

Barbecue our Canadian AAA Angus Steaks

THE BEST SUMMER GRILLING



Canadian
High Quality



Tender



Juicy

Walmart 



Walmart Canada AAA Angus Beef. What it means. Why it matters.

Why buy your beef at Walmart?

As with all Walmart offerings, it comes down to value. You get fresh quality Canada AAA beef at the same low prices you've come to expect at Walmart.

How do we do it?

All our beef cuts are from 100% Canada AAA Angus Beef - a high quality grade for your quality assurance.

What is Canada AAA beef?

Canada beef grades are standardized quality designations developed to give you confidence in the quality and consistency of the beef that you purchase. Canada graded beef can range from Canada A to Canada Prime. Canada AAA can have a moderate amount of marbling to provide tender, juicy, flavourful cuts that you can count on time after time.

Our Canadian AAA Angus Beef is quality beef at Walmart pricing.



www.walmart.ca/fresh

SHOPPING SIMPLIFIED

All Canadian steaks are sorted into **3 BASIC COOKING CATEGORIES** so you know what you're buying and how to cook it.



Grilling Steaks are always tender – simply season and sear.



Marinating Steaks are best marinated before grilling.

You need to allow for a little advance time. These steaks often have the boldest beefy flavour.



Simmering Steaks – these steaks are **NOT** your summer steaks – best when simmered low and slow for a winter stew experience.

Let's cook it right...

GRILLING STEAKS & MEDALLIONS

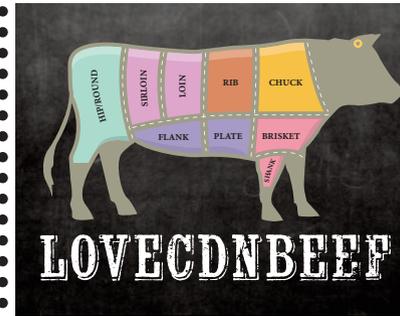
- 1 SEASON** steak/medallion.
- 2 GRILL, BROIL OR PAN-FRY** using medium-high heat, turning twice or more with tongs.
- 3 COOK** to desired doneness.

MARINATING STEAKS & MEDALLIONS

- 1 PIERCE** steak or medallions all over with fork.
- 2 PLACE** in sealable freezer bag with 1 cup marinade; refrigerate for 8 to 12 hours.
- 3 DISCARD** marinade. Grill, broil or pan-fry using medium-high heat, turning twice or more with tongs.

ESTIMATED STEAK GRILLING TIME

Steak Thickness	Minutes Total Grilling Time (preheated 400°F barbecue)		
	Med-Rare 145°F (63°C)	Medium 160°F (71°C)	Well 170°F (77°C)
1-2 cm (1/2 - 3/4 inch)	6-8	8-10	10-12
2.5 cm (1 inch)	10-12	12-14	14-18
4 cm (1 1/2 inches)	18-20	20-28	30-36
5 cm (2 inches)	22-28	28-36	36-44



THE CUTS:

Grilling Steaks:

Top Sirloin, Strip Loin, Rib, Prime Rib, Tri-tip, Top Blade (Flat Iron)

Marinating Steaks:

Flank, Inside Round, Sirloin Tip

Simmering Steaks:

Cross Rib



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Tap into our how-to **YouTube** videos here



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GO GLOBAL

Explore some of the flavours of the world's cuisines right in your own backyard.

Robust RUBS

Rubs can be wet or dry and are perfect to spice up Grilling Steaks. Combine rub ingredients in a small bowl; rub mix into the meat and refrigerate for several hours before grilling to allow flavours to develop. These recipes make enough rub for at least 1 to 2 lb (500 g to 1 kg) of meat. Any extra rub can be stored covered in the fridge for up to up to 2 to 3 days.

CURRY IN A HURRY

3 tbsp curry paste, 2 tbsp vegetable oil and 1 tbsp chopped fresh cilantro and 1 clove garlic, minced.

MOROCCAN MIX

2 tbsp EACH paprika and ground coriander, 1 tbsp EACH ground cumin and chopped fresh mint, 1 tsp brown sugar, 1/2 tsp EACH ground allspice and ground sea salt and 1/4 tsp freshly ground pepper.

SPANISH SPECIAL

1 tbsp EACH smoked paprika and chopped fresh rosemary, 1 clove garlic, minced, 1 tsp ground sea salt and freshly ground pepper. Finish grilled steaks with a squeeze of lemon.



Marinade MARVELS

Combine marinade ingredients in a zipper-type plastic bag. If you like, set some of the marinade aside to use as a basting or dipping sauce BEFORE marinating the meat. TIP: To make a matching salad/meat combo, stir some of the reserved marinade into some bottled salad dressing and use to dress your greens. DO NOT use marinade that has been in contact with raw meat.

These recipes make enough marinade for at least 1 to 2 lb (500g to 1kg) Marinating Steak.

MUCHO MEXICAN (pictured here)

Combine 1/2 cup steak sauce, 1/4 cup EACH vegetable oil and salsa or pizza sauce, 1 tbsp minced chipotle peppers in adobe sauce and 1 green onion, sliced.

TERIYAKI TEMPTATION

Combine 1/4 cup EACH Worcestershire sauce and soy sauce, 1 tbsp EACH rice vinegar and vegetable oil, 1 tsp EACH liquid honey, garlic powder, and sesame oil, 1/2 tsp ground ginger and 1 green onion, sliced.

BRITAIN'S BEST

Combine 1/4 cup Worcestershire sauce, 2 tbsp vegetable oil, 1 tbsp EACH chopped fresh chives or parsley, prepared horseradish and grainy mustard, 2 cloves garlic, minced and 1/4 tsp freshly ground black pepper.

JAMAICAN JUMP UP

Combine 1/4 cup EACH steak sauce and strong-brewed coffee, 3 tbsp EACH balsamic vinegar and dark rum, 2 tbsp vegetable oil, 1 tbsp EACH minced gingerroot and fresh thyme, 2 cloves garlic, minced, 1/2 tsp ground allspice and 1/4 tsp EACH ground sea salt and freshly ground pepper.

TERRIFIC TOSTADA

With grilled lean beef and market-fresh veggies, this crispy crunchy main-course salad has all the satisfaction of a nacho platter with a fraction of the fat and a **BIG** boost of nutrients.



TERRIFIC TOSTADA

Using oven-toasted whole wheat flour tortillas as the tostada base is a healthier choice than traditional fried corn tortillas. When cooking the corn and tomatoes, heat just enough to combine and develop their flavours.

1 lb (500 g)	Beef Strip Loin Grilling Steak , about 1-inch thick
8	7-inch whole wheat flour tortillas
	Pinch salt and pepper
1/4 cup	vegetable oil
1/2 cup	chopped red onion
2	cloves garlic, minced
2 cups	EACH quartered mushrooms and grape tomatoes, halved
2 cups	fresh or thawed corn kernels
1 cup	shredded lettuce
2 tbsp	minced fresh coriander or parsley

Marinade/Dressing:

1 tbsp	grated lime rind
1/4 cup	lime juice (about 2 limes)
2 tbsp	minced fresh coriander or parsley
1 tbsp	chili powder
4	cloves garlic, minced

1. Marinade/Dressing: In bowl, combine lime rind, lime juice, coriander, chili powder and garlic. Set aside 3 tbsp in large bowl for dressing. Rub remaining mixture over both sides of steak. Cover and refrigerate for at least 30 minutes or up to 4 hours. Meanwhile, toast tortillas (see Bright Idea).

2. Pat steak dry; season with salt and pepper. Grill over medium-high heat for 10 minutes, turning twice or more for medium-rare doneness (145°F/63°C).

3. Meanwhile, heat 1 tbsp of the oil in large skillet over medium-high heat. Add onion and garlic; cook until onion is softened, about 4 minutes. Add mushrooms; cook until all liquid is released, about 5 minutes. Reduce heat to medium; add tomatoes and corn. Cook stirring until just softened, about 5 minutes.

4. Meanwhile, whisk remaining oil into the reserved marinade to complete the dressing. Thinly slice steak; add to dressing along with mushroom mixture, lettuce and coriander; toss gently to coat. Pile 1/2 cup beef mixture onto each tortilla to serve. **Makes 8 servings.**

BRIGHT IDEA

Oven-Toasted Tortillas:

Spray both sides of tortillas with cooking spray; place in single layer on baking sheet. Bake in 350°F oven for 10 minutes or until crisp and lightly browned.



**CEDAR PLANKED
STEAK with
CHARRED
GARDEN SALSA**

Cooking steak on a cedar plank imparts an interesting wood-smoke flavour and a burnished golden crust. It's a simple alternative to using a smoker and a nice change from basic barbecued steak.



Cedar Planked Steak with Charred Garden Salsa

MARINADE/DRESSING

1-3/4 cups barbecue sauce
1/4 cup lemon juice
2 tbsp prepared horseradish
6 sprigs fresh rosemary, leaves only and coarsely chopped
1 **Tri-tip or Flank Marinating Steak**, about 1-1/2 lb (750 g)
Sea salt and freshly ground pepper

SOAKED CEDAR PLANK

1 can or bottle of beer (440 mL)
Vegetable oil

CHARRED GARDEN SALSA

2 cups grape tomatoes
8 cloves garlic, peeled
4 ears of fresh corn, husked
4 green onions, trimmed
1 EACH sweet yellow and red pepper, seeded, cut into large chunks
2 tbsp vegetable oil
Sea salt and freshly ground pepper

1. MARINADE: In large resealable freezer bag, combine barbecue sauce, lemon juice, horseradish and rosemary. Measure out 1/2 cup and set aside for Salsa. Pierce steak all over; place in bag with marinade. Seal and refrigerate for 2 hours or up to 24 hours. **Plank:** Soak plank for at least 2 hours or overnight in beer weighing down with heavy jars to submerge.

2. HEAT plank in closed barbecue over medium-high heat until plank crackles and smokes, about 3 minutes. Brush top side with oil.

Remove steak from marinade and pat dry with paper towel; discard used marinade. Season all over with salt and pepper and place on plank.

Cook in closed barbecue, without turning until digital instant-read thermometer inserted in centre of meat reads 145°F (63°C) for medium-rare, about 15 minutes. Remove steak with plank and let rest for 10 minutes before carving across the grain into thin slices. Meanwhile, make Charred Garden Salsa.

3. SALSA: Thread grape tomatoes and garlic onto soaked wooden skewers. Brush all vegetables with oil and season with salt and pepper. Grill over medium-high heat in closed barbecue, starting with corn, until charred all over, turning occasionally. Let cool slightly. Cut kernels from cobs; coarsely chop remaining vegetables. Combine with the 1/2 cup reserved mixture. Serve with steak. **Makes 4 to 6 servings.**



Know your beef...

Cooks the world over value sharing a few tips, a secret ingredient or a new recipe – many a friendship has been cooked up in a kitchen. That same approach is at the heart of our Calgary-based Canadian Beef Centre of Excellence.



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Hey beef fan, get monthly recipes, culinary updates, conversations and more.
Sign up for the Make it Beef Club at canadabeef.ca

Whether it's testing a marinade or trying a new cut for the best stir-fry, we test-drive it all! We strive to know beef, collaborating with food enthusiasts, chefs, butchers, and more so we get the best recipes and cooking know-how to share with you.

We learn from each other, so whether you've got a question, a challenge or an experience to share, come join the conversation at canadabeef.ca.

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YOU COULD

WIN

A \$500 WALMART GIFT CARD!

* No purchase required. Open to residents of Canada (age of majority) excluding Quebec. Starts June 21/2018 (11:00 a.m. ET) and ends September 15/2018 (11:59:59 p.m. ET). One (1) Prize is available to be won for one (1) winner consisting of: (1) Five hundred dollar (\$500) Walmart Gift Card. Limit 1 entry per person. Winner Selection to be held on September 22/2018. Enter online and full rules (including no purchase entry details and complete prize description) at www.canadabeef.ca/MIB. Contest not affiliated with Walmart Canada.



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Canadian beef farmers and ranchers tend to the animals, land and water in their care.

Grazing cattle helps to conserve our native grasslands and wildlife species. Just as the buffalo were part of the prairie eco-system, beef belongs in our landscape.

Cattle live in the great outdoors on grass and forage feeds for most of their lives.

Cattle can grow where crops cannot. Much of the land used for cattle is too hilly or rocky for growing plant-based foods or crops. Beef is one of nature's most nutritious foods that we can gain from lands not suitable for growing other food.

Your purchase helps to support a way of life for many rural communities. Steeped in pride and tradition, typically, families have worked for multiple generations perfecting the craft of raising cattle. Their livelihood is their legacy.

**WE PUT THE BEST OF CANADA
INTO OUR BEEF.**

Canadian Beef. What it means. Why it matters.

Over 60,000 farms and ranches from each and every province proudly Canadian.

