

The Flavor Effect Of Lean Beef

(NAPSA)—Although most people recognize the basic taste sensations as sweet, sour, salty and bitter, it might surprise them that there is a fifth taste called umami [oo-MOM-ee] — which comes from the Japanese word for “delicious.” This taste can be described as meaty or savory, and helps bring out the other four tastes, demonstrating that the sum is greater than each individual taste.

When umami-rich, lean beef is paired with other umami-rich foods, such as dried and fresh mushrooms, ripe tomatoes, red wine or aged cheeses (Parmesan, Cheddar, Blue), there is an explosion of flavor. And, there are 29 cuts of beef that meet government guidelines for lean, so it’s even easier to enjoy the beef you love, that’s good for you, too.

Following is a recipe from “The Healthy Beef Cookbook” (John Wiley & Sons, \$21.95) that pairs lean beef with other umami-rich ingredients:

Porcini Mushroom And Beef Bolognese

2 pounds ground beef (95% lean)

½ teaspoon salt

¼ to ½ teaspoon black pepper

2 tablespoons olive oil

1 large onion, chopped

1 cup sliced cremini mushrooms

3 ounces pancetta, finely chopped

2 ounces prosciutto, finely chopped

3 tablespoons minced garlic

1 cup dry red wine

2 cans (14 to 14½ ounces each) ready-to-serve beef broth

¾ cup dried porcini mushrooms, broken into small pieces (about 1 ounce)

¾ cup chopped sun-dried



tomatoes, not packed in oil
⅓ cup tomato paste
1 tablespoon sugar
1 tablespoon chopped fresh thyme
8 cups hot, cooked pasta

1. Brown ground beef in stockpot over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into ¾-inch crumbles. Remove from stockpot with slotted spoon; season with salt and pepper. Set aside. Pour off drippings.

2. In same stockpot, heat oil over medium heat until hot. Add onion, cremini mushrooms, pancetta, prosciutto and garlic; cook 8 to 10 minutes or until onion is tender and most of the liquid has evaporated, stirring occasionally. Add wine; bring to a boil. Reduce heat; simmer 8 to 10 minutes or until liquid is reduced by half.

3. Return beef crumbles to stockpot. Stir in broth, porcini mushrooms, sun-dried tomatoes, tomato paste, sugar and thyme; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 10 to 15 minutes or until sauce thickens. Stir in additional sugar, as desired. Serve over pasta.

The recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.