time you fire up the grill, give your taste buds a thrill with recipes that are inspired by some of the best cuisines from around the world. These recipes from Omaha Steaks will take you on a culinary adventure right in your own backyard. Sweet and spicy Korean, zesty South American and bold Mediterranean flavors make perfectly grilled steak even better.

You can find more adventurous recipes at www.OmahaSteaks.com.

Grilled Ribeye Steak with Chimichurri Salsa

Serves 4

4 Omaha Steaks Ribeye Steaks	1/4 cup red bell pepper, minced
Sea salt and fresh ground black pepper to taste	1/4 cup cilantro, minced
1 cup Chimichurri Salsa (see recipe)	1 tablespoon jalapeño, minced
4 cilantro sprigs	2 teaspoons fresh garlic, minced
	1/2 teaspoon sea salt
	1/4 teaspoon fresh ground black pepper
	1 tablespoon extra virgin olive oil
	2 tablespoons red wine vinegar
	1/2 lime, juiced

Begin by thawing steaks. Then season and grill to desired doneness. Top each steak generously with Chimichurri Salsa. Garnish each steak with one cilantro sprig.

Chimichurri Salsa
 Makes 1 cup

1/2 cup green onions, minced	Combine all ingredients and mix well.
2 teaspoon fresh oregano, minced	



Korean Barbecue Beef Tenderloin with Stir-Fried Bok Choy

Serves 6 to 8

1 3-pound Omaha Steaks Tenderloin Roast	2 cups Korean Barbecue Marinade (see recipe)
1/4 cup Omaha Steaks Private Reserve American Steak Rub	1 pound Stir-Fried Bok Choy (see recipe)
1 14-ounce bottle Korean barbecue sauce	6 to 8 cilantro sprigs
1 teaspoon black sesame seeds	1 teaspoon toasted sesame seeds

Begin by completely thawing tenderloin. It will take 2 days in refrigerator or 1 hour in a sink full of cold water.

Remove tenderloin from plastic, and place in a large resealable bag with Korean Barbecue Marinade. Marinate overnight in refrigerator.

Remove tenderloin from marinade, and season with steak rub. Sear tenderloin on all sides on a pre-heated grill. Place in a 250°F oven for 1 hour and 15 minutes, or until the internal temperature is 125°F for medium rare.

With 15 minutes remaining, prepare the bok choy and heat Korean barbecue sauce.

Remove tenderloin from oven, let rest 15 minutes. Slice and serve. Garnish with cilantro and a mixture of sesame seeds.

Korean Barbecue Marinade

Makes 2 cups

1 tablespoon sesame oil
2 tablespoons garlic, finely chopped
2 tablespoons fresh ginger, minced
1 cup canned pear juice
1/2 cup soy sauce
2 tablespoons brown sugar
1 tablespoon crushed red pepper

Place sesame oil in a thick bottom pot and add garlic and ginger. Place pot on a medium burner and add the rest of ingredients and slowly bring to a boil. Bring heat down to a simmer and cook while stirring for approximately 5 minutes. Remove sauce from heat and refrigerate for up to one week.

Stir-Fried Bok Choy

1 tablespoon canola oil
1 pound bok choy, chopped
1/3 cup Korean barbecue sauce
1 tablespoon sesame oil
Sea salt and fresh ground black pepper to taste

In a wok, briefly heat canola oil. Add bok choy and cook for 2 to 3 minutes. Add Korean barbecue sauce and sesame oil to wok and mix well. Serve while hot.



Mediterranean Sirloin Skewers

Serves 4 to 6

2 pounds Omaha Steaks Sirloin Tips
1 cup Mediterranean Steak Marinade
4 to 6 skewers

Thaw sirloin tips.

Prepare Mediterranean Steak Marinade.

Drain sirloin tips and place in a resealable bag with marinade. Marinate sirloin tips in refrigerator for at least 8 hours or overnight.

Agitate bag periodically to ensure marinade is well combined with the sirloin tips.

Preheat grill on high. Thread sirloin tips onto skewers. Grill for 4 to 5 minutes on each side.

Serve over couscous, pasta, salad or rice.

Mediterranean Steak Marinade

Makes 1 cup

1/2 cup extra virgin olive oil
2 teaspoons sea salt
1 teaspoon ground black pepper
1/4 cup fresh squeezed lemon juice
2 tablespoons fresh garlic cloves, chopped
1 tablespoon fresh rosemary, chopped
1 tablespoon fresh oregano, chopped
1/4 cup California chardonnay wine

Combine all ingredients and mix well.

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