



Garlic-stuffed: These grilled garlic-stuffed steaks are simple to prepare and special to eat. Guests will rave over these top loin steaks stuffed with garlic and green onion.

Get grilling

Fire up your summer with steak

See related story on Taste front.

If you're looking for a casual, yet festive meal on the grill, consider Balsamic Marinated Sirloin and Asparagus, a recipe from the National Cattlemen's Beef Association.

Sirloin steak and fresh asparagus spears are marinated in a blend of Dijon-style mustard, garlic, balsamic vinegar and fresh basil.

Just 15 minutes is all you need to add flavor by marinating, but the steak can be marinated up to two hours if that works better for your schedule.

Add bread and dessert to complete the meal on the grill. For a special treat, grill the bread. Cut slices of French bread, brush lightly with olive oil and grill.

BALSAMIC-MARINATED SIRLOIN & ASPARAGUS

- 1 boneless beef top sirloin steak, cut 1-inch thick (about 1 1/4 pounds)
- 1 pound fresh asparagus, trimmed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Balsamic Marinade:
 - 1/4 cup balsamic vinegar
 - 2 tablespoons olive oil
 - 1 tablespoon chopped fresh basil
 - 1 1/2 teaspoons Dijon-style mustard
 - 1 clove garlic, crushed
 - 1/2 teaspoon sugar

In small bowl, combine marinade ingredients. Place steak and 1/3 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Cover and refrigerate remaining marinade.

Meanwhile in large skillet, bring 1 inch of water to a boil; add asparagus. Reduce heat to medium-low. Cover and cook 2 to 3 minutes or until crisp-tender. Drain. In shallow dish, combine asparagus and reserved marinade; turn to coat. Set aside.

Remove steak from marinade; discard. Place steak

on grid over medium, ash-covered coals. Grill, uncovered, 17 to 21 minutes for medium rare to medium doneness, turning occasionally. During last 3 minutes of grilling, arrange asparagus on grid around steak. Grill 3 minutes, turning once.

Season steak and asparagus with salt and pepper. Carve steak crosswise into slices; serve with asparagus. Makes 4 servings.

Cook's tip: To microwave asparagus, place asparagus and 1/2 cup water in shallow microwave-safe dish; cover. Microwave on high 6 to 6 minutes or until crisp tender. Drain.

GRILLED GARLIC-STUFFED STEAKS

- 2 boneless beef top loin steaks, cut 2 inches thick (about 1 pound each)
- 1 tablespoon olive oil
- 1/4 cup very finely chopped garlic
- 1/2 cup thinly sliced green onions
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

In small skillet, heat oil over medium-low heat until hot. Add garlic. Cook and stir 4 to 5 minutes or until tender, but not browned. Add onions. Continue cooking and stirring 4 to 5 minutes or until onions are tender. Season with salt and pepper; cool completely.

Meanwhile, with sharp knife, cut pocket in each beef steak. Start 1/2 inch from one long side of steak and cut horizontally through center of steak to within 1/2 inch of each side. Spread half of garlic mixture inside each steak pocket. Secure openings with wooden toothpicks.

Place steaks on grid over medium, ash-covered coals. Grill, covered, 22 to 24 minutes for medium rare to medium doneness, turning occasionally. Remove wooden toothpicks. Carve steak crosswise into 1/2-inch thick slices. Makes 6 servings.

Recipes from the National Cattlemen's Beef Association.

Sauces, marinades spice up food

Sauces and marinades can add additional and different flavors to whatever you have on the grill. Here's some recipes, courtesy of www.barbique.com

BASIC SAUCE

- 1/4 teaspoon pepper
- 2 tablespoons chile
- 1 tablespoon onion, grated
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon ellipice
- 1/4 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 cup saled vinegar
- 1/4 teaspoon celery powder
- 1/2 cup dark brown sugar
- 2 cups tomato sauce

Simmer until well blended, about 15 minutes. Try adding 1 teaspoon soy sauce for variation.

HONEY MUSTARD SAUCE

- 1 cup butter or margarine
 - 1 onion chopped (the finer the better)
 - 4 cloves minced garlic
 - 4 tablespoons American type yellow mustard (if not available, use Dijon style)
 - 4 tablespoons honey
 - 1 teaspoon lemon juice
 - 1 teaspoon regular or brown sugar
 - 1/2 teaspoon pepper
- Optional extras: 1/4 cup green onions, dash of hot sauce, 2 teaspoons soy sauce

Cook garlic, onions and butter or margarine until onions are softened. Add other ingredients. Stir until sugar dissolves and remove from heat.

MIGHTY MARINADE

- 1 1/2 cups saled oil
- 3/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 2 tablespoons dry mustard
- 2 1/4 teaspoons salt
- 1 tablespoon coarse, freshly ground black pepper
- 1/2 cup wine vinegar
- 1 1/2 teaspoons dried parsley flakes
- 2 crushed garlic cloves
- 1/3 cup juice of a fresh lemon

Combine all ingredients and mix well. Store in the refrigerator in a tightly covered jar until ready to use. Makes about 3 1/2 cups.

Marinate overnight, but a few hours also gives a good flavor.

SIMPLE MARINADE

- One 16-ounce bottle Italian saled dressing
 - About 1/4 cup dried onions (just used to soak up the excess moisture)
 - A couple of different types of pepper (black, white, cayenne or jalapeno)
 - Fresh herb of your choice (rosemary or thyme)
- Mix all ingredients. Pour over meat and let stand for a while, at least an hour, or overnight. Grill and enjoy.

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