

Game Food



canadabeef.ca

GAME ON!

When you're going for the win, beef has just what you need to be the champion in sport and life!

Choose beef for top performance and enough satisfaction to help you keep going.

Beef up your game with this recipe collection of hand-held meals, portables and nibbles – perfect for game-day noshing and sharing.

Canadian Beef. A force of nature.



TEAM NOTE:
FUEL UP WITH BEEF BEFORE THE GAME!

 ENDURANCE

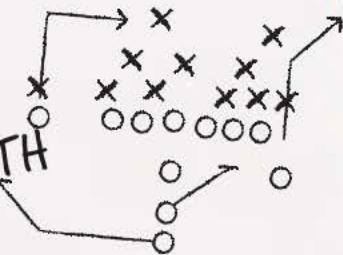
 POWER

 ENERGY

 STRENGTH

 REPAIR

 PERFORMANCE



Source of nutrient values: Health Canada, Canadian Nutrient File, 2015, food code 6172 Beef, composite cuts, steak/roast, lean and fat, one (75 g) cooked serving: 184 Calories, 26 g protein, 7.6 g fat, 0.0 g carbohydrate, 210 mg potassium
% Daily Value: Iron 20% DV, riboflavin 15% DV, niacin 40% DV, vitamin B₆ 10% DV, vitamin B₁₂ 90% DV, pantothenate 10% DV, phosphorus 15% DV, magnesium 8% DV, zinc 70% DV, selenium 45% DV

Veggies and meat have different grill times, so best to keep the meat and veggies on their own sticks! Make matching veggie kabobs by marinating chunks of sweet peppers, zucchini AND whole baby mushrooms in your favourite salad dressing.



Game day: No high-sticking penalty!

INDIAN BEEF KABOBS

These kabobs are best grilled over charcoal in the great outdoors. A word of caution: the amazing aroma from your grill might turn your dinner into a neighbourhood block-party!

MARINADE

¼ cup EACH canola oil and red wine
2 tbsp EACH molasses and ketchup
2 tsp EACH minced garlic and ginger
1 tsp curry powder
½ tsp ground ginger
¼ tsp EACH cinnamon and pepper

4 Top Sirloin Cap or Strip Loin Grilling Steaks, cut into 1-inch cubes
Salt and pepper

1. **Combine** all marinade ingredients in a large sealable freezer bag. Add beef cubes.

2. **Marinate** 30 to 60 minutes in the refrigerator. Discard marinade and thread meat onto soaked wooden skewers. Season with salt and pepper.

3. **Grill** in closed barbecue over medium-high heat for 4 to 5 minutes on both sides.

4. **Serve** in naan bread with vegetable kabobs and CUCUMBER MINT SAUCE. *Makes 8 to 10 small kabobs*

CUCUMBER MINT SAUCE: In a small bowl combine 1 cup Greek-style yogurt, ½ cup finely chopped cucumber, ¼ cup chopped fresh mint, 2 tbsp minced onion or shallot and juice of ½ a lime. Season with salt and pepper to taste.



Nibble kabobs right off the stick or place one onto naan bread along with a grilled veggie kabob. Fold bread over and grasp kabobs while you pull out the sticks – voilà – you've got a whole dinner in-hand!



ENERGY: Beef is more than just protein. Beef is protein with benefits. Benefits like B vitamins such as thiamine, which releases energy from carbohydrates.

COWBOY "CUPCAKES"

These mini hand-held lasagnas are the perfect nosh for the big game. Kids gobble them up – especially if you finely mince the mushrooms so they become a 'secret ingredient'.

24 wonton wrappers
1 lb (500 g) Lean or Medium Ground Beef
1/2 cup minced onion
1/2 cup minced mushrooms
1 cup pasta sauce
3/4 cup ricotta cheese
2 tbsp chopped fresh basil
1 tbsp minced green onion or chives
Salt and pepper
1 cup EACH grated Parmesan and shredded mozzarella cheese

1. Preheat oven to 350°F. Spray a 12-cup muffin tin with cooking spray.

2. In a large pan thoroughly pan-fry beef, onions and mushrooms. Drain if necessary. Add pasta sauce and heat through.

3. In a small bowl mix ricotta with basil, green onion, salt and pepper to taste; set aside.

4. Press a wonton wrapper firmly into the bottom of each muffin cup. Spoon in a scant 1 tsp EACH Parmesan, mozzarella, ricotta and 1 tbsp meat mixture.

5. Layer a second wonton onto each cup and top each with approx 1 tsp EACH of the cheeses. Divide meat mixture evenly among the cups (approx 1/4 cup each). Top with additional grated Parmesan or mozzarella if desired.

6. Bake for 15 to 20 minutes or until edges are brown and cupcakes are bubbling. Remove from the oven; let stand 5 to 10 minutes. Use a knife to remove each cupcake from muffin tin.

TIP: Cupcakes can be made ahead and frozen before baking. Bake from frozen for 25 minutes.



No 'icing' with these cupcakes.



POWER: Without protein, there's no muscle. Without muscle there's no power. Without power there's no win. Protein. Muscle. Power.

TIP: To marinate onion, heat vinaigrette dressing to simmering and toss with onion slices to coat; refrigerate in dressing.



Hand-held dinner for the tailgate or couch!

GRAB-AND-GO TORTILLAS

Believe it or not, roast beef is the perfect start to a great 'grab and go' meal like this one! Use a small Beef Oven Roast (a Quick Roast such as Top Sirloin, Sirloin Tip or Inside Round) or use a Grilling Steak instead.

- 1 Cooked roast beef*
- 1 avocado, sliced
- 1 red onion, sliced and marinated (see TIP opposite page)
- 2 tomatoes, chopped
- 8 to 10 small tortillas
- Cilantro leaves (optional)
- Sour cream (optional)

1. Carve cooked roast into thin slices, cutting it across the grain. Arrange on platter.

2. Assemble tortillas: Layer sliced roast beef on warmed tortilla along with avocado slices, marinated onion and chopped tomato. Top with cilantro leaves and a dollop of sour cream (optional).

Makes 8 to 10 small wraps

***TO COOK ROAST BEEF:**

- **Season** roast all over and place in shallow roasting pan. Insert ovenproof thermometer into centre of roast.
- **Oven-sear** by placing uncovered in preheated 450°F oven for 10 minutes.
- **Reduce** heat to 275°F. Cook until thermometer reads 145°F for medium-rare or 160°F for medium doneness.
- **Let rest** at least 15 minutes before carving.



1-lb Beef Quick Roasts **COOK** in under an hour and make the perfect sized slices for the tortilla. they are roughly the size of pork tenderloin, and can be cooked in the oven or on the barbecue by indirect heat.



ENDURANCE: B₁₂ aids in red blood cell formation which allows your blood to deliver oxygen to your muscles. More O₂ = better muscle performance. You can't get B₁₂ from plant sources – beef has plenty of it!

BEEF CHILI NACHOS

This simple chili is made easy with just what you have on hand. Make ahead for best flavour and serve straight from the pot or keep warm in a slow cooker as part of a buffet spread.

1 lb (500 g) Lean Ground Beef
1 large onion, diced
1 large sweet pepper, diced
2 tbsp chili powder
1 tsp ground cumin
1 can (28 oz/796 mL) diced tomatoes
1 can (14 oz/398 mL) tomato sauce
1 can (19 oz/540 mL) kidney beans, drained and rinsed
1 cup frozen corn kernels

MAKE CHILI:

1. Cook beef, onion, sweet pepper, chili powder and cumin in large saucepan or Dutch oven over medium heat until meat is thoroughly cooked and any liquid has evaporated.
2. Stir in tomatoes, tomato sauce, beans and corn.
3. Cook over medium-high heat until boiling. Reduce heat to medium; simmer, covered, for 30 minutes or more, stirring occasionally.

TO ASSEMBLE NACHOS: Spoon some hot chili over some nachos arranged on a platter. Top with shredded Cheddar, sliced green onion and a dollop of sour cream (if desired).



Hurray! Crowd-pleasing chili nachos!



STRENGTH: Beef is one of nature's best sources of iron. The kind of iron your body needs to bring your A game. That's because the iron in beef is easier for the body to absorb than the iron in plant sources like beans, spinach or soy. Eat beef. Pump some iron.

TIP: For the steak minced herb mix, use mild herbs predominantly (e.g. chives and parsley).



BEEF STEAK DIPPABLES

Serving steak as a nibbler is a great way to make it stretch -- this recipe is a bit like a summer version of fondue! Steak can be grilled ahead to take with you, cutting into cubes when you're ready to serve.

1. Season two 1-inch thick trimmed Strip Loin or Tenderloin Beef Grilling Steaks all over with salt and pepper. Grill in closed barbecue over medium-high heat for for 3 to 4 minutes per side for medium-rare.

2. Meanwhile, on cutting board mix 3 tbsp olive oil with 3 tbsp fresh herb leaves (minced) and a dab of anchovy or miso paste.

3. Flip the cooked steak on the smeared board a couple of times to lightly coat it with the herb mixture. Let stand 5 minutes. Squeeze a bit of fresh lemon juice over steak and cut into bite-sized cubes.

HORSERADISH DIP: Combine 1 cup light Greek yogurt, ¼ cup EACH mayonnaise and minced fresh herbs (e.g. parsley, basil, tarragon, chives), 3 tbsp prepared horseradish, 1 tbsp lemon juice and salt and pepper to taste.

CANADIANA DIP: Combine ½ cup barbecue sauce, ¼ cup EACH vinegar and Worcestershire sauce, 2 tbsp maple syrup, 1 tbsp lemon juice and ½ tsp garlic powder.

BOMBAY DIP: Combine 1/3 cup mayonnaise, 2 tbsp EACH vinegar and mango chutney, 1 tbsp minced green onion or chives, 1 tsp EACH curry powder and minced garlic.



Serve on picks with olives, marinated mushrooms, roasted red pepper strips, chunks of feta or blue cheese or large capers along with dipping sauces.



REPAIR: You play hard, your muscles break down. You eat good quality protein, you repair your muscles. Maximize repair by consuming 30 g of high quality protein within 1 hour of exercising – that's a beef steak the size of your palm or almost 2 cups of black beans. You chose.

SLOW-COOKER BEEF POUTINE

This super-simple crowd-pleasing recipe uses basic pantry ingredients that come together in a snap – you're free to play all day as dinner simmers in the slow cooker!

1/2 cup barbecue sauce
1/4 cup EACH red wine, steak sauce and Worcestershire sauce
1 onion, cut into wedges
3 cloves garlic, minced
3 lb (1.5 kg) Beef Blade Pot Roast
1 cup cheese curds
2/3 cup green onions, sliced
Oven Roasted Potatoes (recipe follows)

1. Combine first 6 ingredients in slow cooker. Add beef.

2. Slow cook, covered, on LOW for 8 to 10 hours (or 4 hours on HIGH) or until beef is fork tender.

3. Remove twine from beef; use two forks to pull beef into shreds. Serve over Oven Roasted Potatoes and top with cheese curds and slivered green onions.

OVEN ROASTED POTATOES: cut potatoes into chunky sticks or wedges and toss with some olive or vegetable oil and coarse salt; place on foil lined baking sheet that has been sprayed with cooking spray. Roast in 400°F oven, turning occasionally, for 20 to 30 minutes or until browned and tender.



No need to 'spiel' the potatoes!



PERFORMANCE: Not all proteins are created equal – some contain all the essential amino acids we need and some don't. Beef has them all and is loaded with other essentials like B₁₂, iron and zinc.

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 provide Canadian beef.

