

Fabulous Food

Survey: Grilled Steak A Terrific Manly Meal

(NAPSA)—It has long been said that the way to a man's heart is through his stomach. But what sort of vittles should you serve to really satisfy the man in your life?

According to a new poll conducted by the American Meat Institute (AMI), the surefire winners are grilled steak and barbecue ribs. More than four in 10 (42 percent) Americans chose steak to wow their hubbies, fathers and sons, while 14 percent chose barbecue ribs as the best dish.

According to the poll, hamburgers (13 percent) rounded out the top three meals. Meat dishes dominated the top picks, while veggie burgers were selected by just 2 percent of respondents. Other meat picks that men love include barbecue chicken, grilled pork chops and grilled lamb chops.

In an effort to ensure a fantastic feast, AMI has released new

recipes and grilling tips guaranteed to satisfy a hungry man. The package features recipes for classic Grilled Pork Spareribs, Spicy Lime Glazed Pork Chops, Grilled Chutney Glazed Pork Tenderloin, Greek Lamb Burgers and Italian Beef Kebabs. The package also contains a can't-miss guide to steak grilling, including tips for seasoning and a time and temperature chart (see below) to help grill your man's steak just the way he likes it.

"For those who aim to keep their men well fed, our poll results and accompanying recipes will help you do just that," says Janet Riley, senior vice president of public affairs and member services at AMI.

The steak-grilling tips and five recipes can be found on AMI's Meat and Poultry Nutrition Web site: www.meatpoultrynutrition.org.

Thickness	Doneness	Red-Hot Charcoal		Preheated Oven Broiler 2" - 3" From Heat Source	
		First Side	After Turning	First Side	After Turning
3/4"	Rare	4 minutes	2 minutes	5 minutes	4 minutes
	Medium	5 minutes	3 minutes	7 minutes	5 minutes
	Well	7 minutes	5 minutes	10 minutes	8 minutes
1"	Rare	5 minutes	3 minutes	6 minutes	5 minutes
	Medium	6 minutes	4 minutes	8 minutes	6 minutes
	Well	8 minutes	6 minutes	11 minutes	9 minutes
1 1/4"	Rare	5 minutes	4 minutes	7 minutes	5 minutes
	Medium	7 minutes	5 minutes	8 minutes	7 minutes
	Well	9 minutes	7 minutes	12 minutes	10 minutes
1 1/2"	Rare	6 minutes	4 minutes	7 minutes	6 minutes
	Medium	7 minutes	6 minutes	9 minutes	7 minutes
	Well	10 minutes	8 minutes	13 minutes	11 minutes
1 3/4"	Rare	7 minutes	5 minutes	8 minutes	7 minutes
	Medium	8 minutes	7 minutes	9 minutes	8 minutes
	Well	11 minutes	9 minutes	14 minutes	12 minutes