

Weekly Ag Radio Report
Bernice Hagata – Lassen County CattleWomen
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My name is Bernice Hagata. The start of the outdoor grilling season has arrived. So, today my subject is “Cutting for the Grill.” People like nothing better than a flavorful steak on a warm summer evening outside in our lovely Lassen County.

We all know the many steaks of high quality and expensive cuts of beef - tenderloin, ribeye, porterhouse. But there are economical varieties to choose from. Here are some “Cuts for Grilling” - bottom round, chuck eye, flank steak, skirt steak, and top round. These less tender cuts are more affordable. They need a little extra prep to maximize their potential. Before you grill, marinate or dry rub, and do not overcook. Always medium rare, and carve across the grain.

Be smart about reading beef labels. Meat labeled “lean” means nutrition. A 3 oz. serving of “lean beef” provides 11 nutrients according to government guide lines. And do you know that a 3 oz. serving of lean beef is the size of a deck of cards. I call that “Heart Healthy.”

Understand your choices at the meat case. How about buying in bulk? Let’s say you see beef roasts on sale. These roasts can be cut into steaks. Look down the meat counter. Size up the packages. Ask the meat counter butchers to cut the roast into steaks. They are happy to do this. Plan ahead. Grill on Sunday for a steak salad on Monday.

The “Beef Checkoff” has five websites. “Beefitswhatsfordinner.com” is one of the websites. It has tasty recipes, cooking tips, nutritional information, meat ideas, etc. Five-and-a-half million people visit these sites daily. It’s a good website for young people starting a family who need to learn about essential nutrition.

Don’t forget to visit the Cattlewomen’s Red Barn during the Lassen County Fair. Sign-up for free beef given away every day.

I hope you enjoy your summer grilling with these economical cuts and buying tips. We care about you and know that price matters. Ranchers like myself are grateful to our Lassen County consumers and say “Thank You!” Raising beef cattle is the single largest segment of American agriculture. The United States supplies 25% of the world’s beef, and we are part of that.

Today I am proud to say Lassen County Cattlemen & Cattlewomen, Lassen County Farm Bureau, 4-H & FFA join me in saying, “Beef – It’s What’s For Dinner!”