

Blazin' Recipe Captures 26th National Beef Cook-Off Prize

(NAPSA)—A \$50,000 steak dinner? That's how much Linda Morton of Katy, Texas, won at the 26th National Beef Cook-Off® for her Blazin' Colorado Beef Steaks recipe. This simple dish features nontraditional flavor pairings with fiery ingredients such as green chilies and chipotle peppers combined with tangy citrus.

Blazin' Colorado Beef Steaks

*Total preparation and cooking
time: 35 minutes*

*Marinating time: 15 minutes to
2 hours*

- 4 beef shoulder top blade steaks (flat iron) or boneless beef chuck eye steaks, cut 1 inch thick (about 8 ounces each)**
- Salt (optional)**
- Chopped seeded tomato**
- Cilantro sprigs, lime wedges (optional)**

Marinade:

- ¼ cup fresh lime juice**
- 3 chipotle peppers in adobo sauce**

Sauce:

- 1 can (4 ounces) chopped green chilies**
- ½ cup whipping cream**
- ½ cup dairy sour cream**
- 2 tablespoons chopped fresh cilantro**

1. Place marinade ingredients in blender container. Cover; purée until smooth. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill shoulder top blade steaks, covered,



Quick and simple Blazin' Colorado Beef Steaks combine fiery ingredients and tangy citrus.

10 to 14 minutes (chuck eye steaks, uncovered, 16 to 20 minutes) for medium rare to medium doneness, turning once. Season with salt, if desired; keep warm.

3. Meanwhile, prepare sauce. Place green chilies in blender container. Cover; purée until smooth. Combine chilies and cream in heavy small saucepan with heat-proof handle. Place on grid over medium, ash-covered coals; cook until hot, about 5 minutes, stirring frequently. Stir in sour cream and cilantro. Cook and stir 1 to 2 minutes or until just heated through. Do not boil.

4. Serve steaks with sauce. Garnish with tomatoes, cilantro sprigs and lime wedges, if desired.

Makes 4 servings.

To learn more about preparing beef, past winning recipes and the Cook-Off, visit www.beefcookoff.org.

About the Cook-Off

The National Beef Cook-Off® is a biennial contest created in 1974 by the American National CattleWomen, Inc. (ANCW) and the National Cattlemen's Association. It is now administered by ANCW on behalf of the Cattlemen's Beef Promotion and Research Board and State Beef Councils.