

# Poaching beef simple, quick

Poaching sounds like a complicated cooking method, but it really is very simple and matches today's interest in quick, healthful eating. The flavorful poaching liquid also can be the start for another meal, an added bonus.

Lean beef cuts, such as the beef eye round, tenderloin or rib eye roast from the small end, are popular cuts for this cooking method. A small compact roast, weighing about two pounds, works best.

**FOLLOW** the accompanying step-by-step illustrations and simple instructions and you'll have a perfectly cooked roast in about 30 minutes.

In Southwestern-style Poached Beef, assertive seasonings such as chili powder, cumin, garlic powder and oregano are rubbed onto the surface of the beef roast before browning in oil.

When the beef is well browned, pour off the drippings and add the poaching liquids plus salsa and bay leaf. Simmer the beef, as directed, then check for doneness with an instant-read thermometer.

The thermometer should read 130 degrees F. for rare or 150 degrees F. for medium, cover roast tightly and let stand about 10 minutes before carving. The roast will rise 10 degrees F. on standing. Then slice and serve with more salsa.

**BE SURE** to save the zesty poaching liquid and some of the cooked roast for Beef and Tortilla Soup. The soup can be prepared from start to finish in just 10 minutes. To make it, strain and heat the beef poaching liquid, then ladle it over cooked beef and crisp tortilla strips in individual soup bowls.

The final touch is the addition of crisp chopped tomatoes, thinly sliced zucchini, chopped onions and cilantro.

Freeze the extra poaching liquid for another soup meal or use as a base for other soups and sauces. Both recipes provide the nutritional benefits of beef with a minimum of calories and added fat.

## SOUTHWESTERN-STYLE POACHED BEEF

Preparation Time: 15 minutes

### GET OUT OF THE DARK.

The Commercial Information Center and its staff are available to help you understand the nutritional benefits of beef with a minimum of calories and added fat.

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**Cooking Time:** 30 minutes  
2-pound well-trimmed beef eye round roast  
1½ teaspoons chili powder  
1 teaspoon ground cumin  
¼ teaspoon each garlic powder, dried oregano leaves and salt  
2 tablespoons vegetable oil  
1½ cups medium salsa, divided  
1 can (10½ ounces) condensed beef broth  
Water  
1 bay leaf

Combine chili powder, cumin, garlic powder, oregano and salt. Rub over surface of beef eye round roast. Brown roast in oil in Dutch oven over medium heat until all sides are browned. Pour off drippings. Add 1½ cups salsa, beef broth, enough water (about 7 cups) just to cover roast and bay leaf to Dutch oven.

Bring to a boil, reduce heat to medium-low, cover and gently simmer 15 minutes per pound. Temperature will register 130 degrees F. Do not overcook. Remove roast to serving platter. Reserve poaching liquid for Beef and Tortilla Soup.

Cover tightly with plastic wrap or aluminum foil and allow to "stand" 10 minutes before carving. During standing roast will rise approximately 10 degrees in temperature to 140 degrees F. for rare. Carve roast into thin slices and serve with remaining salsa.

**Note:** Reserve 8 to 12 ounces cooked roast and 4 cups strained poaching liquid for Beef and Tortilla Soup.

**Note:** Salsa is best served at room temperature.

**Note:** A beef eye round roast will yield four 3-ounce cooked servings per pound.

**Nutrient data per 3-ounce cooked,**



**Beef and Tortilla Soup** is a bonus meal when you poach a beef roast. It's simple to make with strained poaching liquid, beef strips and fresh vegetable garnishes.

trimmed serving roast and 2 tablespoons salsa: 169 calories; 25 g protein; 6 g fat; 3 g carbohydrate; 2.2 mg iron (12 percent U.S. RDA); 505 mg sodium; 61 mg cholesterol.

### BEEF AND TORTILLA SOUP

Preparation time: 15 minutes

Cooking time: 5 minutes

8 to 12 ounces cooked beef eye round roast, thinly sliced

2 cups tortillas, cut into ¼-inch strips

¼ cup vegetable oil

4 cups reserved poaching liquid, strained

¼ cup each chopped tomatoes and thinly sliced zucchini

2 tablespoons each chopped cilantro

and chopped onion

Fry tortillas in hot oil in large frying pan over medium-high heat until crisp, about 2 minutes. Remove from frying pan, drain on absorbent paper. Cut beef eye round roast into ¼-inch wide strips. Divide beef and tortilla strips into four bowls. Meanwhile bring poaching liquid to a boil. Ladle liquid over beef and tortillas.

Garnish with tomatoes, zucchini, cilantro and onion, 4 servings.

**Nutrient data per serving with 2 ounces cooked, trimmed beef:** 243 calories; 19 g protein; 13 g fat; 11 g carbohydrate; 2.8 mg iron; (14 percent U.S. RDA); 585 mg sodium; 41 mg cholesterol.

# Grill turkey with help from microwave oven

**AP** — Grilled turkey tastes so delicious, but it can take such a long time to cook. With help from your microwave oven, you can cut the grilling time by more than half, yet still end up with that mouthwatering smoky flavor.

This method works best for microwave ovens that have a large cavity and over 600 watts of cooking power. For food safety reasons, it should be used only for unstuffed turkeys, because stuffings would not get hot enough. And, in case you don't mind the wait, the directions for cooking the unstuffed turkey on the grill entirely follow the shortest microwave method.

### Savory Grilled Turkey

One 9- to 11-pound fresh turkey or frozen turkey, thawed

4 cloves elephant garlic, halved, or 8 regular cloves garlic

Cooking oil (about 2 tablespoons)

In a covered grill, stack coals in a pyramid or mound and ignite. Let coals reach high heat. Meanwhile, remove neck and giblets from turkey. Rinse bird, pat dry with paper towels. Skewer neck skin to back. Place garlic in body cavity. Tuck drumsticks under the band of skin across the tail or tie legs securely to tail. Twist wing tips under the back.

Place turkey, breast down, on a rack in a microwave-safe baking dish. Brush with cooking oil. Cover wing tips and legs with small pieces of foil, if your owner's manual says you can use foil in your microwave oven. Cover with waxed paper. Cook on 100 percent power (high) for 3 minutes per pound of turkey, giving the dish a half-turn once during cooking.

Carefully turn the turkey so breast is up. Brush again with cooking oil. Cover any parts that are done with small pieces of foil. Cook, covered, on high for 1½ minutes per pound, giving the dish a half-turn once. Insert a microwave meat thermometer into the thigh muscle, without touching bone or foil. Cook, covered, on high for 1½ minutes per pound or until the thermometer registers 140 degrees F, giving the dish a half-turn once.

Using long-handled tongs, arrange the preheated coals in a circle around a large, disposable drip pan. Test for medium-hot heat above the coals at the height the turkey will be. (For gas grilling, light the burner on one side and place the drip pan on the other side.) Pour 1 inch of water into the drip pan.

Remove the foil and microwave thermometer from the turkey. Insert a conventional meat thermometer into the thigh muscle. Place the turkey, breast side up, on the grill rack directly over the drip pan but not over the coals. Brush turkey with cooking oil. Lower the grill hood. Grill for 50 to 60 minutes or until thermometer registers 180 degrees F to 185 degrees F, brushing occasionally with cooking oil. Add coals and water every 20 to 30 minutes or as necessary. Remove turkey from the grill. Let stand for 15 minutes before carving. Serves 12.

**Grilling-only directions:** Grill turkey, breast side up, over drip pan at rack in a microwave-safe baking dish. Brush with cooking oil. Add coals and water every 20 to 30 minutes or as necessary.

**Nutrition information per serving:** 283 calories (32 percent calories from fat), 46 g protein, 0 g carbohydrate, 10 g fat, 119 mg cholesterol, 109 mg sodium, 465 mg potassium, 0 g dietary fiber. U.S. RDA: 17 percent riboflavin, 42 percent niacin, 15 percent iron.

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