

# Salute to **CATTLE**

MILLS & MONTGOMERY

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ASSOCIATION

A Special Supplement To:  
The Opinion-Tribune & The Red Oak Express  
Wednesday, May 3, 2023



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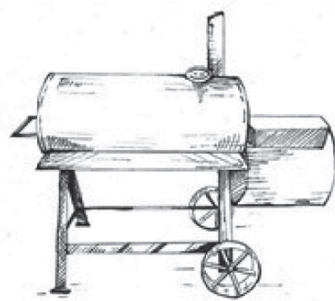
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## SMOKING BASICS

1



Offset

### PREP THE SMOKER

Whether you're using a classic smoker, kamado (ceramic, typically egg-shaped) grill, traditional kettle grill or electric smoker, you're still applying the same basic elements: indirect heat, wood smoke and time. Follow the guidelines for your type of smoker, and if your smoker's heat source is directly below the meat, use a drip-pan to prevent flare-ups and avoid producing too much smoke, which can lead to bitter taste. Always work in an open, well-ventilated space.

2



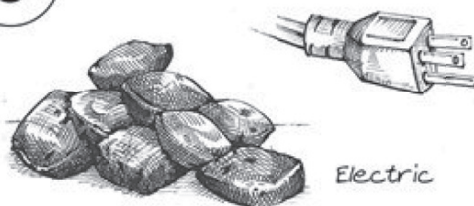
Wood Chunks

Pellets

### WHAT WOOD YOU DO?

With smoking, the wood itself is an essential part of any recipe. Different hardwoods produce different results, from the deeper smoky flavor of mesquite to the mild sweetness of apple wood to the versatility of hickory. Some aficionados say it's essential to soak hardwoods before smoking so they'll burn longer, while others believe soaked wood won't produce enough clean smoke. Likewise, wood may be smoked in logs, chunks, chips or pellets. Follow the guidelines for your recipe, but feel free to experiment.

3



Lump Charcoal

Electric

### BRING THE HEAT

Just as there are many options to consider with both smokers and hardwoods, the heat source is also an important factor. Serious 'cuers swear by lump charcoal, which contains only burnt wood, burns hotter and longer, and produces a flavorful smoke. Briquettes are commonly used as well, and are particularly effective when employing the "snake" method, similar to a long-burning fuse. Other heat sources include propane gas and a simple flip of the switch, when using an electric smoker.

4



5



### RUB IT UP

While most of the flavor will come from the smoke and beef, seasoning rubs can blend nicely with the natural flavor of the wood. Rubs can be wet or dry, spicy or sweet, bold or subtle, or just basic salt and pepper. Whichever you choose, keep in mind it's called a rub for a reason: Don't be afraid to get hands-on and work the rub into the surface of the meat to get the most flavor (and prevent it from falling off). Rubs can be applied just before you begin smoking or hours in advance and refrigerated until it's time to get started.

### LOW AND (REAL) SLOW

Although a flavorful touch of smoke can be achieved in an hour or less, larger and less tender cuts will generally need to be smoked up to 12 hours or more. Specific times and temps depend on the cut and intended results, so refer to your recipe.

### TEST KITCHEN TIPS

Use the pan size specified in the recipe. If the pan is too small, the beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.

### COOKING TIP

To prevent dryness and accelerate the cooking process, try the "Texas crutch" — wrap aluminum foil around the meat along with a little liquid, such as water, juice or beer.

### GLOSSARY

#### SMOKE RING

The badge of honor, the money maker, the holy grail — this pink layer near the meat's surface, caused by a chemical reaction to wood smoke, is a can't-miss sign of great barbecue.



### WOOD TYPES FOR SMOKING

#### WOOD TYPE & FLAVOR PROFILE

**HICKORY** Provides a sweet, savory and hearty flavor to the beef. One of the more popular woods due to its strong flavor.

**MESQUITE** Will give a very smoky flavor and is great for cooking smaller cuts during a shorter period of time.

**OAK** One of the more common woods used for smoking. Has a subtle flavor that is great for cooking larger cuts as it won't be too overpowering.

**APPLE** Will provide a sweeter taste and mild fruitiness. Great for mixing in with another wood type or by itself.

**PECAN** Provides a rich, sweet, nutty flavor to the beef. Great as a mix in since it can tend to be sweeter.

**CHERRY** Offers a hint of fruitiness to the beef and is great used by itself or mixed with another wood.

**MAPLE** Will give the meat a sweet, light and mild smokiness flavor. Great for mixing with other wood or by itself.

## Iowa Cattle Industry Facts

Total Cattle Inventory in Iowa (as of January 1, 2022; +4.1%) .....	3,850,000
State Rank All Cattle and Calves (January 1, 2022) .....	Seventh
Cattle on Feed in Iowa (January 1, 2022; 0.0%) .....	1,170,000
State Rank Cattle and Calves on Feed (January 1, 2022).....	Fourth
Yearly Fed Cattle Marketings (2021; -2.3%) .....	1,682,000
Number of Feedlots (2017 Census) .....	5,485
Number of Cattle Operations (2017 Census) .....	25,367
Number of Farms with Beef Cows (2017 Census) .....	19,171
Number of Beef Cows (January 1, 2022; +7.6%) .....	925,000
State Rank Number of Beef Cows (January 1, 2022) .....	Tenth
Number of Farms with Dairy Cows (2017 Census) .....	1,592
Number of Dairy Cows (January 1, 2022; +2.3%).....	225,000
State Rank Number of Dairy Cows (January 1, 2022) .....	Twelfth
Cash Receipts from Cattle and Calves (2021) .....	\$4.096 Billion
Iowa Jobs Directly Related to the Cattle Industry (2021) .....	17,507
Iowa Jobs Indirectly Related to the Cattle Industry (2021) .....	9,370
Iowa Jobs Induced by the Cattle Industry (2021) .....	5,498

**In 2021, Iowa's cattle industry contributed in excess of \$7.32 billion in business activity to Iowa's economy**

*Sources: Department of Economics, Iowa State University; Iowa Agricultural Statistics, U.S. Department of Agriculture; 2022 Cattle Inventory Report and 2017 Census of Agriculture, National Agricultural Statistics Service (NASS), United States Department of Agriculture (USDA).*

## U.S. Cattle Industry Facts

- January 1, 2022 Cattle inventory: 91,901,600 -2.0% (USDA NASS)
- 2021 estimated economic impact: \$72.874 billion in farm gate cash receipts (USDA NASS)
  - 2017 Number of cow herds: 768,542 (2017 Census)
  - 30.125 million beef cows (January 1, 2022 -2.3%) (USDA NASS)
  - 9.375 million dairy cows (January 1, 2022 -0.7%) (USDA NASS)
  - 35.085 million head calf crop (2021 -0.7%) (USDA NASS)
  - 89 percent of cow herds have less than 100 cows (2017 Census)
- 2021 beef and beef variety exports: 1.440 million metric tons (3.174 billion pounds); \$10.576 billion (USMEF)
- Top export markets: Japan, South Korea, Hong Kong/China, Mexico, Canada
- Top 5 states for Cattle on Feed (January 1, 2022) (USDA NASS)
  - Texas – 2,930,000 hd; +1.4%
  - Nebraska – 2,820,000 hd; +4.4%
  - Kansas – 2,610,000; hd -1.9%
  - Iowa – 1,170,000 hd; 0.0%
  - Colorado – 1,160,000 hd; +1.8%
- 54 percent of the total value of U.S. sales of cattle and calves comes from the top 5 states with cattle on feed inventory (2021) (USDA NASS)
  - Nebraska
  - Texas
  - Kansas
  - Colorado
  - Iowa
- Feedyard cost of gain: \$0.78/lb from 2015-2019; \$0.77/lb in 2020, \$1.00/lb in 2021 (ISU Estimated Livestock Returns-Finishing Yearling Steers)
- Average producer age: 57.4 beef cattle ranching and farming; 54.5 cattle feedlots (2017 Census)
- 2021: 33.184 million head of cattle harvested under USDA inspection; 27.485 billion pounds of commercial, federally inspected beef production. Average dressed weight 830 pounds. (USDA NASS)

USDA NASS - National Agricultural Statistics Service

USMEF – U.S. Meat Export Federation



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## BEEF RAMEN NOODLE BOWL

Like ramen? Then you'll love this beef ramen noodle bowl recipe. Top Sirloin Steak takes ramen to new heights.

### INGREDIENTS:

- 1 beef Top Sirloin Steak Boneless, cut 1 inch thick (1 pound)
- 1 teaspoon pepper
- 2 packages (3 ounces each) beef or Oriental-flavored ramen noodles
- 2 teaspoons vegetable oil, divided
- 4 cups water
- 1/2 cup finely chopped onion
- 2 tablespoons minced garlic
- 1 tablespoon grated fresh ginger
- 1 tablespoon miso paste (optional)

### Toppings:

Shredded carrots, bean sprouts, sugar snap peas, sliced fresh sliced mushrooms, sliced green onions, baby spinach or bamboo shoots (optional)

### Garnish:

Thinly sliced cilantro or basil, sriracha, pickled ginger, sesame seeds, chopped dried seaweed (nori), lime wedges (optional)



### COOKING:

1. Cut beef Top Sirloin Steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef, pepper and 1/2 teaspoon seasoning from 1 ramen noodle package. Reserve remaining seasoning from packet for broth; discard second seasoning packet.  
**Cook's Tip:** 1 package (1 pound) presliced beef (1/8 to 1/4 inch thick) may be substituted.
2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry half of beef 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining 1 teaspoon oil and beef. Remove from skillet; keep warm.
3. Combine water, onion, garlic, ginger and reserved seasoning from packet in same skillet. Bring to a boil; reduce heat and simmer 2 minutes. Add noodles. Bring liquid to a boil; reduce heat and cook according to package directions or until noodles are al dente, about 3 minutes. Stir in beef; add miso, toppings and garnishes, as desired.

**Cook's Tip:** If not using miso paste, use both seasoning packets from ramen noodles. Add second packet to broth in step 2.

## INDIAN BEEF FLANK STEAK & RICE

This beef Flank Steak is served with rice, vegetables and seasoned yogurt sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

### INGREDIENTS:

- 1 beef Flank Steak (about 2 pounds)
- 1 cup non-fat plain Greek-style yogurt
- 2 tablespoons garam masala
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 teaspoons salt
- 3 tablespoons water
- 2 red onions, cut into thick slices
- 3 cups hot cooked brown rice
- 2 cups frozen peas, cooked



### COOKING:

1. Press salt and pepper evenly onto beef steak. Heat large nonstick skillet over medium hCombine yogurt, garam masala, garlic powder, paprika and salt in small bowl. Spread 1/3 cup yogurt mixture over beef Flank Steak. Reserve remaining yogurt mixture for sauce. Place beef steak in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Meanwhile, grill onion slices, covered, 11 to 15 minutes. Remove steak from grill; let stand 3 to 5 minutes.
3. Meanwhile, heat remaining sauce and water in small saucepan over medium heat 2 to 3 minutes. Cut steak lengthwise in half, then across the grain into thin slices. Cut onions into bite-sized pieces. Combine rice and peas in large bowl. Divide rice mixture evenly among plates. Serve with beef, onions and sauce.

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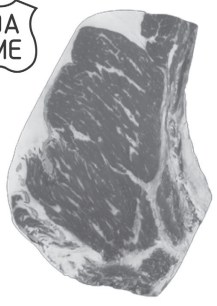
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# UNDERSTANDING BEEF QUALITY GRADES

**USDA  
 PRIME**



**Prime** beef is produced from young, well-fed cattle. It has the most marbling, is produced in smaller quantities than other grades, and is often sold in hotels and restaurants. Prime roasts and steaks are excellent for roasting, grilling or broiling.

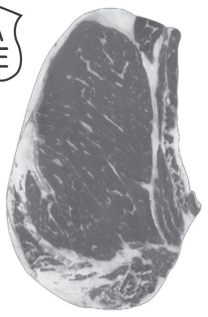
**FACTORS IN  
 DETERMINING A  
 QUALITY GRADE:**

Distribution of  
 Marbling within Lean  
 Muscle at  
 12th/13th Rib

Age/Maturity of  
 Carcass

Color, Texture &  
 Firmness of Lean  
 Muscle

**USDA  
 CHOICE**

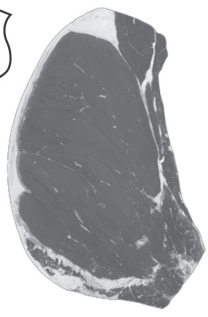


**Choice** beef is high quality and produced in highest quantity, but has less marbling than Prime. Choice roasts and steaks, especially from the rib and loin, will be very tender, juicy and flavorful. They are suited for roasting, grilling or broiling. Less tender cuts are perfect for slow-cooking.

**WHAT IS MARBLING?**

Marbling, also known as intramuscular fat, is the fat intermingled with the beef muscle. Marbling is the primary factor in determining the quality grade of a beef carcass. When determining the amount of marbling, a grader will look at the ribeye where the carcass is cut at the 12th & 13th rib juncture. Marbling helps ensure and is a strong visual predictor of beef tenderness, flavor and juiciness and improves the overall palatability of beef.

**USDA  
 SELECT**



**Select** beef is slightly leaner than Prime and Choice because it has less marbling. It can lack some tenderness, flavor and juiciness as compared to the higher grades. Select grade beef often benefits from slow-cooking or from marination prior to grilling or broiling.

**NO ROLL**

Standard and Commercial grades of beef are frequently sold as ungraded "No Roll" beef. Because No Roll does not carry a grade designation, there is a risk it will not be as tender, flavorful and juicy as products graded Prime, Choice or Select.



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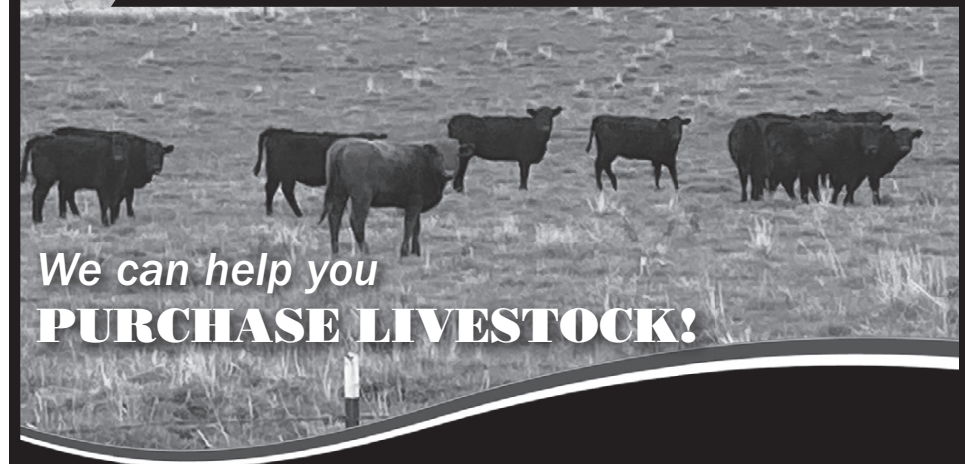


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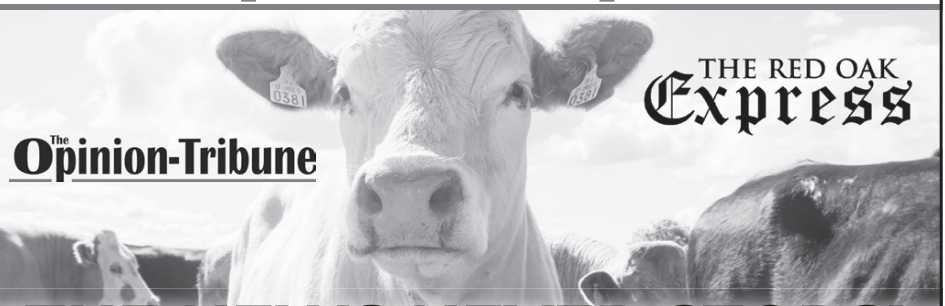
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# SIMPLE STEAK SWAPS

Beef's great versatility means there are plenty of options for every taste and budget.

Original Cut:	Swap For:	
<b>Tenderloin Steak (Filet Mignon)</b>  	<b>Strip Steak</b>  	<b>Top Sirloin Filet</b>  
<b>Ribeye Steak</b>  	<b>Chuck Eye Steak</b>  	<b>Strip Steak</b>  
<b>T-Bone Steak</b>  	<b>Strip Steak</b>  	<b>Porterhouse Steak</b>  
<b>Strip Steak</b>  	<b>Ribeye Steak</b>  	<b>T-Bone Steak</b>  
<b>Top Sirloin Filet</b>  	<b>Strip Steak</b>  	<b>Flat Iron Steak</b>  
	<b>Top Sirloin Steak (Center Cut)</b>  	<b>Petite Sirloin Steak</b>  

**Chuck Eye Steak**  
A tender and savory cut. A low-cost alternative.

**Flat Iron Steak**  
Extremely tender, well-marbled and flavorful.

**Petite Sirloin Steak**  
A great value steak. Grill after marinating.

**Porterhouse Steak**  
Big enough for two. Simply season this sublime combination of Strip and Tenderloin to grill.

**Ribeye Steak**  
Rich, juicy and full-flavored with generous marbling throughout.

**Strip Steak**  
Tender, lean and perfect for grilling.

**T-Bone Steak**  
Smaller than the Porterhouse with the same tenderness and satisfying flavor.

**Tenderloin Steak (Filet Mignon)**  
The most tender steak, lean yet succulent, with a fine buttery texture.

**Top Sirloin Steak (Center Cut)**  
A flavorful cut that is versatile and juicy. Great served as a steak or cut into kabobs.

**Top Sirloin Filet**  
Tender, thick, and perfectly portioned. Simply season with salt and pepper or your favorite rub before grilling.

KEY TO RECOMMENDED COOKING METHODS

GRILL	SOUS VIDE	BROIL
SKILLET-TO-OVEN	BRAISE/POT ROAST	SKILLETS
STIR-FRY	ROAST	