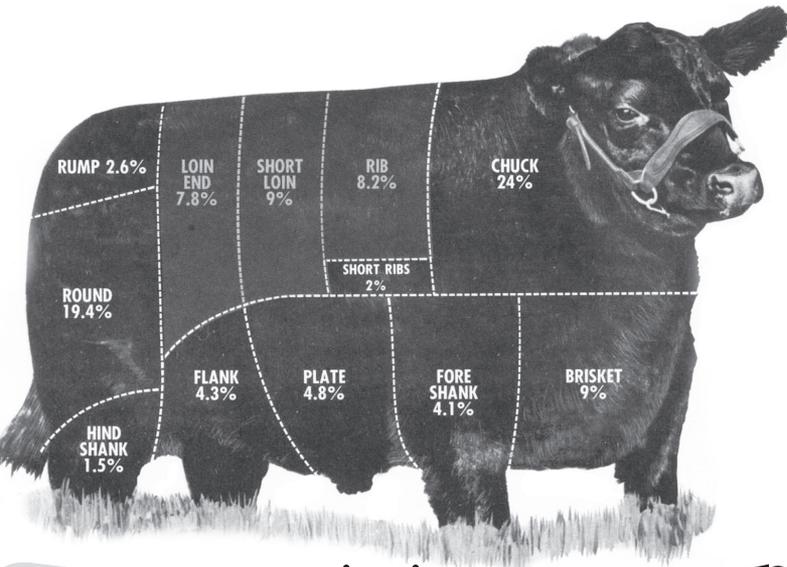


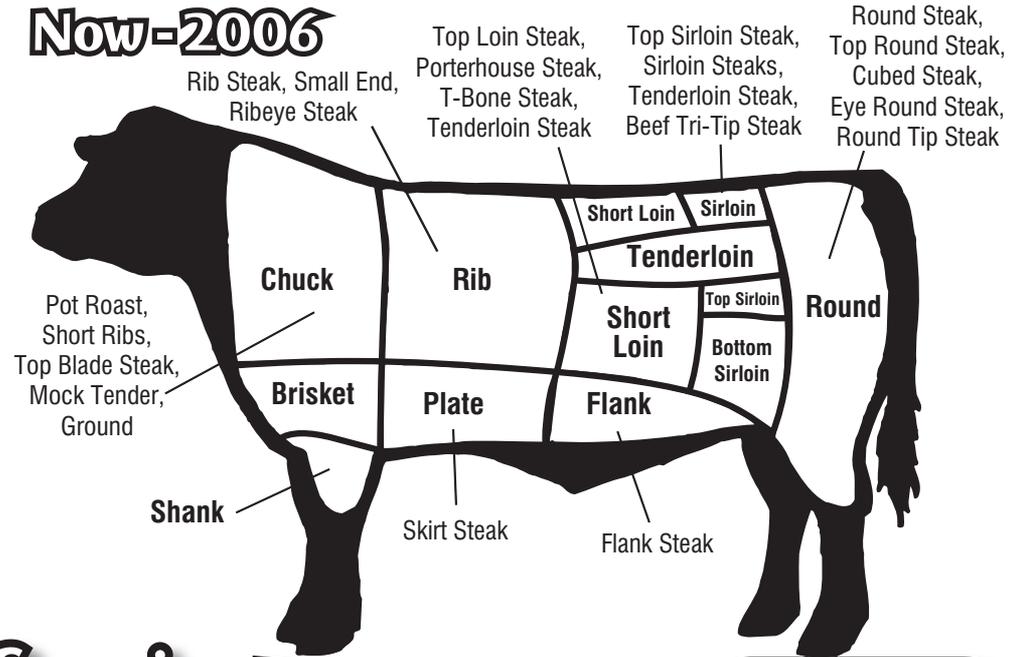
Cattle Connections

Americans' favorite beef cuts are leaner than ever before. In fact, 29 cuts of beef meet government guidelines for lean, which means not only does beef taste great, but it's good for you too!

Then - 1950s



Now - 2006



Try some Tri-Tip

In the early 1800s, the cattle industry was the foundation of California's economy. Every spring, Santa Maria Valley **rancheros** would gather to help each other brand their cattle. The host would prepare a Spanish-style barbecue for his **vaqueros** (America's first cowboys) after a long day of work. The beef was barbecued over a red oak fire and served with Pinquinto beans, bread and salsa. In the 1950s, a meat cutter from California's Central Coast, began using one of the muscles from the bottom sirloin and prepared it Santa Maria style. The meat cutter called his new cut "tri-tip" because of its triangular shape. This popular cut has since become synonymous with Santa Maria-style barbecue and is an undeniable California tradition.

Chili-Crusted Tri-Tip Roast - 1- 1/4 hours

Rub recipe

- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp pepper

Tri-Tip is one of the 29 lean cuts!

- Heat oven to 425° F. Combine rub ingredients and press onto 1-1/2 - 2 lb. tri-tip roast.
- Place roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425° oven 30-40 minutes for medium rare; 40-45 minutes for medium doneness.
- Remove roast when instant-read thermometer inserted in thickest part registers 135° F for medium rare; 150° F for medium. Let stand 15 minutes. (Temperatures will rise to reach 145° for medium rare; 160° F for medium.) Carve roast across the grain; season with salt and enjoy!

California Round-up

In 1773, Juan Bautista de Anza brought 200 head of cattle to California to supply the early California missions.

The **hide and tallow** trade sustained the California economy while it was still under Mexican rule and hides were used as currency to buy supplies from Boston trading ships.

Ships brought cattle hides to New England for use in shoe factories.

Ships brought cattle tallow to Chile where it was used to make candles and soap.

(Source: California Beef Council)

Activity

Look in your newspaper's grocery ads and record the price per pound of five different cuts of beef (i.e. hamburger, roasts, etc.). Place them in order of least expensive to most expensive.