

**•MAY IS BEEF MONTH.**



**IT'S WHAT'S FOR DINNER.**

*Beef: It's What's On the Grill*

**Steps to a Delicious and Healthy Barbecue Season**

As Americans re-ignite their passion for grilled burgers and steaks with the start of barbecue season, now is the time to brush up on the steps to delicious and healthy grilling.

Outdoor grilling is a favorite spring and summer pastime that brings together family and friends to make new memories while enjoying delicious food. From flavorful beef kabobs and T-bone steak to farm-fresh fruits and vegetables--everything tastes

better on the grill. "Grilling is a lowfat and healthy way to cook picnic staples like juicy top sirloin steak," Dave Zino, Executive Director of the Culinary Center for the National Cattlemen's Beef Association, said. "The most important thing is to avoid charring or burning the food you grill."

Whatever the occasion, as you and yours gather 'round the grill this season, keep these simple tips in mind to get the most out of your

next grilling experience: **Opt for lean, well-trimmed cuts of meat and poultry to prevent fire flare-ups and excess smoke formation.**

Trim any remaining visible fat, and choose lean cuts of meat, such as one of the 29 beef cuts that meet government guidelines for "lean."

Traditional favorites like flank steak, tenderloin, 95 percent lean ground beef burgers and T-bone steak are all lean cuts, meaning they have

see GRILL page 4

**Experiment with a bold take on brisket**

Devoted grillmasters will fire up their grills regardless of the season, which affords them a year's worth of time to experiment with different dishes. Those who want to take a unique approach to brisket may want to try their hand at the following recipe for "Coffee BBQ Brisket" from Andrew Schloss' "Cooking Slow" (Chronicle Books).



**Coffee BBQ Brisket**  
Makes 8 to 10 servings

- For the rub:**
- 3 tablespoons unsweetened cocoa powder
  - 1 tablespoon ancho chili powder
  - 1 tablespoon coarse sea salt
  - 1 tablespoon dark brown sugar
  - 1 teaspoon ground cinnamon
  - 1 teaspoon chipotle chili powder
  - 1/2 teaspoon ground aniseed
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder

- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon dried oregano, preferably Mexican
- Pinch of dried cloves
- 2 tablespoons balsamic vinegar
- 2 teaspoons coarse sea salt
- Juice of 2 lemons
- 1 flat or center-cut beef brisket, 4 to 5 pounds, trimmed, with 1/4 inch of fat on one side

**For the mop:**

- 2 cups brewed coffee
- 1/4 cup molasses

Vegetable oil for rubbing

**For the sauce:**

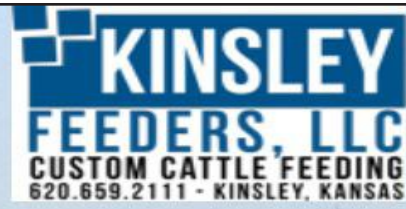
- 1 cup brewed coffee
- 1 cup ketchup
- 1/4 cup dark mustard
- 1/3 cup honey
- 2 tablespoons apple cider vinegar

see BRISKET page 4

**May is National Beef Month**

Quality-Excellence-Performance

Integrity-Service-Experience



**NAVANOD TREASURES  
HIGHWAY 56 ANTIQUES**

213 East 6th Street  
Kinsley Kansas 67547

**MIKE & DEB**

**DONAVAN** 620-659-2334  
**OWNERS** 620-253-2995  
mrdonavan@cox.net

*Stop in and see us for a wide variety of antiques and other collectables*

**We Salute Our Beef Producers**



- Cattle Handling Supplies & Repair
- Animal Shelters
- Welding Shop
- Steel Supplies
- Double/Single Alleys - Squeeze Chutes

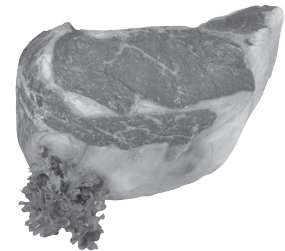
**BLATTNER MFG. LLC**

1409 280th Ave., Rozel  
620-527-4318



**B&B Quality Meats**

**We Support the Local Beef Industry and Salute the Area's Producers!**



**Plant & Store**  
909 E. 14th  
Larned, KS.  
620-285-6376

**Downtown Store**  
508 Broadway  
Larned, KS  
620-285-8988

**PROUD PAWNEE COUNTY BEEF PRODUCERS**



**F BAR F FARMS**

The Froetschners  
1506 L Road  
Larned, KS  
620-285-6779



**Alliance INSURANCE GROUP**

Same GREAT Customer Service  
Now with access to over 60 companies  
Continuing the 100 year legacy

Cassidy Smith - Polly Baier

523 Broadway, Larned  
620-285-2178  
2120 16th Street, Great Bend  
620-792-3611

**Ready to Grow your Operation?**

*SEE US about Financing*



**FIRST STATE BANK & TRUST COMPANY**  
Established 1896 fusion.bank FDIC